Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Knee Injury

Version number: **2**
Last modified date: **12th November 2026**

Knee Injury

Patient Information

Musculoskeletal (MSK) Therapy

- Author ID: CV/VL
- Leaflet ref: Tpy 073
- Version: 2
- Leaflet title: Knee Injury
- Last review: March 2024
- Expiry date: March 2026

Disclaimer

Not all exercises are suitable for everyone and while every precaution was taken in selecting these exercises, they do not come without risks. If you have any concerns regarding injury, or whether or not you should partake in the exercises, then you should consult your General Practitioner (GP) or a Physiotherapist prior to commencing any exercises shown here.

It is quite normal to feel some discomfort following exercise, but it is important that this discomfort eases within 2 hours of finishing the exercise and doesn't have an overall negative effect on your symptoms.

The exercise plans shown here are designed to be used as a guide and a point of reference, they are not exhaustive and can be modified and progressed under the supervision of a Physiotherapist (see referral details below).

Introduction

Low energy knee injuries are usually caused by minor trauma, and normally will improve within six weeks if adequately managed.

Symptoms

1. Pain
2. Swelling
3. Bruising / Redness

4. Heat
5. Decreased Mobility

Treatment

Self-treatment should be commenced immediately.

Remember

PRICE =

P - Protection

R - Rest

I - Ice

C - Compression

E - Elevation

Protection

Protect the injured leg by avoiding situation that are likely to cause further harm such as excessive walking/weight bearing, unstable surfaces etc.

Rest

“Relative” rest means removing excessive strain from the knee. Reduce the length of time you spend standing and walking. Gradually increase activity and movement over 48 hours.

Ice

Use a bag of ice or frozen vegetables wrapped in a damp cloth and apply for approximately 20 minutes, **NO LONGER**. Repeat at least four times per day. Only apply an ice pack to your skin if your skin has normal sensation and is not broken, damaged or cut.

Compression

Strapping or bandaging with light compression may help reduce swelling but this is often not needed.

Elevation

Raising your knee above hip level, will help decrease swelling (e.g. sitting with your foot on a stool).

Things to Avoid

H - Heat

A - Alcohol

R - Running

M - Massage

Early Movement

Early movement is essential for a full recovery but for the **first 24 / 48 hours** following injury is to stick to the advice on **PRICE**. Below are some useful exercises to promote movement. Perform these exercises a few times per day.

Static Quadriceps



- Sitting or lying down with legs out straig
- Bend your ankles, point your toes towa push your knees down firmly against th
- Hold for 5-10 seconds and then relax
- Repeat x 10

Straight Leg Raise (SLR)



- Sit or lie with legs out straight
- Point your toes towards you; Tighten y muscles at the front of your leg and lift approximately 15cm off the ground. Air knee completely straight
- Hold for 5-10 seconds then slowly lowe
- Repeat x 10

Seated Knee Flexion





- Sitting on a chair; keep your heel in cor floor throughout
- A towel or cloth can be used to assist w movement by reducing friction on a sm
- A plastic/wooden tray could be used sir performing on a carpet

- Slide your foot back and forth, bending for FULL movement
- Repeat x 10

Lunge on Step





- Place your foot on the bottom step of a stool

- Keep foot flat and bend your knee forw motion
- Ensure you are balanced throughout th use of handrail)
- Repeat x 10

Sit – Stand (Chair Squat)





- Start by sitting on the edge of a chair with f
  width apart
- Attempt to stand up with/without using you
- Repeat x10

Technique: Bend from the hips, lean forward and
a standing position; ensuring your bodyweight is
through your heels. Seek assistance/support if ne
back down.

Single Leg Balance

	• Aim to stand on one leg • Try keeping your pelvis level throughout • Ensure you begin by holding onto a suppor (i.e. kitchen worktop/back of a chair) Aim to achieve equal periods of time held on both

Contact Details

If your Symptoms are not improving or you have any concerns; please contact one of the following:

Fracture Clinic: Telephone 01942 822595

Adult MSK Physiotherapy Self-Referral

If you are struggling to regain your movement or get back to normal activities, you can self-refer to **Physiotherapy**. A referral form can be found on this webpage:

https://www.wwl.nhs.uk/adult-msk-physiotherapy-self-referral



Please scan the QR Code to access the website.

Telephone Numbers:

Boston House Health Centre Telephone 0300 707 1113

Leigh Infirmary Telephone 0300 707 1597 / 0300 707 1595

Platt Bridge Health Centre Telephone 0300 707 1772



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