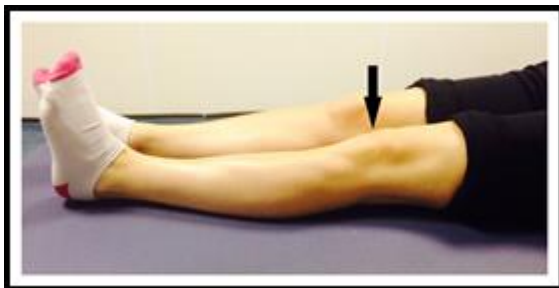


Soft tissue injury to knee

Information for patients

You have sustained a soft tissue injury to your knee. You can walk on your leg as comfort allows. You can use crutches and/or a splint if supplied by A&E. Your knee may be swollen; resting and elevating it will help. Take pain killers as prescribed. Soft tissue healing can take up to six weeks. If you are unable to follow this rehabilitation plan, or have any questions, then please discuss with your GP.



Here is a suggested management/rehabilitation plan below:

If you were provided with a splint please wear yourself from this and remove to do the following exercises

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 knee 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.

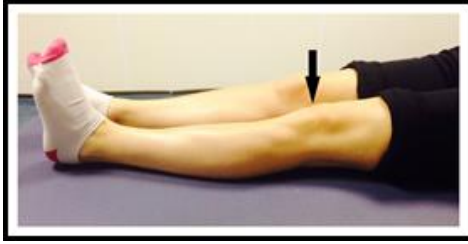
Early weight bearing and exercise:

Early weight bearing helps increase the speed of healing.

Early movement of the ankle and foot is important for circulation.

Follow the exercises below without causing too much pain. These exercises will help the healing process.

Initial exercises to do three times a day:



Static quads:

With your affected leg straight out in front of you, gently tense your thigh muscle and try to flatten your knee further. Hold for 10 seconds and repeat seven to ten times.



Knee flexion and extension:

Gently bend and straighten your injured leg as pain allows, only going as far as you feel comfortable. Repeat seven to ten times.



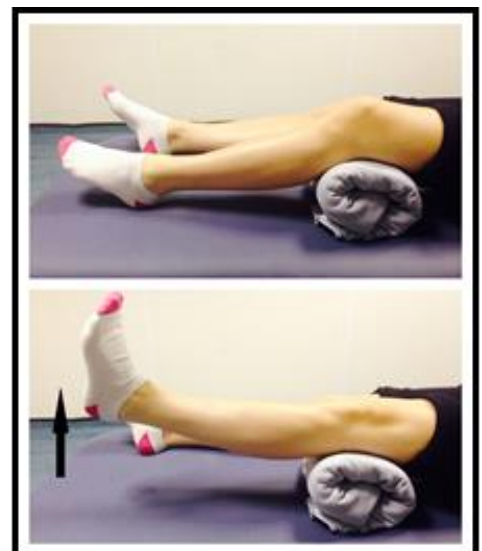
An advanced version of this exercise is to do it sitting in a chair as shown to the right. Try to bend and straighten your injured knee as your pain allows.

Repeat ten times, holding your leg straight for up to five seconds if able.

Inner range quads:


Place a rolled up towel or small pillow under your injured knee as shown in the picture. Tense your thigh muscles and try to straighten your knee. Keep the back of your knee in contact with the towel or pillow.

Repeat ten times, holding your leg straight for up to five seconds if able.





Further information and advice can be obtained from:

NHS 111
NHS Choices online

 **111**
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

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 or pick up a leaflet from main reception.

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