

## What should I do if the pain increases with exercise?

- If your pain gets worse, initially reduce your exercises. As your knee starts to feel better you can gradually increase your exercises again.
- If however, your pain increases significantly stop the exercises and consult your GP or physiotherapist before continuing.

## General advice

- The sooner you start early exercise, the better your recovery.
- Wear sensible shoes during the healing period.
- Pace your activities throughout the day to avoid flare ups.
- Don't keep your knee still, it will get stiff and healing will take longer.
- Continue to walk as your pain allows.
- Once you have recovered, keep your body healthy with exercise. Not only does it keep your muscles strong and bones healthy, it also helps prevent future problems developing.
- If your symptoms get worse, or do not improve please seek further medical advice.

If you do not understand this leaflet, we can arrange for an interpreter.

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如你唔明白本單張的內容，我們可安排口譯員服務。

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اگر مندرجات این جزوه را نمیفهمید، ما می‌توانیم مترجم در اختیارتان بگذاریم.

Jeśli masz trudności w zrozumieniu tej ulotki, możemy zorganizować tłumacza.

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### Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

Ref number: 359.1

Publication Date: August 2013 Review Date: August 2015



## Knee Pain Advice for Patients



## What causes knee pain?

- Most knee pain is not due to a serious condition and will resolve with time.
- Knee pain can be caused by a twist or a fall which may strain or sprain the ligaments, tendons or muscles.
- It may also be the result of overuse or repetitive strains such as running.

## What are the symptoms?

- Pain
- Swelling
- Stiffness
- Reduced movement
- Muscle weakness
- Tightness in the back of your thigh and calf

## How long will it take to recover?

- Early, gentle movement of the knee will help it heal more quickly. Moving your knee will aid circulation and reduce pain, stiffness and swelling.
- The initial pain usually settles within a few days.
- The majority of simple strains do not cause lasting problems, as the body is very good at healing itself.

## What treatments can I use?

### Painkillers

- If your GP has prescribed painkillers, they should be taken at the recommended dose.

### Rest

- Try and rest the leg for the first 24-72 hours. However, it is important to maintain flexibility in the knee so gently move it without causing too much pain. This will help with the healing process.

### Ice

- Wrap an ice pack (or a bag of frozen peas) in a damp towel and place over the knee. Use for 15 minutes every 2 hours. This will help reduce the swelling and pain.

### Elevation

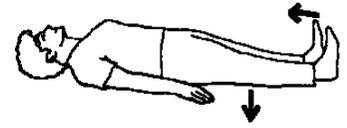
- Whilst resting, place the leg in an elevated position so that the ankle is higher than the hip to reduce swelling.

### Early movement and exercise

- Do not rest for long periods at a time as this will lead to stiffness and weakness and prolong your recovery.
- Simple exercises can be performed to help gain full function of your knee.
- Moving stiff muscles and joints is often uncomfortable to start with but becomes much easier as you regain the movement in your knee.

## Exercises for your knee

1. Pull your toes up towards your head and push your knees firmly into the floor.



2. Slide your foot up and down the bed, gently moving the knee joint.



3. Put a cushion under the knee, pull your foot and toes up, tighten your thigh muscle and straighten the knee.



4. Stand with the leg to be stretched straight behind you and the other leg bent in front of you. Hold onto the wall and lean forwards and down until you feel the stretching in the calf of the straight leg.



Exercise Illustrations: © PhysioTools Ltd

**Please Note:** These exercises should not increase your pain. Perform each exercise gently and slowly, only moving as far as feels comfortable. Practice each exercise up to 10 times. Do the exercises two or three times per day.