

After injury to the knee joint, swelling caused by increased fluid in and around the knee joint is often a problem. It is important to reduce the swelling as soon as possible. Listed below are several ways of doing this at home.

### Tubigrip

This is an elasticated tubular bandage which may be given to you to help control the swelling, support the injured joint and prevent further damage.

It should be worn doubled, with cut ends nearest towards you and the fold further away from you.

Make sure that the cut ends are 2" apart, this allows a lessening of the pressure of the bandage.

**Do Not** wear the bandage in bed over night, this will block blood flow.

**Do**, put it back on before you get out of bed.

Take it off to exercise the knee—unless instructed otherwise.

### Position Of Rest

#### Daytime

It may be more comfortable to rest the knee supported on a pillow placed length-wise under the leg.

Elevate the leg so that the foot is just above heart level and the whole leg is supported, this will allow excess fluid to drain away.

#### Night-time

Remove the tubigrip, place a pillow behind the leg.

To prevent the foot from twisting and to make the leg more comfortable, place a bunched pillow on either side of the foot.

If there is a lot of swelling, raise the end of the bed slightly, by placing a folded blanket beneath the mattress.

#### Bathing

A hot bath can increase swelling and bleeding following an injury. Only bath if you cannot shower safely.

Ensure that the bath water is not too hot.

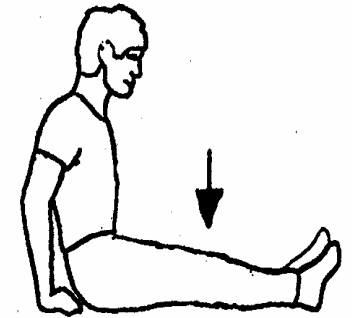
Do not sit in it for longer than necessary

If possible, keep the knee out of the water.

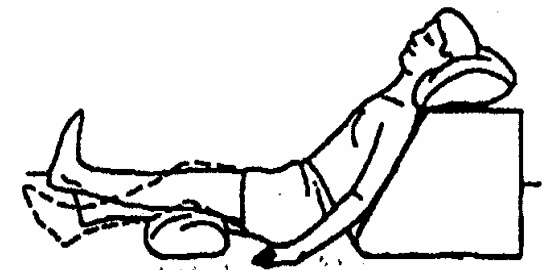
#### Knee Exercises

The muscles of the leg will become weak very quickly if they are not used properly. This will make the joint more vulnerable to further injury. It is important to exercise the muscles to keep them strong.

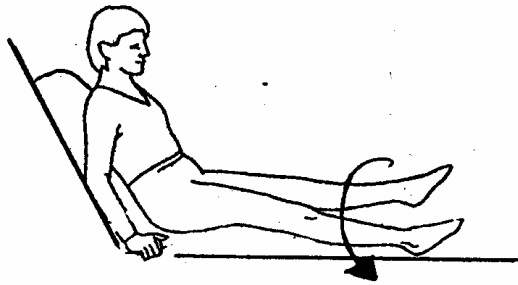
1. Sit with leg stretched out in front of you on the floor. Brace the knee onto the floor and pull the foot upwards. Hold for 10 seconds. You should see the thigh muscles tighten. Do the same with the other leg—and compare. Repeat 10 times every 2 hours.



2. Sit in the same position as above, place a firmly rolled towel under the knee and pull the foot upwards. Brace the knee back onto the towel and lift heel up straighten leg. Hold for 10 seconds. Relax and repeat 10 times every 2 hours. This action should tighten your thigh muscles and you should feel the knee cap moving slightly towards the hip.

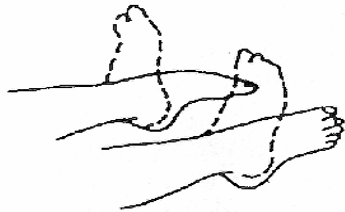


3. Sit on the floor cross one leg over the other at the ankles, with the injured leg on top. Dig the upper ankle into the underneath leg as if trying to bend the knee. Make sure the underneath leg is straight to prevent this happening. Hold for 10 seconds. Relax and repeat 10 times every 2 hours. You should feel the muscle behind the knee working.



### Ankle Movements

Move ankle up and down 10 times each side



Move ankle in a circle 5 times in



each direction.

Sit on a chair  
Pull your toes up, tighten your thigh muscles and straighten your knee. Hold for 5 seconds and relax



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### Ice Treatment

**KNEE  
INJURIES**