

Knee injury

Minor Injuries Unit (MIU)

You may have injured your knee by damaging the ligaments (sprain), the muscle, a tendon (strain) or a cartilage injury.

- Use an icepack (e.g. a frozen bag of peas wrapped in a damp towel) and apply it to the injured knee for 10 to 15 minutes, 4 to 6 times a day.
- Raise your leg on a stool or sofa whenever you are sitting.
- Take regular painkillers, such as paracetamol or ibuprofen, which are available from your chemist.
- Exercise your knee gently 4-6 times a day, after using the icepack, once most of the swelling has gone down.

Stop if you feel pain!

Knee exercises

If you have been given a knee splint remove this to do your exercises and then replace it.

1. Lie on your back with your legs straight

Push your knee back down into the floor and try to raise your heel off the ground.

Repeat 10 times

2. Lie on your back. Bend one leg and put a cushion under the knee of the straight leg

Exercise your straight leg by pulling your foot and toes up, tightening your thigh muscle and straightening the knee (keep knee on the cushion). Hold for about three seconds and slowly relax.

Repeat 10 times

3. Lie on your back or sit on a chair

Bend and straighten your leg.

Repeat 10 times

Should you have any further queries, please do not hesitate to contact us:

Minor Injuries Unit

Tel: 01342 414375

Open daily 8am - 8pm

For further information on our services please access our website: www.qvh.nhs.uk



If you'd like to find out how you can support QVH, please visit www.supportqvh.org

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