

If you require a translation please contact:

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اگر آپ کو اس کے ترجمے کی ضرورت ہو تو آپ ہم سے رجوع فرمائیں۔

আপনার যদি এই পত্রের অনুবাদের দরকার হয়,
তাহলে দয়া করে যোগাযোগ করুন :

Patient Advice and Liaison Service (PALS)
01932 723553

KNEE INJURY

Advice for
Patients

Ashford Hospital London Road, Ashford, Middlesex, TW15 3AA

Telephone **01784 884488** Facsimile **01784 884017**

St. Peter's Hospital Guildford Road, Chertsey, Surrey, KT16 0PZ

Telephone **01932 872000** Facsimile **01932 874757**

Website: www.ashfordstpeters.nhs.uk

PATIENT INFORMATION

KNEE INJURY

After a knee injury it is important to keep the knee moving to prevent weakness and stiffness.

Therefore, we recommend you carry out the following exercises. Start each exercise by sitting upright on a firm surface with your back supported and straight.

KNEE EXERCISES

- Pull your foot up at the ankle so that your toes point to the ceiling. Tense your thigh muscle and push your knee down to the floor for 5 seconds. Repeat this 10 times.
- Place a rolled-up towel under your knee. Lift your heel off the floor to hold your leg straight for a count of 5 seconds. Repeat this 10 times.
- Remove the towel and repeat the exercise raising your leg 4 inches off the floor while keeping it straight. Hold it for a count of 5 seconds. Repeat this 10 times.
- Bend your knee as far as it will comfortably go. If you can, gently hug your knee towards your chest. Then straighten your leg again. Repeat this exercise 10 times.
- This exercise can be done when you are sitting on a chair, comfortably supported. Keeping your knee on the chair,

raise your lower leg until it is straight. Hold it for a count of 5 seconds before resting it down again.

NB. These exercises should be done at least three times a day. Start with 2 sets of each exercise, build up to 3 sets and then make your muscles work harder by adding weight placed over your ankle and increasing this gradually.

FURTHER INFORMATION

If you are concerned about your injury or require additional advice please telephone **01784 884828** for Walk-in Centre at Ashford Hospital or **01932 722025** for Accident & Emergency at St. Peter's Hospital.

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