



Soft Tissue Knee Injury

Doncaster Royal Infirmary
Armthorpe Road
Doncaster
DN2 5LT

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 soft tissue injury to your knee.

You can walk on your leg as comfort allows. You can use crutches and/or a splint if supplied by A&E. 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,

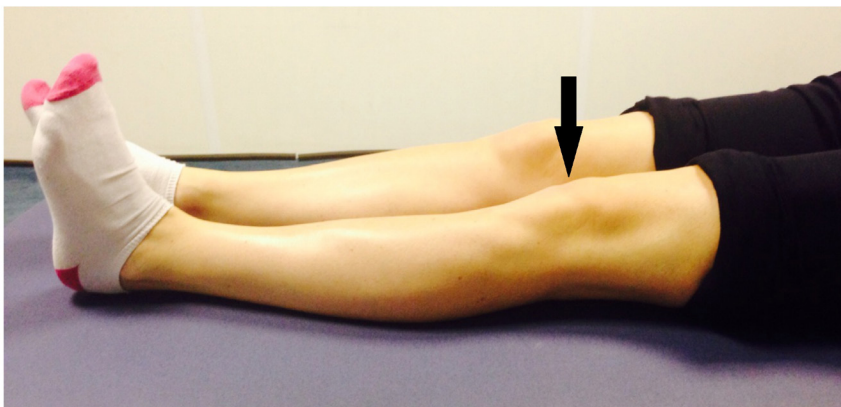
Or, if you are experiencing pain or symptoms, other than at the site of the original injury or surrounding area,

Or, have any questions, then please phone the number at the top of this letter for advice.

You will have an appointment with a Knee Specialist where we aim to see you 7-10 days 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.



Please follow the plan below:

Weeks since injury	Rehabilitation plan
0-2	<p>If given a splint in A&E you can wear this as required until your Knee Specialist appointment. The splint can be removed to apply cold packs and to start gentle exercises shown below.</p> <p>The splint can be worn either under or over your clothes depending on what you find most comfortable as seen in picture.</p> <p>You are allowed to put weight through the leg as is comfortable, with or without crutches.</p>
2	<p>You will have an appointment in the Acute Knee Clinic for further assessment and ongoing advice with regards to rehabilitation.</p>

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.

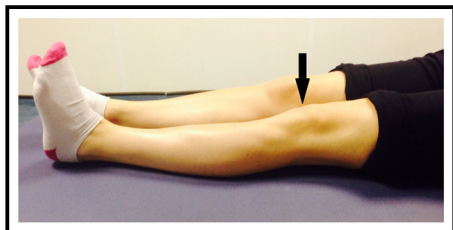
Fitting the Cricket pad splint



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

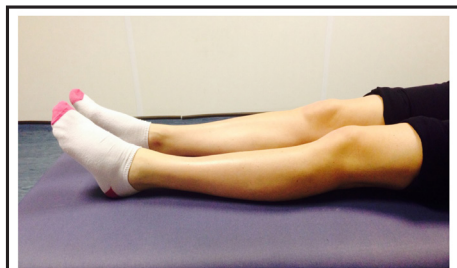


Initial exercise to do 3 times a day



Static Quads:

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



Knee flexion and extension:

Gently bend and straighten your injured leg as pain allows, only going as far as you feel comfortable. Repeat 7-10 times

