

Disclaimer

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FRESH
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PERSPECTIVES



Blackrock Clinic

EMERGENCY DEPARTMENT

*Knee Injury
Advice*



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Knee Injury

After an injury to the knee, it is important to start getting the knee joint moving again and strengthening the muscles around your knee.

Treatment/management of knee injury

Think of “RICE”

- **REST, ICE, COMPRESSION AND ELEVATION**

REST

For 24 - 48 hours after the injury rest your ankle from painful activities.

Use one /two crutches (**Only if prescribed**) to take some weight off the injured knee. After this, gradually walk on the affected leg as much as tolerated, avoiding any activity that causes pain.

ICE

Never put ice directly on the skin. Cover ice pack/ ice cubes with a damp tea towel. Apply the ice to the injured area 3-4 times daily for 15 - 20 minutes.

COMPRESSION

If you have been provided with a tubigrip support bandage. DO NOT wear this bandage at night.

ELEVATION

Keep your leg raised on a pillow, above the level of your hip as often as possible. This keeps the swelling down, makes it more comfortable and speeds up recovery.

Mobility Exercises

- 1 Lying on your back bend the injured knee and slide the heel up and down the bed as far as comfortable.



- 2 Keep the leg firmly on the bed, tighten your thigh muscle as much as you can. Keep the thigh tight for 5 seconds then release. Repeat 10 times



- 3 Lying down place a bottle rolled up in a towel under your knee. Lift up your heel, feel the muscle tighten and straighten the knee (keeping your knee on the bottle/towel). Hold for 5 seconds. Repeat 10 times.



- 4 Straighten the leg, pulling the foot up as far as possible. The thigh muscle is tightened in order to lift the leg straight off the bed. The leg should be held about 6 inches off the bed for a count of 3 seconds, then slowly placed back on the bed. This exercise should be done in groups of 30, stopping for a rest after 10.

