

MERCY URGENT CARE CENTRE

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PIL -Knee Injury Exercises & Advice

In the early stages after an injury to the knee you may experience a lot of pain, swelling and have difficulty walking, particularly in the first 24-48 hours. To help this you should:

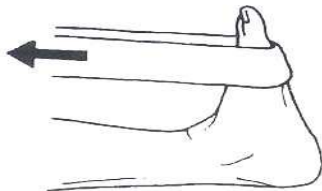
- Keep the leg elevated when resting.
- **Ice** is very effective in the first 72 hours after an acute injury. You should ice the injured area every 2-3 hours for 10-15 minutes (wet a towel with cold water and wrap crushed ice or a bag of frozen vegetables). Never apply ice directly to the skin. You can still use ice for pain relief after this time period if it gives you relief.
- If you have been given a **compression** bandage you must remove it at night.
- You should take **pain killers** such as paracetamol or topical gels to help the pain and inflammation.
- If you are walking with crutches gradually increase the weight you are putting on the injured leg.

The following exercises should be performed 3 times each day:

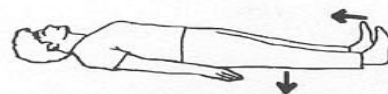
Days 1-4 after your injury

It is important to start gently moving the knee joint moving again and strengthen the muscles around the knee as early as you can after the injury **as your pain allows**.

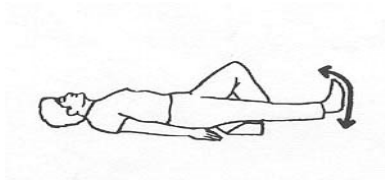
1. Sit with one leg out in front of you. Put a band around your foot. Gently pull the band and feel the stretch in your calf. Hold approx 30 secs. Repeat with your knee slightly bent. Hold approx 30 secs. Repeat 5 times.



2. Lying on your back with legs straight. Bend your ankles and push your knees down firmly against the bed. (You can vary the exercise by pointing the toes outwards slightly). Hold for 5 secs, relax. Repeat 10 times.



3. Lying on your back, put a roll under the knee of the leg to be exercised. Pull your foot and toes up, tightening your thigh muscle and straightening your knee (keep back of knee on the roll). Hold for approx. 5 secs and slowly relax. Repeat 10 times.



4. Lying on your back, exercise your straight leg by pulling the toes up, straightening the knee and lifting your whole straight leg approx. 20cm off the bed. Hold for approx. 5 secs & slowly relax. (You can vary the exercise by pointing the toes outwards slightly). Repeat 10 times.



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5. Lie on your back with a plastic bag under your heel. Slowly bring your heel towards your bottom sliding your heel on the plastic bag. Hold for approx. 5 secs.

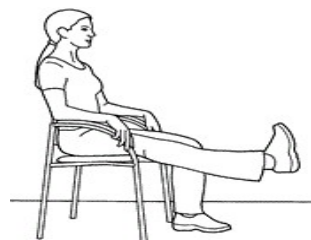


6. Sit on a chair with your feet on the floor. Bend your knee as much as possible. Assist the movement by gently pushing your affected leg with your unaffected leg.



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7. Sit on a chair with your feet on the floor. Straighten your injured leg out in front of you, you should feel the muscle on the front of the thigh tightening. Hold for 5 seconds and repeat 10 times.



Your knee may take anywhere between 3-8 weeks to feel back to normal. You should return to sporting competition only after you feel confident in your playing ability.

If you require further information regarding your injury, please contact your GP, physiotherapist or the Mercy Injury Unit.

**The Mercy Injury Unit – Gurrabraher
is open:
8 am to 6 pm Monday – Sunday.
Telephone: (021) 4926900 or (021) 4926901.**