

Caring for your... Knee Injury

KNEE INJURIES are due to either a stretch or tear of one or more tissues (ligaments or cartilage) in the knee. Your health professional will assess the severity of your injury and advise you about the treatment you need.

Return to see your health professional immediately if you have significant, rapid swelling at any stage following injury

The first 2-3 days for pain and swelling Remember – R.I.C.E.

Rest – reduce the length of time you spend standing and walking as this helps the knee heal.

Ice – Place ice wrapped in a damp towel on the injured knee – don't put ice directly onto bare skin as it may cause an ice burn. Apply for up to 20 minutes every 2 hours for the first 2-3 days.

Compression – Firm (not tight) bandaging helps reduce swelling. Remove the bandage at night.

Elevation – Keeping your injured leg raised and straight on a pillow helps reduce bleeding and swelling.

Avoid

H – heat eg. hot showers, hot packs

A – alcohol

R – running

M – massage

(These things may slow your recovery)



Keep your injured leg raised and straight on a pillow.

Paracetamol can help with pain. Avoid taking aspirin as this can increase bleeding. Ask your doctor or pharmacist for advice. The time it takes to recover depends on the type and amount of damage to the knee.

