

If you require further advice
please contact your GP or
phone 111

Knee pain/ injury

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如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać
udostępniona
w innych językach/formatkach.

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What causes knee pain

Knee pain can be caused by an injury to any of the soft tissue structures around the joint.

Most injuries to the soft tissues around the knee will heal within 6-8 weeks.

However, if pain is very severe or you have developed locking or giving way (instability), then further investigation may be needed.

Sometimes when you first attend the Emergency Department with knee pain it can be too sore to assess. In this case, you will be advised to take pain killers and rest the knee. You will be seen again in our review clinic 7-10 days after the injury.

Painkillers

- We recommend taking paracetamol regularly 4 times a day and ibuprofen 3 times a day. **Please note** that ibuprofen should not be taken if you suffer with kidney problems, asthma, stomach ulcers/reflux, heart failure or are pregnant.
- If you are prescribed co-codamol please note the following: it contains paracetamol so do not take other paracetamol based products, it contains codeine that can impair your ability to drive, and may also cause constipation.

Further tips

Physiotherapy can help you to manage pain and improve your strength and flexibility.

There are some basic exercises on this leaflet you can try.

A physiotherapist can provide a variety of treatments, help you understand your problem and get you back to your normal activities. You could self refer or ask your GP if your knee continues to be a problem.

Exercises

- Sit well back in the chair with good posture. Straighten and raise one leg. Hold for a slow count to 10, then slowly lower your leg. Repeat this at least 10 times. If you can do this easily, try it with light weights on your ankles and with your toes pointing towards you. Try doing this every time you sit down.



- Lying on your back with one leg straight and the other leg bent. Exercise your straight leg by pulling the toes up, straightening the knee and lifting the leg 20 cm off the bed. Hold approx 5 secs. - slowly relax, then try the other leg too. **Repeat 10 times.**
- Lying on your back on your bed, the bed sheets act as a sliding surface. Bend and straighten your hip and knee by sliding your foot up and down the bed sheets. **Repeat 10 times**

