

Physiotherapy Department

Knee pain advice sheet

There are several structures around the knee joint which can be injured. These include muscles, cartilage and ligaments. Many knee injuries or episodes of knee pain will resolve within a few weeks by following the advice below.

You can help to speed up your recovery and prevent further problems by following the simple **P.R.I.C.E.** regime and an exercise regime. Keeping your pain under control is important to your recovery. See your GP or a pharmacist for advice regarding pain relief.

- P = Protect.** Protection against further injury will help the knee to heal more quickly. If you start to experience episodes of the knee locking (knee is stuck in a bent position and is unable to straighten) then seek urgent medical advice.
- R = Rest.** Avoid aggravating activities providing the knee with periods of rest between exercises outlined below. Apply weight through the injured knee as your pain allows.
- I = Ice.** Apply ice wrapped in a towel (a pack of frozen peas is excellent) to the knee for up to 20 minutes. Repeat every 4 hours. This will help with bruising and swelling.
- C = Compression.** A tubigrip may be provided to help to reduce swelling. Wear supportive flat shoes such as trainers.
- E = Elevation.** Elevate the foot above the level of your hip, supported on a pillow whenever you are resting, in order to help reduce pain and swelling.



To prevent the knee from becoming stiff, and the muscles from becoming weak, it is important to gently keep the injured joint moving as your pain allows. If the exercises make your pain worse, stop them.

Try to complete the following exercises 3-4 times a day.

While lying down

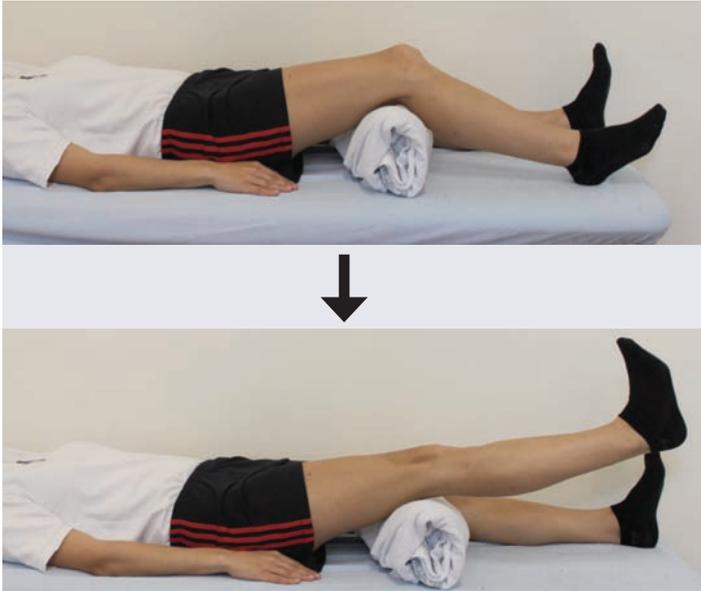
1 Gently slide your heel up towards your bottom, bending the knee as far as you can manage. **Repeat 5-10 times.**



2 Push your knee down into the bed. Hold for 5 seconds then relax. **Repeat 5-10 times.**



3 Put a rolled up towel under your injured knee. Push down into the towel and lift your heel off the bed. Slowly lower your heel again. **Repeat 5-10 times.**



4 Keep leg straight and lift off the floor/bed 10cm. Slowly lower. **Repeat 5-10 times.**



5 With your legs stretched out in front of you, point your toes and foot up towards you, then point them away. Alternate between these positions. **Repeat 10 times.**



6 Stand, holding onto a support in front of you. Bend the knee bringing the heel towards your bottom, slowly lower. **Repeat 5-10 times.**



You can return to normal activities as soon as the pain and swelling have fully resolved and the strength in your knee has returned.

Only perform exercises to the start of your pain – never force yourself through severe pain. Stop them if the exercises severely increase your symptoms.

If your symptoms persist after this or significantly worsen, please see your GP or a Chartered Physiotherapist for further advice.

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