



Patella Dislocation

Doncaster Royal Infirmary
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Doncaster
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Tel: 01302 644665

You will be followed up by the consultant.

This is a follow-up letter to your recent telephone consultation with the fracture care team explaining the ongoing management of your injury. Your case has been reviewed by an Orthopaedic Consultant (Bone Specialist) and Fracture Care Extended Scope Physiotherapist.

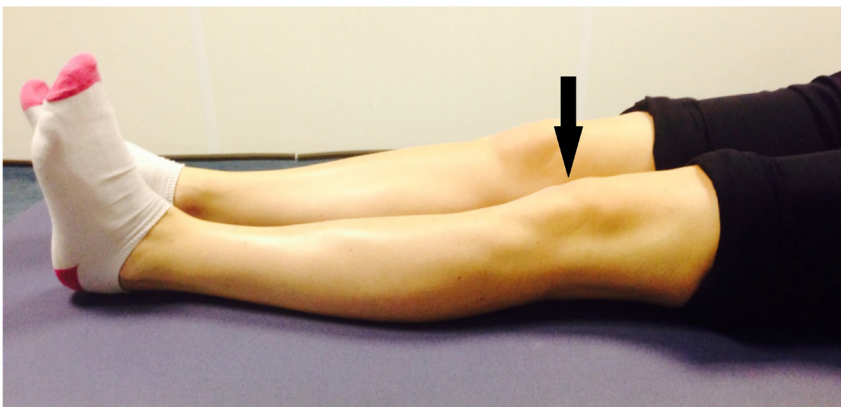
You have sustained a dislocation of your patella (knee cap).

You may walk on your leg as comfort allows. You must wear the splint fitted by A+E. You can only remove the splint to wash your leg daily. You must keep your knee straight when washing it and replace the splint afterwards.

Your knee may be swollen. Resting and elevating it will help. Take pain killers as prescribed. If you are worried that you are unable to follow this rehabilitation plan, or have any questions, then please phone the Fracture Care Team for advice.

If you are experiencing pain or symptoms, other than at the site of the original injury or surrounding area, please get in touch using the telephone details at the top of this letter.

You will have an appointment with a Knee Specialist 2 weeks after your injury. They will assess your knee once the immediate pain and swelling has decreased. The Specialist will decide if further treatment or x-rays are required. They will organise these if needed. If you have not received a letter for this appointment, please contact the booking team on Tel: 01302 642500.



You have also been referred to see a physiotherapist 3 weeks after your injury.

Please follow the plan below:

Weeks since injury	Rehabilitation plan
0-2	Wear the splint fitted by A&E for 2 weeks. You may remove it for personal hygiene and to apply a cold pack. You must keep your leg straight at all times. The splint can be worn under or over your clothes, whichever is most comfortable. You are allowed to put weight through the leg, with or without crutches, as comfortable.
2	You will have an appointment in the Acute Knee Clinic for further assessment and ongoing advice with regards to rehabilitation.
3	You will be starting your physiotherapy (unless the Specialist has decided to delay this following your Acute Knee Clinic appointment).

Initial advice:

Cold packs:

A cold pack (ice pack or frozen peas wrapped in a damp towel) can provide short-term pain relief. Apply this to the sore area for up to 15 minutes, every few hours. The ice must never be in direct contact with the skin.

Rest and Elevation:

Try to rest the leg for the first 24-72 hours to allow the early stage of healing to begin. Raise your ankle above the level of your hips to reduce swelling. You can use pillows or a stool to keep your foot up.

Early weight-bearing and exercise:

Early weight bearing (putting weight through your injured leg whilst wearing the splint) helps increase the speed of healing.

Early movement of the ankle and foot is important for circulation. Follow the exercises below. These should not cause too much pain. These exercises will help the healing process.

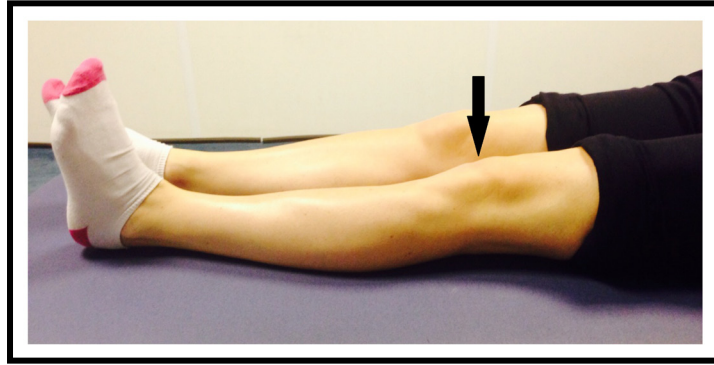
Fitting the Cricket pad splint



Place cricket pad splint on the leg so that your patella (knee cap) is in the middle hole of the splint, as shown below.



Initial exercise to do 3 times a day (with or without the splint)



1. Point your foot up and down. Repeat 10 times.
2. With the leg straight and supported, gently tense your thigh muscle and try to straighten your knee further. Hold for 10 seconds and repeat 7-10 times.

Cc physiotherapy urgent referral 3 weeks post injury.