

## Patient information

# Soft tissue Injury of the Knee (self-management)

### Fracture Care Team: Shared Care Plan

Trust Switchboard for both sites: 0300 131 4500

Fracture clinic and orthopaedic outpatient appointments:

Eastbourne 0300 131 4788

Conquest 0300 131 4861

This information leaflet explains the ongoing management of your injury.

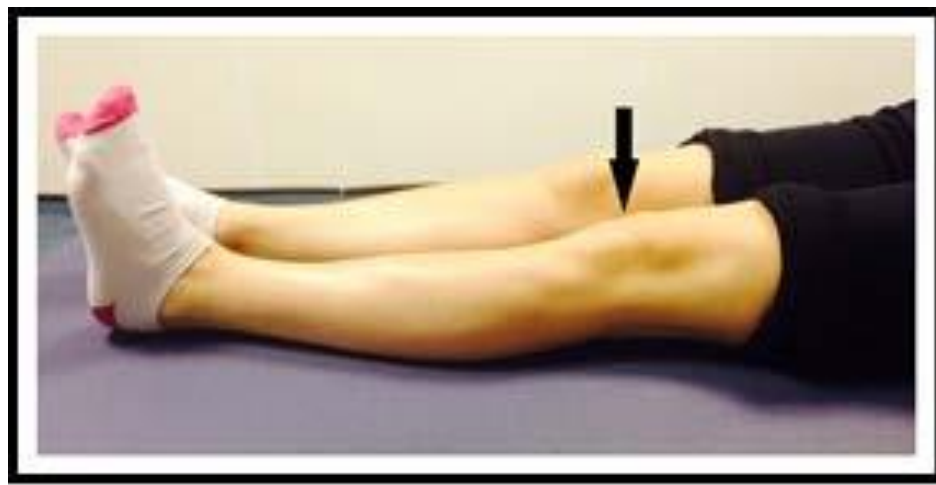
**You have sustained a soft tissue injury to your knee.** You may walk on your leg as comfort allows and may use crutches and/or a splint if supplied in A&E.

Your knee may be swollen. Resting and elevating it will help. Take pain killers as prescribed. If you are worried that you are unable to follow this rehabilitation plan, or have any questions, then please phone the Fracture Care Team for advice. Soft tissue injuries can take approximately 3 months to heal and you will need to adjust your activity level until your movement returns and your pain has resolved.

If you are experiencing pain and symptoms anywhere else, other than at the site of the original injury or surrounding area, please get in touch using the telephone number at the top of this leaflet.

Your case will be kept open for approximately 6 weeks. If we do not hear from you in that time we will assume you are managing well and do not need any further assistance. If, within 6 weeks, you are still struggling, please contact us on the number at the top of the page. We can then further assess your situation. You may then be referred to see a Specialist.

Picture of injury:



Please follow the Management / Rehabilitation plan shown below:

Weeks since injury	Rehabilitation plan
<b>0-3</b>	<p>If you have been given a splint and/or crutches in A&amp;E use these as required in the early stages. You should attempt to wean off of them as soon as possible. Resume normal activities when you can. Remove the splint for personal hygiene. Remove the splint regularly to apply cold packs and to start gentle exercises shown below.</p> <p>The splint can be worn under or over your clothes, whichever is most comfortable.</p> <p>You are allowed to put weight through the leg, with or without crutches, as comfortable.</p>
<b>3 weeks +</b>	<p>If, after 3 weeks, you are struggling with any of the following please contact the fracture clinic to arrange an appointment with a knee specialist:</p> <ol style="list-style-type: none"> <li>1. Still using the splint.</li> <li>2. Still have significant swelling.</li> <li>3. Have a feeling (or your knee continues to) give way when walking.</li> <li>4. Are unable to put all of your weight through your leg without crutches.</li> </ol>

Initial advice for an acute injury

Cold packs:

A cold pack (ice pack or frozen peas wrapped in a damp towel) can provide short term pain relief. Apply this to the sore area for up to 15 minutes, every few hours. The ice must never be in direct contact with the skin.

**Rest:**

Try to rest your leg for the first 24-72 hours. However, it is important to maintain movement in your knee. Gently move your knee following the exercises shown. These should not cause too much pain. This will ensure your knee does not become stiff and it will help the healing process. **Elevation:**

Raise your ankle above the level of your hips to reduce swelling. You can use pillows or a stool to keep your foot up.

