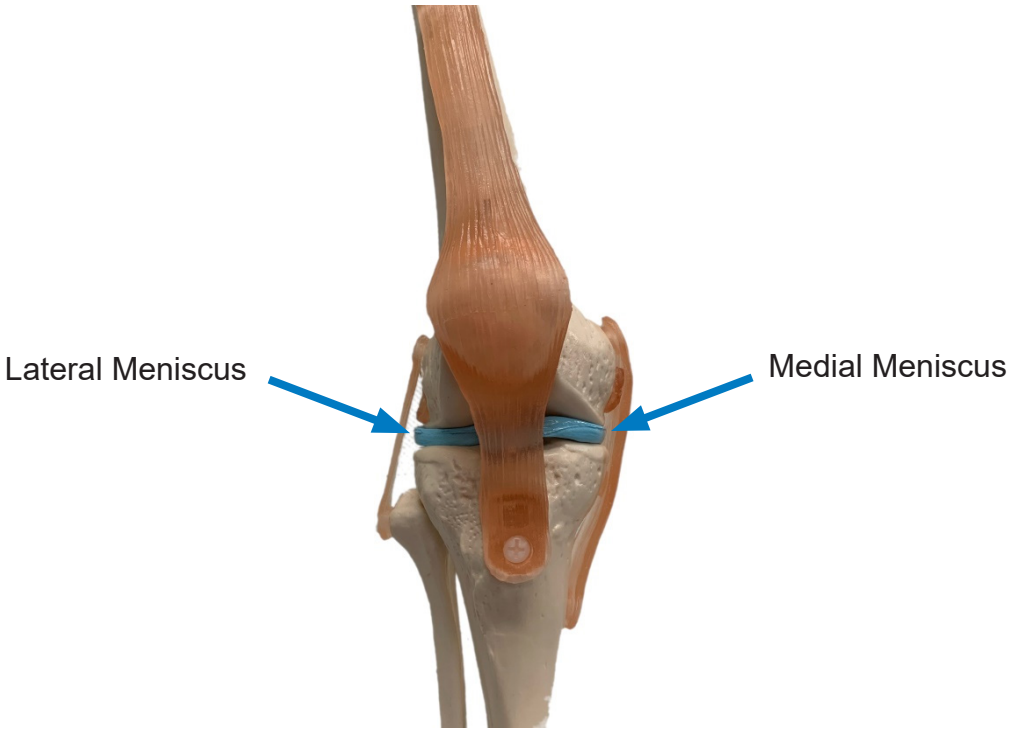
Meniscal Knee Pain Advice and Exercise Booklet



Cause of Knee Pain

Our knee joint takes a lot of impact in our day to day activities. To help absorb this impact our knee has a special shock absorber known as the meniscal cartilage. Sometimes this cartilage can become irritated or develop a small tear causing pain and swelling. You may be able to relate this to a particular incident (often twisting) or you may have just developed these symptoms with no known cause.

Symptoms

Pain is often felt on the inside of the knee but can also be in the back or the outside depending on which part of the cartilage is affected.

Pain is aggravated when there is compression of the cartilage. Activities may include bending, squatting down, kneeling, walking, hills, stairs, twisting or running.

You may find that your knee stiffens when it has been still for prolonged periods due to the extra fluid in the knee which is produced to help with the healing process.

As with other types of injuries our bodies are very good at healing. However, this can take some time and it is important that our muscles surrounding our knee joint are strong to take the pressure off the cartilage to allow it to heal.

Exercises

A natural response to pain is avoiding activity in fear of damaging our joints. This results in stiffening of our joints and weakening of our muscles. This increases the load on our meniscus cartilage and therefore increased pain.

The type of exercise is important. Being on our feet and walking is not sufficient. We need to complete specific exercises to target the muscles to help protect the knee joint. Below is a selection of possible exercises that are designed to strengthen the muscles at your hip knee and ankle to help improve your pain.

- You will need to perform these exercises regularly to see improvement.
- It is important to work to fatigue with each exercise.
- Your muscles should feel achy and tired but it should not aggravate your pain.
- Don't work through pain. If an exercise gives you pain stop.
- Ensure good posture and alignment throughout all exercises.
- Only complete exercises if you feel safe to do so.
- If you are struggling with these exercises or your symptoms are not improving, please seek guidance from a qualified physiotherapist.

