

Emergency Department Discharge Advice



The Information Standard Certified Member

Information

If you need this information in large print, easy read, on audiotape or in another language please call 0800 7838058 or e-mail pals@dchft.nhs.uk

If you wish to obtain a list of the sources used to develop this information leaflet please call 0800 7838058 or e-mail patient.info@dchft.nhs.uk

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Knee Sprain

The knee is essentially a hinge joint that allows great mobility of movement relying on its ligaments, muscle and balance reactions for stability.

Traumatic injury usually involves a twisting or wrenching of the knee during weight bearing, resulting in a sprain of the ligaments. The medial or inner ligament is the most commonly sprained but your practitioner will assess, examine and explain to you the nature of your injury.

It is important that you look after your injury properly, and we have put together a programme of care to guide you.

Day 1

Relative rest

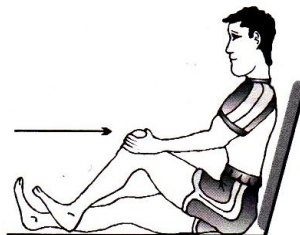
Your knee may be too painful and swollen to move for the first day or two. During this time you can rest it, and progress to moving it gently as soon as you are able. Walk with care using crutches as provided. Over this time you may apply ice packs and elevate the knee to reduce swelling.

Days 2-3

Movement

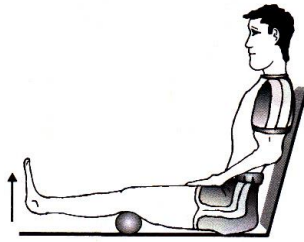
Walk short distances putting weight through knee with care. Exercise every 3 hours, applying relative rest, ice and elevation before and after each session. Gentle movement may cause discomfort but should not produce pain. You might like to try the following exercises:

- Gently bend the knee, sliding the heel towards your buttock as far as comfortable. Repeat 4 times.



Please turn over:

- Gently lift the foot and straighten the knee as far as comfortable. Hold position for 5 seconds and then relax. Repeat 4 times



Days 4-9

Exercise

Continue exercises every 3 hours but now move the knee to the point of full stretch (not pain) and hold in position for 10 seconds.

Days 9-22

Return to full activity as comfort allows. Do not attempt to run until you can walk briskly, squat and hop without pain. Exercise the knee 3 hourly but now to the point of firm stretch by:

- Pulling the knee towards the buttocks with your hands. Hold the firm stretch for 3 seconds. Repeat 4 times
- Remove towel, hold knee out and straight leg raise for 10 seconds. Repeat 4 times

Add the squat exercise:

- Stand with feet shoulder width apart, hands on wall for support. Slowly bend both knees, keeping your knees above your feet. Hold firm stretch for 10 seconds. Relax and repeat 4 times

You may now gradually return to full sporting activity. Use of a knee support may be considered. Remember the importance of warming up fully before participating in any sporting activity.

We hope that with the aid of this leaflet you will have gained an understanding of your injury, made a full and speedy recovery and learned how to protect your knees from further injury.

However, if you experience any increasing pain, difficulty with the exercises or returning to your normal way of life, problems with persistent knee swelling, giving way or locking or have any further concerns or worries, please do not hesitate to contact one of the practitioners at the unit for advice or ring your GP for an appointment.