

Knee Exercises

Virtual Fracture Clinic

Department of Orthopaedic Surgery Medway NHS Foundation Trust Text


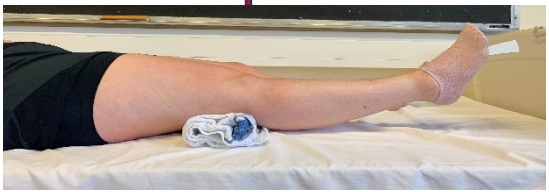
It is important to undertake exercise to help with your recovery. You can follow these exercises if you have injured your:

- Knee Soft Tissue Injury
- Fractured Patella (knee cap)
- Dislocated or subluxed patella (knee cap)

If you experience any problems, or a significant and sustained increase in your pain, please get in touch with the Virtual Fracture clinic on **07760 553994**. **Whilst the clinic is running, we are unable to take calls so leave a voicemail with your full name, date of birth and contact number and**

Knee Exercises

These exercises aim to gently move the knee joint to prevent stiffness while your injury heals.

<p>Static Quads</p> 	<p>Rest with your legs supported and straight.</p> <p>Gently tense the muscles in your thigh and try to push your knee into the bed</p> <p>Hold for 5 seconds & repeat 5-10 times</p>
<p>Static Quads advanced</p> 	<p>Placed a rolled towel or small pillow under your injured knee.</p> <p>Tense your thigh muscle and try to push your knee down into the towel and lift your heel up.</p> <p>Hold for 5 seconds & repeat 5-10 times</p>



Medway NHS Foundation Trust is a smoke free organisation. As a healthcare provider, we believe it is important to provide the best possible environment for our patients, visitors and staff.

Knee Flexion



In sitting – gently slide the foot of your injured leg back towards the chair. Aim to bend your knee as much as your pain allows then slide forward until your knee is straight

Repeat 10 times.

Pain and Swelling

Your knee will be swollen, and you will have some pain. Swelling is often worse at the end of the day. Taking pain killer medication, elevating your knee, and using ice or cold packs will help.

Walking and your brace

You are allowed to put weight through your leg. You may find it easier to use crutches in the early stages. As pain and swelling improves you will need your crutches less and less. One advantage to using crutches 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 crutches and the amount you use them.

You may have been given a knee brace in A&E. This can be used to help manage your symptoms in the early stages and only needs to be worn when walking. The brace can be removed when sleeping and completing your exercises. Try to gradually reduce the use of the brace as soon as your pain and swelling starts to improve.