

# Advice about managing your painful knee

## Walking Aids

We may have given you walking aids to help you get around. We will have given you instructions as to how to use these safely. With most soft tissue injuries (unless we tell you otherwise), walking aids provide comfort and keep you safe whilst you move around.

As pain and swelling improves you will need these walking aids less and less. One advantage to using aids is to allow you to regain a normal walking pattern as quickly as possible. As your normal walking pattern returns you can reduce the amount of pressure you place on the aids and the amount of use.

## Splints

If we have given you a splint we will tell you when and how long to use this for. Normally we have given you a splint to provide support to the joint which will improve your pain. In most cases it is important to gradually reduce the use of the splint in the coming days and weeks (unless we tell you otherwise).

## Early mobilisation exercises to get started:

In most knee injuries, it is important to start moving the joint as pain and swelling allows. By doing all or some of the exercises below you will help improve your recovery time. Remember do not wait until you are completely pain free as early use of the joint will help healing, maintain strength and reduces swelling. You should do these exercises little and often (e.g. 5 times a day, perhaps 5-10 repeats) and they should gradually get easier to do.

### Over the side of bed or chair:

- 1) In a sitting position with heel on the floor (using socks on a shiny floor or a plastic bag on foot on carpet can be helpful to make the surface slippery), gently try to bend and straighten your knee. By pushing the heel gently into the floor you will feel your muscles working more. In time your knee will move further.

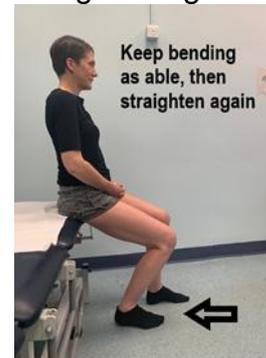
Try and straighten your knee with your heel on the ground.



Gently push your heel into ground and bend your knee



Keep bending as able, then straighten again



## Lying on bed

- 2) Place a rolled up towel under your knee so it is comfortable. Contract your thigh muscle and push into the towel, attempting to straighten your knee by lifting your heel off the bed. Hold for 5-15 seconds. Fully relax in between repetitions. As this improves it will be easier for your heel to raise up off the bed.

Lift your heel off the bed



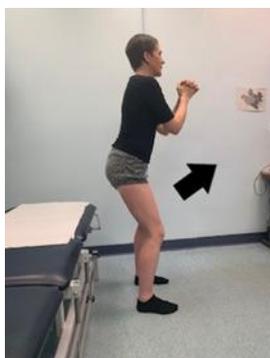
Try and straighten your knee



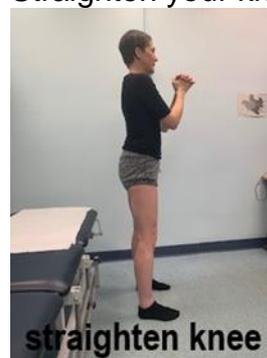
As your ability to move the knee improves try this next one.

- 3) Sit with your feet securely on the floor then stand up. Initially it is easier from a higher chair. As pain allows take more weight on the painful side during the exercise. When standing, try and straighten knee. Then slowly sit down again being conscious to bend knee as you return to sitting.

Slowly stand up



Straighten your knee



For further information on management of soft tissue injuries please see:

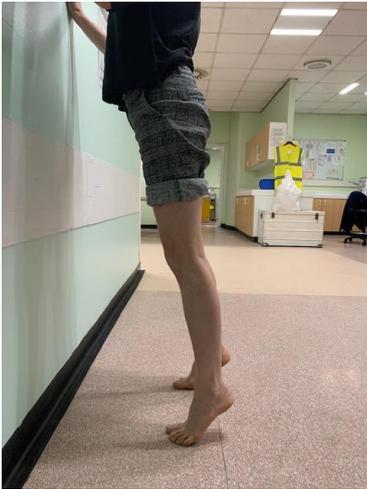
<https://www.nhs.uk/conditions/sprains-and-strains/>

**More advanced exercises when things become more comfortable:**

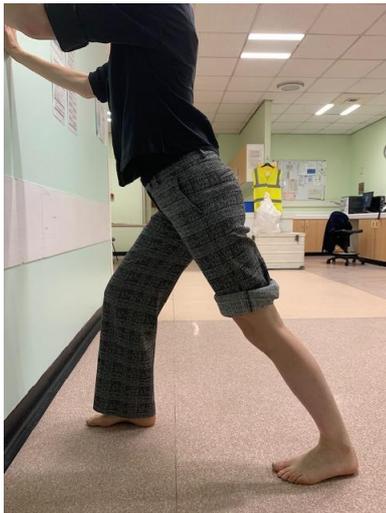


Standing with one foot on a step slowly step up using the muscles around your knee then slowly return to starting position. Repeat until your leg is tired and repeat on the other side. Use a banister for support if required.





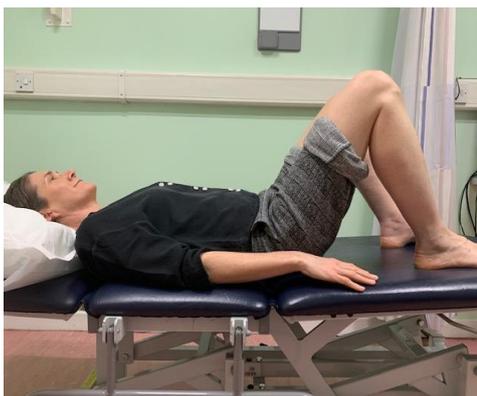
Using a wall for support, with knees as straight as possible, gently lift heels off the ground. Lift up for a count of 3 then gently lower for a count of 3. Repeat until tired. After a short rest try again.



Using wall for support place one foot behind with knee straight and heel on the floor until you feel a stretch at the back of your leg. Hold for 15 and repeat 5 times. Repeat on the other side.



Lying on your back on the bed or floor, support one thigh with your hands and try and straighten your knee. Also flex your foot as in the picture. Once you feel the stretch in the back of your leg hold for 15 seconds and repeat 5 times. Repeat on the other side



Lying on your back push up through your heels and squeeze buttocks. Relax your arms. Hold for 5 to 10 seconds then relax back to starting position. Repeat until tired.



To watch exercise videos please follow link below

[https://www.youtube.com/playlist?list=PL2ImFPTW5XjyPuDJTPjeqC\\_Qj9qeZHbs2](https://www.youtube.com/playlist?list=PL2ImFPTW5XjyPuDJTPjeqC_Qj9qeZHbs2)

Or

Search for 'Margot Physiotherapy' on You Tube to find 'Knee Exercise' Playlist.

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