

## Physiotherapy Department

# Knee Injuries

The aim of this information is to help you break the cycle of inflammation and swelling that begins right after injury. This swelling and inflammation can cause further damage to your knee. A few simple measures can effectively end the cycle and prevent further damage.

**For the best results, start treating your injury straight away and continue for at least 48 hours.**

**For information on rehabilitation and exercising your injured knee, see the separate leaflet.**

The self-care measures for an injured knee can be remembered by the acronym **PRICE**:

## **P**rotection

- The best method depends on the severity of the injury.
- For minor injuries, a compression bandage is used.
- For more serious injuries, you may require crutches, a compression bandage and sometimes a brace help stabilise the joint whilst bearing weight.

## **R**est

- Refrain from pain provoking activities to reduce repetitive strain on your knee.
- This gives the injury time to heal and prevents further damage.
- For minor injuries, this should be for 24 to 48 hours, but for more serious injuries this may be for longer as advised by the A&E staff.
- This is a standard treatment for most acute soft tissue injuries.

## **I**ce

- Ice reduces pain and inflammation.
- It should be applied within 5-10 minutes of injury.
- See the advice below on how to make and use an ice pack effectively.

# C

## ompression

- Use a lightweight, breathable compression bandage.
- The bandage should be tight enough to support your knee without interfering with circulation.

# E

## levation

- Elevating your leg helps to reduce swelling by allowing fluids that might otherwise accumulate around the area to drain away under gravity.
- Try putting your foot up on a cushion or footstool or sitting in a recliner chair.

## How to make and use an ice pack

### To make an ice pack:

- Place ice cubes in a plastic bag or wet tea towel.
- A good alternative is a bag of frozen peas.
- Purpose made cold packs can also be bought from your local pharmacy.

### To use the ice pack effectively:

- If the skin is intact, rub a small amount of oil over the area where the pack is to sit. If the skin is damaged, or there are stitches in the area, use a plastic bag instead.
- Place a cold wet flannel over the area and place the ice pack on the top. Press the pack down gently onto the injured area for best effect.
- Check the colour of the skin after 5 minutes. If the skin is bright pink or red, remove the ice pack immediately, otherwise replace the pack for another 5-10 minutes and recheck.
- The ice pack can be left on for 20 minutes in total. There is no benefit to leaving it on for longer, and it may cause skin damage if you do.
- Repeat every 2-3 hours (whilst awake) for 24-48 hours.

### Warning : Do not use ice/cold packs:

- Over areas of skin that are in poor condition.
- Over infected areas.
- Over areas of skin which have poor sensation.
- Over an area of skin with poor circulation.
- If you are diabetic.

## Web Address

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

## QR Code



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

Physiotherapy Department  
Huddersfield Royal Infirmary  
Telephone No. (01484) 342434

MSK Physiotherapy Admin Office  
Telephone: 01484 905380

[www.cht.nhs.uk](http://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۔

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المذكور أعلاه"