**Early movement and exercise:**

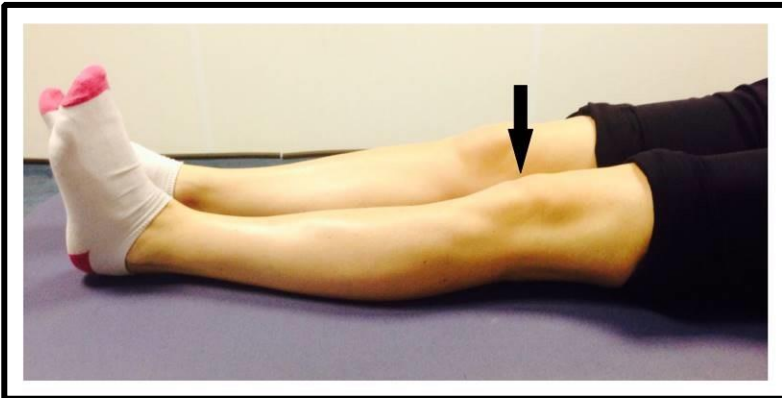
You can weight bear (put weight through your injured leg) with crutches or splint as pain allows. Try to walk as normally as possible as this will help with your recovery.

### Fitting the Cricket pad splint



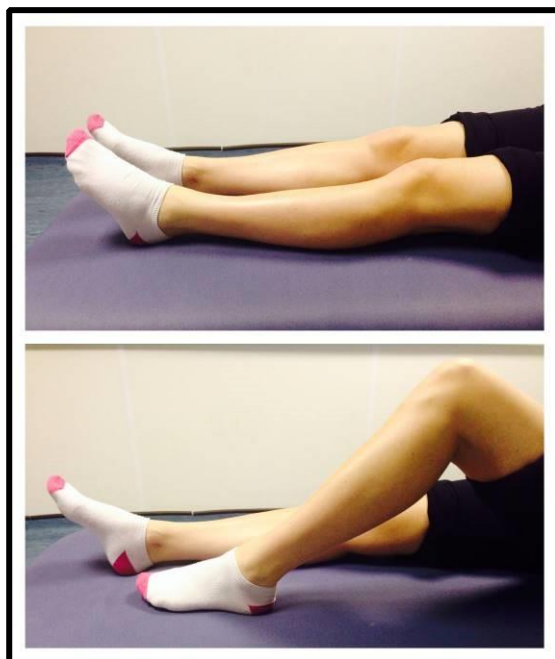
Place cricket pad splint on the leg so that your patella (knee cap) is in the middle hole of the splint, as shown below.

**Initial exercises to do 3 x a day:**



**Static Quads:**

With your affected leg straight out in front of you, gently tense your thigh muscle and try to flatten your knee further. Hold for 10 seconds and repeat 7-10 times.



**Knee flexion and extension:**

Bend and straighten your injured leg, go as far as you feel comfortable. Repeat 7-10 times

When you can do the two exercises above you can progress to this one.

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



### Advanced weight bearing exercises

(Start once range of movement has returned and pain is at a minimum):



Using the back of a chair/table for support, bend both knees into a squat position no further than a seated position and then stand up again.

Repeat 5-10 times.



Progression once able to do above exercise pain free by only using your injured leg. **ONLY** do this if you feel you could have done this before your injury.

Repeat 5-10 times.

### **Sources of information**

This information leaflet has been developed by the Fracture Care Team at Brighton and Sussex University Hospitals Fracture Care Team and adapted for use at East Sussex Healthcare NHS Trust. Information updated during the COVID-19 pandemic to ensure that patients with injuries have information, support and care despite social distancing.

### **Important information**

This patient information is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

### **Your comments**

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 or by email at:

[esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net)

### **Hand hygiene**

The trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

## Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

**Tel: 0300 131 4434 Email: [esh-tr.AccessibleInformation@nhs.net](mailto:esh-tr.AccessibleInformation@nhs.net)**

After reading this information are there any questions you would like to ask? Please list below and ask your nurse, practitioner or doctor.

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## Reference

The following clinicians have been consulted and agreed this patient information:

Dr Danielle Vidler – Consultant and Clinical lead Emergency Department CQ

Mr Utham Shanker – Consultant and Clinical lead Emergency Department EDGH

The directorate group that has agreed this patient information leaflet:

URGENT CARE

Next review date: December 2027

Responsible clinician/author: Emergency Department Consultants

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