



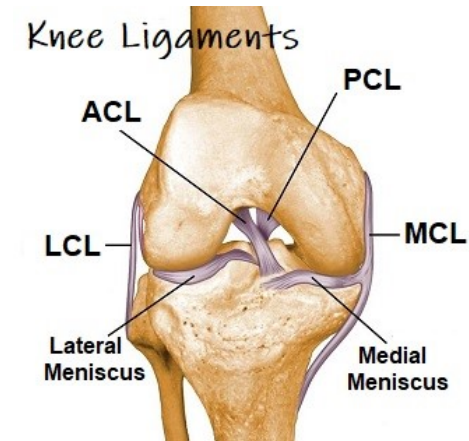
A guide to...

Soft Tissue Knee Injury

Patient Information

Watford General Hospital
Hemel Hempstead Hospital
St Albans City Hospital
West Hertfordshire Therapy Unit

Knee Anatomy



A “sprained” knee refers to the overstretching or tearing of knee ligaments, which have the role of providing stability and structural integrity to the joint. The majority of knee sprains occur during twisting and impact motions.

When injury occurs to these ligaments, the knee becomes less stable. Dependent on the severity of the sprain, it can take anywhere from a few weeks to several months to heal. In some instances of a full ligament rupture, surgical intervention may be required.

Your physiotherapist will guide you through a graded exercise programme which aims to aid healing and strengthen the injured area.

Frequently Asked Questions

What if I get pain when completing the exercises?

You will likely experience some pain during the initial stages of recovery, in particular when regaining movement of the knee. It is important to effectively manage the pain during both your exercises and activities of daily living. It is also normal to experience some soreness/aching after completing your exercises. If this pain persists or worsens despite adequate rest, you should notify your physiotherapist.

When can I return to work?

This is very much dependent on the type of work you do. Consider beginning with lighter duties and gradually increasing workload in accordance to pain and safety levels.

When can I drive?

We advise returning to driving when you are able to safely operate the car and perform an emergency stop. It will also be dependent on if the car is manual or automatic. Consult with your doctor/physiotherapist if unsure. You may also need to notify your insurer of your injury.

When can I go back to sports and hobbies?

Your return to sport will depend on pain and functional levels. It is best to discuss this with your physiotherapist as you may require a graded sport specific programme to ease you back safely.

Exercise Advice

- Use pain-killers and/ or heat/ice packs to reduce the pain before you exercise.
- It is normal that you can feel aching, discomfort or stretching when you have completed exercise.
- If you experience pain that persists (e.g. more than 30 minutes), or increases in intensity, it is an indication to change the exercise by doing it less forcefully or less often. If this does not help then please discuss this with your physiotherapist.
- Do short frequent sessions (e.g. 5-10 minutes, four times a day) rather than one long session.
- Gradually increase the number of repetitions that you do but aim for the number of repetitions your physiotherapist advises (the numbers given in this booklet are rough guidelines).
- Fit them into your daily routine! Make it a habit.
- Follow the advice from fracture clinic with regards to weight bearing.

If you experience any of the following symptoms please inform doctors or your physiotherapist so they can explore this further:

- Pins and needles or numbness down your arm/hand.
- If you are struggling to move your arm at all.
- If you are experiencing pain symptoms anywhere other than at the site of the original injury or surrounding area.

Videos for the exercises in this booklet can be found using the QR codes on each page.

Knee Exercises

Hold each exercise for two to three seconds and repeat 10 times, three times a day.



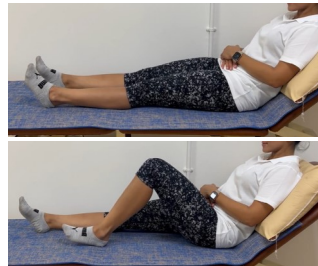
Assisted Knee Flexion:

- Lie on your back or sat upright with your leg straight. Place a towel around your foot.
- Bend your knee as far as possible whilst pulling the towel to bend the knee even more.



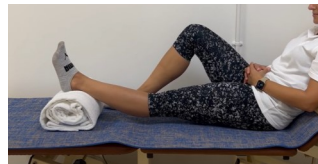
Active Knee Flexion

- Lie on your back or sat upright with your leg straight.
- Slide your heel to your bottom by bending your knee as far as possible.
- Slowly return to the starting position.



Knee Extension Stretch:

- Place a rolled towel under your ankle of the injured leg.
- Straighten your knee by tightening your thigh muscles.



Knee Exercises

Hold each exercise for two to three seconds and repeat 10 times, three times a day.



Static Quads

- Lie on your back or sit upright with your leg injured straight.
- On the injured leg bend the ankle towards you and push your knee into the surface, contracting the muscles of your front thigh.



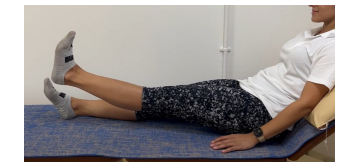
Inner Range Quads:

- Lie on your back or sit upright with your injured leg straight. Place a towel roll under the injured knee.
- Straighten the injured knee using your front thigh muscles and lift the lower half of the leg up.
- Keep the back of your knee against the towel roll.



Straight Leg Raise:

- Lie on your back or sit upright with your leg injured straight.
- On the injured leg bend the ankle towards you and push your knee into the surface, contracting the muscles of your front thigh.
- Lift the leg off the floor keeping it straight.



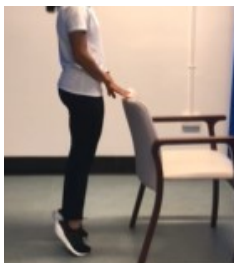
Knee Exercises

Hold each exercise for two to three seconds and repeat 10 times, three times a day.



Heel Raises:

- Hold onto the back of a strong chair or table for balance and have both feet flat on the floor.
- Push through your toes, raising your heels off of the ground.
- Return to the starting position in a controlled manner.



Through Range Quads:

- Sitting in a chair straighten your injured leg, tightening your thigh muscles.
- Return to the starting position in a controlled manner.



Sit to Stand:

- Place a chair against a wall to avoid it moving backwards.
- Stand in front of the chair and then slowly lower yourself into the chair.
- Stand back up from the chair in a controlled manner.
- If you have your hands across your chest then this makes it more challenging.



If you are unsure about any advice or information, please arrange to contact fracture clinic or contact the Physiotherapy department using the below contact details.

How to contact us

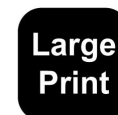
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If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217187** or email westherts.pals@nhs.net



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