Quadriceps Strengthening



1. Place a wedge under your knee.
   Straighten the knee and hold for 5 seconds
   then lower slowly.



2. Bend your good leg
   Keep the other leg straight
   Lift the whole leg keeping the knee straight.



3. Sit with legs over the edge of the bed,
   lift leg and straighten knee.

ADD A WEIGHT TO THESE EXERCISES TO MAKE THEM HARDER

Wall Squats



Stand against a wall
Feet parallel and hip distance apart.
Slide down the wall only as far as comfortable keeping your knees above your feet.

Hold for 5 seconds and slide up again.

Sitting to Standing



Starting position - Feet hip width apart, toes pointing forward (knees over toes throughout the movement)
Slowly rise out of a chair and slowly sit down again.

Hip Strengthening

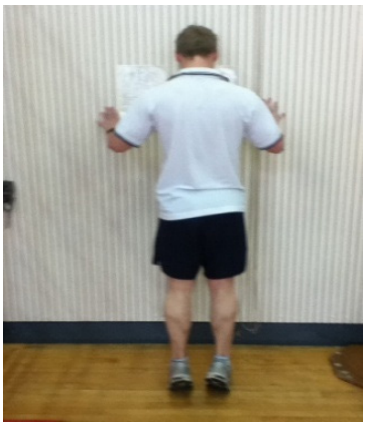


Lie on your side, keep your bottom leg bent and the top leg straight.
Lift the top leg straight up with the heel leading the movement.
Squeeze through buttock to lift the leg.



Lie on your back with both knees bent.
Hip width apart.
Tighten your buttocks and lift off the bed.

Ankle and Calf Exercises



Stand facing a wall, using wall for support.
Keeping knees straight, raise up onto toes, then lower heels down

To progress exercise
Stand on bottom step holding onto rail with heels off the edge of a step Keeping knees straight, raise up on to toes, then lower heels right down

To progress further
Complete on one leg

Balance



Stand close to a wall when practicing this exercise

Stand on one leg and balance

Self Help Techniques

Whilst your body is healing there are a number of ways you can help to manage your pain.

Sleeping Position

If you sleep on your side pacing a pillow between your knees will help stop your knee from twisting inwards. Alternatively if you sleep on you back a rolled towel or pillow under you knee will bend it slightly which can make it feel more comfortable. Ensure you practice bending your knee up and down before getting out of bed.

Regular changes in positions and gentle movements before moving

We are designed to move. When we sit for prolonged periods the healing fluid in our joint thickens. When sitting try to stand up every 30 minutes. Before getting out of bed or standing from a sitting position gently bend and straighten your leg 5-10 times to help get the fluid in your knee moving

Activity/Exercise Modification

In the short-term avoid or minimise activities that aggravate your pain. As your pain improves and your muscles strengthen gradually return to activities.

Heat and Ice:

The use of heat can help with pain and muscle relaxation. Use a warm water bottle, or microwavable wheat bag, following the instructions provided when you purchased it. To protect your skin from heat burns, wrap the item in a few layers of towel. Leave in place for 10-15 minutes. It can be reapplied after 2 hours if you wish.

The use of ice can help with pain and inflammation. Use crushed ice cubes or a bag of frozen peas. Protect the skin from an ice burn by placing the ice pack in a wet towel. Leave in place for 10-15 minutes. It can be reapplied after 2 hours if you wish. It's normal for the skin to become pink with either heat or ice, however if you experience discomfort or a burning sensation remove the item immediately. Don't apply heat or ice packs if you have poor skin sensation or poor circulation, if you are diabetic or over areas of infection.

Medication

Medications can be taken to help ease the pain and inflammation. Ask your GP or local pharmacist for advice.

Web address:

http://www.cht.nhs.uk/services/clinical-services/physiotherapy-outpatients/patient-careinformation/

QR Code:

Scan the QR code to take you to our website

If you have any comments about this leaflet or the service you have received you can contact :

Physiotherapy Department
Huddersfield Royal infirmary
Tel: 01484 342434

MSK Physiotherapy Admin Office
Tel: 01484 905380

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں.

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"