



**United Lincolnshire
Teaching Hospitals**
NHS Trust

Knee Exercises

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Knee rehabilitation exercises and information

Exercise is an important part of recovering from an injury, surgery or a healed fracture of your knee. The aim of exercise is to regain normal movement, strength and function of your knee as quickly as possible. You may have had a recent ligament injury, had a fracture and recent cast removal, or have had a recent arthroscopy.

The principles are the same.

Pain and Swelling

Pain and swelling are common, which may be helped by:

- Elevating your leg. This can be done on a pillow or footstool.
- Ice can help pain and swelling. Wrap ice or frozen peas in a damp tea towel and apply to the knee for a maximum of 15 to 20 minutes. This can be repeated several times a day as required.
- Painkillers can also help. Speak to your pharmacist or GP if you require further advice on painkillers.

Walking

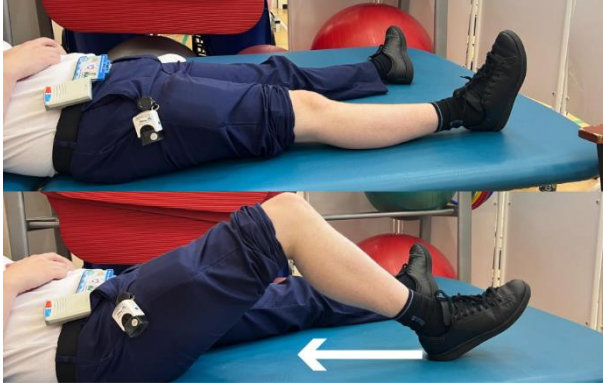
- Always try and walk as normally as possible. You will be instructed if you are not able to fully weight bear.
- You may be given elbow crutches in the early stages as pain and swelling may limit your ability to walk. These should be reduced to one crutch (use the crutch on the opposite side to your injury) and discard as soon as you can tolerate.
- Gradually increase your walking and activities as the pain and swelling reduce.

Exercise

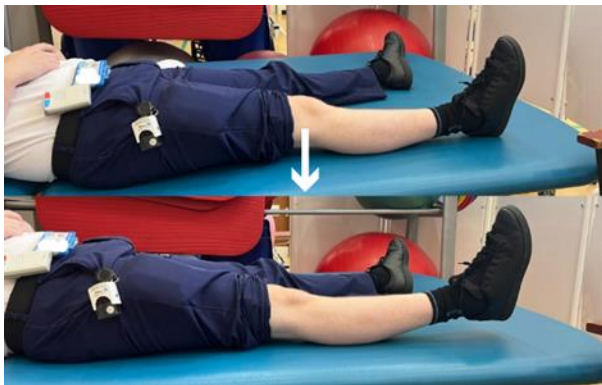
- Exercise is important to regain the normal strength and movement of the knee. This should be gentle to start with and not cause any significant pain. As the exercise become easier you can increase the repetitions.
- Try doing the following exercises 3 to 4 times a day, starting with about 10 repetitions. If you have been given a brace remove it to exercise, unless you have been otherwise informed.

Knee exercises

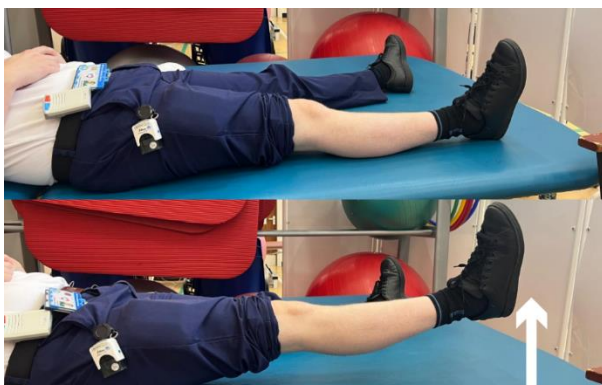
- Straighten your knee fully, then bend it as far as is comfortable. You can always help it back with your hands.



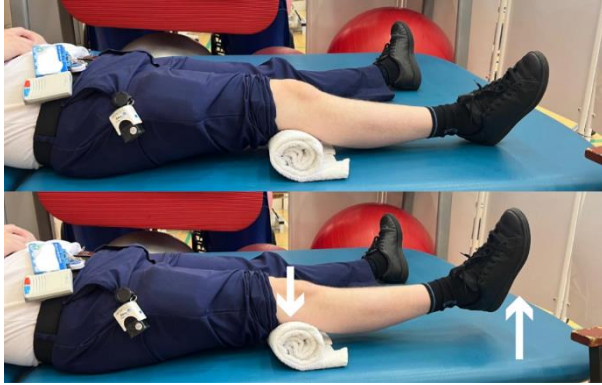
- With your knee straight tighten your thigh muscles by pushing the back of your knee into the bed. Hold for 5 seconds.



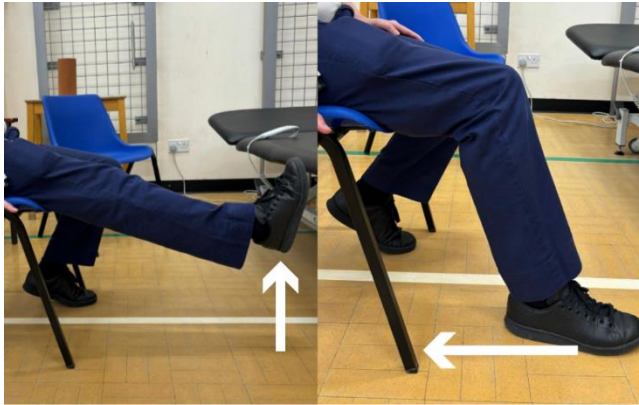
- With your knee straight, tighten your thigh muscles as above, then lift your leg about 10cm off the bed and slowly lower. Progress this by holding your leg up for 5 to 10 seconds.



- With something under your knee e.g. rolled towel, raise your leg so your knee is straight. Try to hold it up for 5 to 10 seconds, slowly lower.



- In sitting, bend and straighten your knee.



- Once you can put weight through your legs comfortably, try sit to stand using the arms of the chair for support initially and then without arm support when you are able.



More information on knee pain can be found on the NHS choices website at www.nhs.uk/conditions.

Useful Resources

- [Health A to Z](https://www.nhs.uk/conditions/knee-pain/) - <https://www.nhs.uk/conditions/knee-pain/>
- [Patient information guides](https://www.england.nhs.uk/gp-online-services/support/supporting-material/patient-information-guides/) - <https://www.england.nhs.uk/gp-online-services/support/supporting-material/patient-information-guides/>
- [Exercises for the knees | Versus Arthritis](https://www.versusarthritis.org/about-arthritis/exercising-with-arthritis/exercises-for-healthy-joints/exercises-for-the-knees/) – <https://www.versusarthritis.org/about-arthritis/exercising-with-arthritis/exercises-for-healthy-joints/exercises-for-the-knees/>
- [Exercise videos – ESCAPE-pain](https://escape-pain.org/i-have-knee-hip-pain/exercise-videos/) - <https://escape-pain.org/i-have-knee-hip-pain/exercise-videos/>

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Skegness and District Hospital:	01754 613516

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www.accessable.co.uk/united-lincolnshire-hospitals-nhs-trust

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