

Knee Injury

After a knee injury it is important to keep the knee moving to prevent weakness and stiffness.

Therefore, we recommend you carry out the following exercises. Start each exercise by sitting upright on a firm surface with your back supported and straight.

KNEE EXERCISES

- Pull your foot up at the ankle so that your toes point to the ceiling. Tense your thigh muscle and push your knee down to the floor for 5 seconds. Repeat this 10 times.
- Place a rolled-up towel under your knee. Lift your heel off the floor to hold your leg straight for a count of 5 seconds. Repeat this 10 times.
- Remove the towel and repeat the exercise raising your leg 4 inches off the floor while keeping it straight. Hold it for a count of 5 seconds. Repeat this 10 times.
- Bend your knee as far as it will comfortably go. If you can, gently hug your knee towards your chest. Then straighten your leg again. Repeat this exercise 10 times.
- This exercise can be done when you are sitting on a chair, comfortably supported. Keeping your knee on the chair, raise your lower leg until it is straight. Hold it for a count of 5 seconds before resting it down again.

NB. These exercises should be done at least three times a day. Start with 2 sets of each exercise, build up to 3 sets and then make your muscles work harder by adding weight placed over your ankle and increasing this gradually.

Should you require further advice or assistance please telephone **01932 722025** for Accident & Emergency at St. Peter's Hospital.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you still remain concerned please contact our Complaints Manager on 01932 722612 or email complaints@asph.nhs.uk.

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