

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 Physiotherapist.

**You have sustained a soft tissue injury to your knee.**

**Healing:** Depending on the severity soft tissue knee injuries can take between 6-12 weeks to heal.

**Pain and swelling:** Your knee may be swollen. Resting and elevating it will help. Take pain killers as prescribed.

**Using your leg:** You will need to adjust your activity level until your movement returns and your pain has resolved. You may walk on your leg as comfort allows and may use crutches and/or a splint if supplied in A&E.

**Follow up:** During your telephone conversation with the Fracture Care Team, it was decided that you are able to self-manage this injury using the advice below. Your case will be kept open for approximately 6 weeks. If we do not hear from you in that time we will assume you are managing well and do not need any further assistance. If, within 6 weeks, you are still struggling, please contact us on the details above. You may then be referred to see a physiotherapist or knee specialist.

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.

Or if you are experiencing pain and symptoms anywhere else, other than at the site of the original injury or surrounding area, please get in touch using the telephone or e-mail details at the top of this letter.

**York Virtual Fracture Clinic Contact details:**

**Phone:** 01904 726575

**Email:** virtualfractclinic@york.nhs.uk

Please follow the management plan below.

**What to expect:**

Weeks since injury	Rehabilitation plan
0-3	<ul style="list-style-type: none"> <li>✓ If you have been given a splint and/or crutches in A&amp;E use these as required in the early stages. You should attempt to wean off of them as soon as possible.</li> <li>✓ The splint can be worn under or over clothes, whichever is most comfortable.</li> <li>✓ Remove the splint for personal hygiene, to apply cold packs and to start gentle exercises shown below.</li> <li>✓ Resume normal activities when you can.</li> <li>✓ You are allowed to put weight through the leg, with or without crutches, as comfortable.</li> </ul>
3 weeks +	<p>If, after 3 weeks, you are struggling with any of the following please contact the fracture clinic to arrange an appointment in the Acute Knee clinic:</p> <ul style="list-style-type: none"> <li>• Still using the splint.</li> <li>• Still have significant swelling.</li> <li>• Have a feeling (or your knee continues to) give way when walking .</li> <li>• Are unable to put all of your weight through your leg without crutches.</li> </ul>

**Advice for a new injury:**

**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 ensuring the ice is never in direct contact with the skin.

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

**Early movement and exercise:**  
Early movement of the ankle and foot is important to promote circulation and reduce the risk of developing a DVT (blood clot). Follow the exercises below within the limits of your pain. These exercises will help the healing process.

Early weight bearing (putting weight through your injured leg) helps increase the speed of healing. Try to walk as normally as possible as this will help with your recovery.

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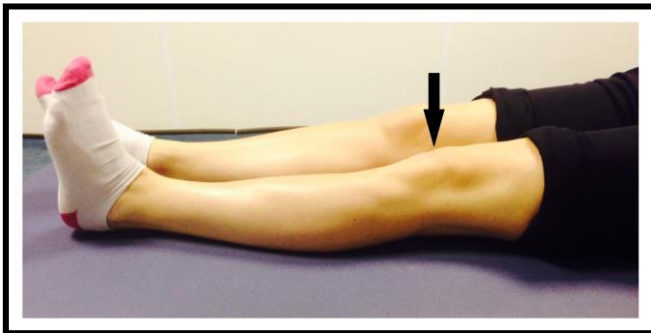
### Fitting the Cricket pad splint



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

### Exercises

Initial exercises to do 3 x a day:



#### **Static Quads:**

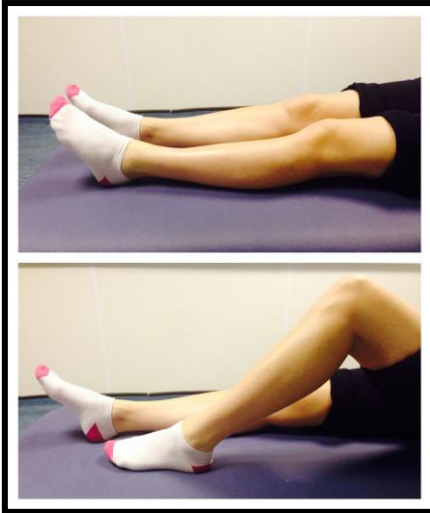
With your affected leg straight out in front of you, gently tense your thigh muscle and try to flatten your knee further.

Hold for 10 seconds and repeat 7-10 times.

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**Knee flexion and extension:**

Bend and straighten your injured leg, go as far as you feel comfortable.

Repeat 7-10 times

**When you can do the two progress to this one:**

Bend and straighten your leg as far as you allows. Repeat 10 times.

If able, hold your leg straight for



**exercises above, you can**

bend your knee when sitting, as comfort

allows. Repeat 10 times.  
up to 5 seconds.

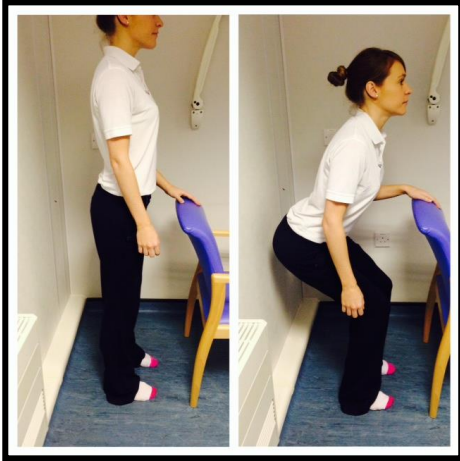
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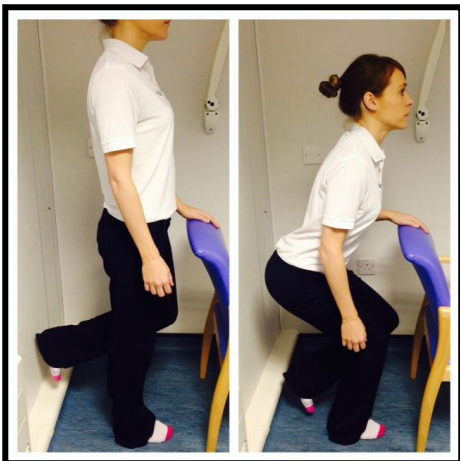
### Advanced weight bearing exercises

Start these exercises once your range of movement has returned and pain is at a minimum:



Using the back of a chair/table for support, bend both knees into a squat position no further than a seated position and then stand up again.

Repeat 5-10 times.



Progression once able to do above exercise pain free by only using your injured leg. **ONLY** do this if you feel you could have done this before your injury.

Repeat 5-10 times.

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