

## Patella dislocation

### Information for patients

#### Outpatient Fracture Care Team: Shared care plan

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Email: [Mtw-tr.fracturecare@nhs.net](mailto:Mtw-tr.fracturecare@nhs.net)

This is a follow-up letter to your recent telephone consultation with the Fracture Care Team explaining the ongoing management of your injury. Your case has been reviewed by an Orthopaedic Consultant (bone specialist) and Fracture Care Extended Scope Physiotherapist.

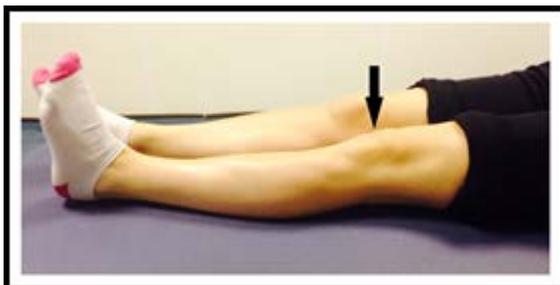
**You have sustained a dislocation of your patella (knee cap).** You may walk on your leg as comfort allows. You must wear the splint fitted by A&E. You can only remove the splint to wash your leg daily. You must keep your knee straight when washing it and replace the splint afterwards.

Your knee may be swollen; resting and elevating it will help. Take pain killers as prescribed. If you are worried that you are unable to follow this rehabilitation plan, or have any questions, then please phone the Fracture Care Team for advice.

If you are experiencing pain or symptoms, other than at the site of the original injury or surrounding area, please get in touch using the telephone or email details at the top of this letter.

You will have an appointment with a knee specialist two weeks after your injury. They will assess your knee once the immediate pain and swelling has decreased. The specialist will decide if further treatment or x-rays are required. They will organise these if needed.

**Please see the picture below to understand where this injury is.**



You have also been referred to see a physiotherapist three weeks after your injury.

If you have not received notification for either of these appointments, please contact the Fracture Care Team on the telephone number given above.

**Please follow the management/rehabilitation plan shown below:**

<b>Weeks since injury</b>	<b>Rehabilitation plan</b>
0-2	Wear the splint fitted by A&E for two weeks. You may remove it for personal hygiene and to apply a cold pack. You must keep your leg straight at all times. The splint can be worn under or over your clothes, whichever is most comfortable.  You are allowed to put weight through the leg, with or without crutches, as comfortable.
2	You will have an appointment in the Acute Knee Clinic for further assessment and ongoing advice with regards to rehabilitation.
3	You will start your physiotherapy (unless the specialist has decided to delay this following your Acute Knee Clinic appointment).

**Initial advice if you have been supplied with a splint**

**Cold packs:**

A cold pack (ice pack or frozen peas wrapped in a damp towel) can provide short term pain relief. Apply this to the sore area for up to 15 minutes every few hours, ensuring the ice is never in direct contact with the skin.

**Rest and elevation:**

Try to rest the injured leg for the first 24-72 hours to allow the early stage of healing to begin. Raise your ankle above the level of your hips to reduce swelling. You can use pillows or a stool to keep your foot up.

**Early weight bearing and exercise:**

Early weight bearing (putting weight through your injured leg whilst wearing the splint) helps increase the speed of healing.

Early movement of the ankle and foot is important for circulation. Follow the exercises below. These should not cause too much pain. These exercises will help the healing process.

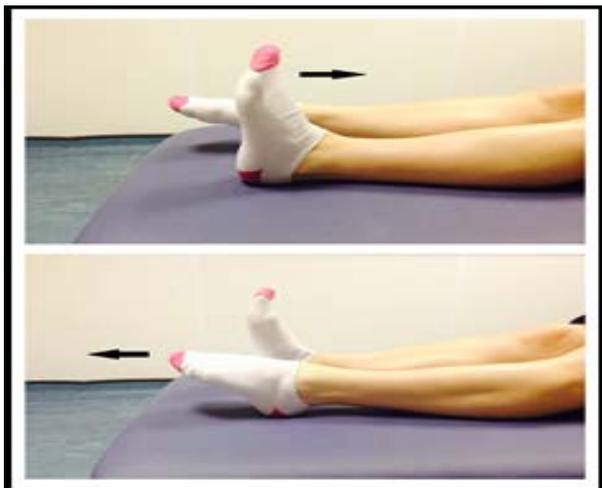
**Fitting the cricket pad splint**



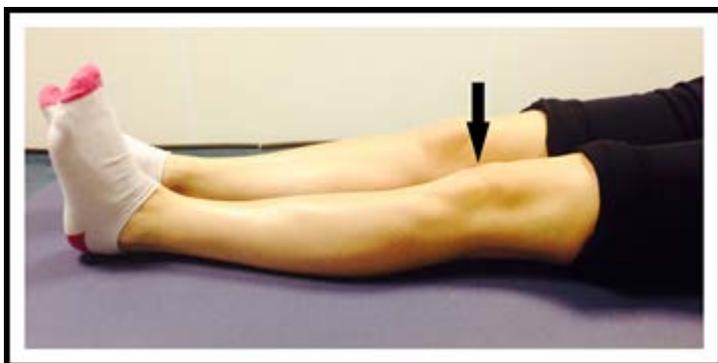
Place cricket pad splint on the injured leg so that your patella (knee cap) is in the middle hole of the splint, as shown.

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**Initial exercises to do three times a day (with or without the splint):**



1. Point the foot of your injured leg up and down. Repeat ten times.



2. With the injured leg straight and supported, gently tense your thigh muscle and try to straighten your knee further. Hold for ten seconds and repeat seven to ten times.

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**Further information and advice can be obtained from:**

**NHS 111**  
**NHS Choices online**

 **111**  
[www.nhs.uk](http://www.nhs.uk)

**MTW NHS Trust is committed to making its patient information accessible in a range of languages and formats. If you need this leaflet in another language or format please ask one of your clinical care team or the Patient Advice and Liaison Service (PALS). We will do our best to arrange this.**

Maidstone and Tunbridge Wells NHS Trust welcomes all forms of feedback from our service users. If the standard of service you have received from the Trust does not meet your expectations, we want to hear from you. Please speak with the ward manager or the nurse in charge in the first instance, or you can contact the **Patient Advice and Liaison Service (PALS)** on:

**Telephone:**  01622 224960 or  01892 632953

**Email:** [mtw-tr.palsoffice@nhs.net](mailto:mtw-tr.palsoffice@nhs.net)

**or visit their office** at either Maidstone or Tunbridge Wells Hospital between 9.00am and 5.00pm, Monday to Friday.

You can be confident that your care will not be affected by highlighting any areas of concern or making a complaint. The Trust will retain a record of your contact, which is held separately to any medical records. If you are acting on behalf of a patient, we may need to obtain the patient's consent in order to protect patient confidentiality. More information on PALS or making a complaint can be found on the Trust's website: [www.mtw.nhs.uk](http://www.mtw.nhs.uk) or pick up a leaflet from main reception.

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