

## Knee Pain Advice and Exercises

### Causes

- Most knee pain is not due to a serious condition and will resolve with time.
- Knee pain can be caused by a twist or fall which may strain or sprain the ligaments, tendons or muscles.
- Knee pain can also be the result of overuse or repetitive strains.

### Symptoms

You may be experiencing some or all of the following symptoms:

- Pain
- Swelling
- Stiffness and / or loss of movement
- Weakness in the muscles in the front of the thigh
- Tension or tightness in the muscles in the back of the thigh and / or calf

### Advice

- **Painkillers** (such as ibuprofen and / or paracetamol) may be prescribed by your GP or pharmacist and should be taken at the recommended dose
- **Cold packs** (such as ice or frozen peas wrapped in a tea-towel) can also provide short-term pain relief. Apply to the knee for approximately 20 minutes. This can also help with the swelling.
- **Rest** is important immediately following injury, particularly for the first 24-72 hours; however during this time it is important to maintain flexibility of the knee. Gently bending and straightening the knee will help ensure it does not become stiff and will also help the healing process. If your knee pain is aggravated by particular activities, such as running, try resting from these activities until your symptoms improve.
- **Elevate** the leg when resting so that the ankle and knee are higher than the hip to help reduce the swelling.
- **Early movement and exercise** is important to help your knee recover as soon as possible. As soon as you are able, performing simple exercises can help improve the function of your knee. Moving stiff muscles and joints can be uncomfortable to start with but becomes easier as you regain the movement in your knee.

- If you cannot walk without a limp, try taking some stress off the knee by using a stick in the opposite hand to the painful knee.
- Wear sensible, well-fitting shoes or trainers.
- If you are over-weight you are putting more stress on your knee than if your weight is average.
- Pace your activities throughout the day to avoid flare-ups of symptoms.
- Try not to keep your knee still: it will get stiff and take longer to heal.

## Exercises

The following exercises should not increase your pain. If they do, stop. Perform each exercise gently and slowly, only moving as far as feels comfortable. If you have used ice, allow 30 minutes before exercising. Complete two to three times per day:

### ASSISTED KNEE FLEXION

Sitting with your knees straight, slowly bend your knee by sliding your foot towards you as far as you can. Hold.

SETS & REPS: 3 x 30sec hold  
FREQUENCY: 2-3 x day



### HAMSTRING STRETCH

With your knee straight and your heel on the floor in front of you, tilt your pelvis forwards. Keeping your back straight, lean forwards until you feel a stretch in your hamstring. Hold.

SETS & REPS: 3 x 30sec hold  
FREQUENCY: 2-3 x day



### CALF STRETCH

Pressing against a wall with your front leg bent and back leg straight, lean your body forward until you feel a stretch in the calf of your back leg. Hold.

SETS & REPS: 3 x 30sec hold  
FREQUENCY: 2-3 x day

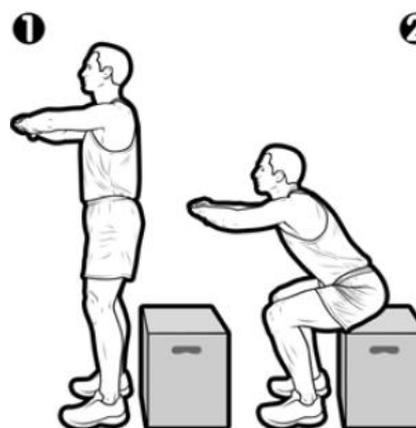


### SIT TO STAND

Start sitting with your feet and knees wide apart. Stand up. Slowly return to sitting. Maintain your weight distribution evenly. Repeat.

SETS & REPS: 3 x 8-12

FREQUENCY: daily

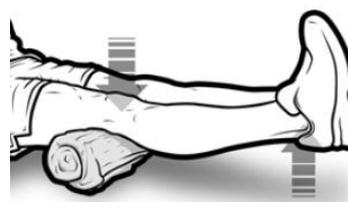


### INNER RANGE LEG EXTENSION

With your leg slightly bent over a rolled-up towel, lift your heel up and straighten your knee. Hold for 5 seconds. Relax and repeat.

SETS & REPS: 3 x 8

FREQUENCY: daily



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