



The official fundraising arm of the
Royal Alexandra Children's Hospital.

Our aim is to provide information that will help you understand
your child's injury and enable the appropriate after-care.

There are lots of useful injury leaflets to download at the Royal
Alexandra website; use the QR code below or follow the link:

theroyalalex.co.uk/clinical-services/aandel/



Useful numbers:

NHS 111 - 24hr advice line
Practice Plus (Brighton walk-in center/GP service)
0333 321 0946
8am/8pm - 7 days a week



Disclaimer: The information in this leaflet is for guidance purposes only and is in no way intended
to replace professional clinical advice by a qualified practitioner.

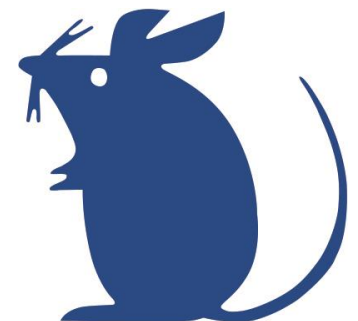
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Brighton and Sussex 
University Hospitals
NHS Trust

the
alex

Children's Emergency Department



Knee injury exercises

Information for parents, carers & relatives

Why are knee exercises important?

Knee exercises are important because they help to strengthen the knee joint, keeping it supple and stopping it from becoming stiff and painful. Stretching the muscles that support the knee can help this too. Exercises should be repeated 3 times a day as pain allows.

What else will help my knee feel better?

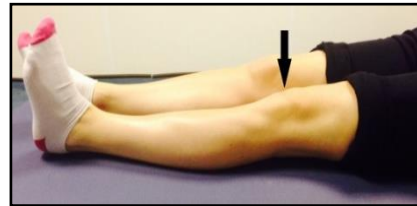
Try to rest the knee for the first 24-72 hours. You can elevate your leg above hip level and apply ice (wrapped in a tea towel) to your knee for 10-20 minutes at a time, which may help reduce swelling. Regular doses of paracetamol and ibuprofen will also help reduce pain and inflammation.

What if I am fitted with a knee splint?

Splints temporarily immobilise the support the injured joint. In some cases it is ok to remove the splint for short periods of time when you're at home. Complete the knee exercises as pain allows and you can also try walking without the splint a few steps at a time; gradually increase the distance if you're able.

Exercises (3 times a day)

Static Quads: With the leg straight and supported, gently tense your thigh muscle and try to straighten your knee further. Hold for 10 seconds and repeat 7-10 times.



Knee flexion/extension: Bend and straighten your injured leg as far as you feel comfortable. Repeat 7-10 times further. Hold for 10 seconds and repeat 7-10 times.

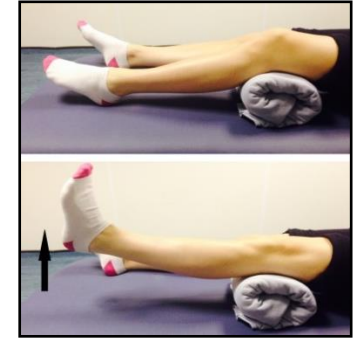


When you can do the first couple of exercises, start these.

Seated Knee extension: Bend and straighten your knee while sitting, as comfort allows. Repeat 10 times. If able, hold your leg straight for up to 5 seconds.



Inner range quads: Place a rolled up towel or small pillow under your injured knee, as shown in the picture. Tense your thigh muscle and try to straighten your knee. Keep the back of your knee in contact with the towel/pillow. Repeat 10 times, holding your leg straight for up to 5 seconds if able.



Is there anything else I need to know?

Depending on the severity, knee injuries can take between 6-12 weeks to heal. You should not participate in any sports, PE or high impact activities (such as trampolining, gymnastics, skateboarding etc.) until advised further.

Sometimes, knee injuries require a follow-up with the orthopaedic team in fracture clinic; if needed, this will be organized for you before you leave.



These exercises can also be found at the **Brighton Virtual Fracture Clinic** website. Use the QR code opposite or follow the link below.

fracturecare.co.uk/care-plans/knee/soft-tissue-injury/soft-tissue-knee-no-fu/