

Knee Injury

Patient Information

You have been diagnosed as having a sprained knee, As a result your knee may become stiff and your muscles may become weaker. You can help your recovery if you follow the advice below about exercising your knee.

Strengthening your thigh muscles (quadriceps)

1. Sit on the floor with your legs straight.
2. Firstly, tighten (pull) your thigh muscle so you can see it move. Hold it for five seconds then relax. Repeat this 10 times every couple of hours.
3. Then pull your toes and foot towards you (so that your toes are pointing to the ceiling).
4. Lift the whole leg straight up into the air and hold for five seconds. Repeat this 10 times every couple of hours.
5. Then try pulling your toes and foot towards you, as before.
6. Finally lift the whole leg straight up and down several times. Repeat this 10 times every couple of hours.

Improving knee flexion (bending the knee)

1. Sit on the floor with your legs straight.
2. Place your heel onto a slippery surface (a tea tray on a carpeted floor works well).
3. Slide your heel towards your hip as far as possible then straighten the knee again. Repeat this 10 times every couple of hours.
4. Next sit on the edge of a bed or chair. Ensure that your thigh is fully supported.
5. Bend your knee as far as possible then straighten fully. Repeat this 10 times every couple of hours.
6. Finally lie face down.
7. Bend your knee as far as possible then straighten it slowly. Repeat this 10 times every couple of hours.

Remember to take pain killers as advised. Paracetamol and/or Ibuprofen are readily available from any chemist or supermarket.

Avoid any contact sports for at least two weeks and then only gradually return to full activity.

If you feel your knee is not progressing as you feel it should, please arrange to see your GP for review.

Remember that it can take up to six weeks for your knee to recover from an injury.

This information is available in audio, Braille, large print and other languages. To request a copy, please ask a member of staff.

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