Knee Injury

Issued by Emergency Care Centre / Minor injury Unit
This leaflet is to give you advice about your knee problems.

**Knee pain**
Knee pain can be due to an accident, inflammation or infection.

**Benefits**
Following the advice in this leaflet should improve your symptoms. If you are still experiencing problems after 10 days you should make an appointment to see your General Practitioner (GP).

**Risks and side effects**
Sometimes the doctor or nurse practitioner will not be able to tell you exactly what is wrong with your knee. They will advise you on the best course of treatment for your symptoms.

You may experience swelling, stiffness and pain around the knee joint (may extend down the leg and foot).

**Alternatives / Options for treatment**

**Painkillers**
You should take painkillers to help you with your pain. Paracetamol and Ibuprofen, if you can take them, will be suitable. You can seek advice from a pharmacist as well.

**Elevation**
Put your affected knee on some pillows higher than waist level.
Ice packs

Ice packs help to reduce inflammation during early stages following an injury. It cools the area down and reduces swelling.

How to use ice packs

• Use a bag of frozen peas or crushed ice cubes placed in a plastic bag.
• Protect your skin from ice burns with a damp flannel or cloth. Place your cold pack on top of the painful area and wrap the towel around to hold it in place. Never apply ice directly to the skin as this may result in an ice burn.
• Ice packs can be applied two or three times a day for 20 minutes, leaving two hours between applications.
• By following this advice your symptoms should improve. If they do not improve you should seek advice from your GP or physiotherapist.

Exercises

After a knee injury it is important to restore the joint to its normal range of movement. This is achieved through gentle stretches and exercises performed within the limits of pain.

Injuries to knees leave the muscles weaker and more susceptible to future problems. Gentle exercises help return muscles to their normal function and prevent further injuries. Exercises should be performed regularly throughout the day. You should repeat each exercise approximately 5 times and gradually increase as the pain decreases.
1. Sit with legs stretched out. Push your knees onto the bed. Hold for 10 seconds.

2. Lie down flat. Slowly raise your leg, hold for 10 seconds and then lower your leg.

3. Sit on the edge of a bed or chair. Slowly bring your leg up to a straight position. Hold for 10 seconds and then lower your leg.

4. Stand against a wall. Slowly bend your knees to a squatting position. Hold for 10 seconds then stand up.
**Contact Numbers**

The following numbers are direct lines to A&E or Minor Injury Units:

<table>
<thead>
<tr>
<th>Hospital</th>
<th>Phone Number</th>
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</thead>
<tbody>
<tr>
<td>Alnwick Infirmary</td>
<td>01665 626727</td>
</tr>
<tr>
<td>Berwick Infirmary</td>
<td>01289 356605</td>
</tr>
<tr>
<td>Blyth Community Hospital</td>
<td>01670 396404</td>
</tr>
<tr>
<td>Rothbury Cottage Hospital</td>
<td>01669 620555</td>
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<tr>
<td>Hexham General Hospital</td>
<td>01434 655388</td>
</tr>
<tr>
<td>North Tyneside General Hospital</td>
<td>0191 293 2515</td>
</tr>
<tr>
<td>Wansbeck General Hospital</td>
<td>01670 529552</td>
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</tbody>
</table>
Alternative Formats
If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on 03 44 811 8118

Other sources of information

NHS 111

NHS Choices
www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)
www.nice.org.uk

Patient Advice and Liaison Service (PALS)
Freephone: 0800 032 0202
Text: 01670 511098
Email: northoftynepals@nhct.nhs.uk

Northumbria Healthcare NHS Foundation Trust
General Enquiries 03 44 811 8111
www.northumbria.nhs.uk

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