

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: 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 hub on Tel: 01904 726575.

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 or symptoms, 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
0-2	<ul style="list-style-type: none"> ✓ If you have been given a splint and/or crutches by A&E, use them as required in the early stages. You should attempt to stop using them as soon as possible. ✓ The splint may be worn under or over your clothes, whichever is most comfortable. ✓ Remove it for personal hygiene and to apply cold packs and to start gentle exercises shown below. ✓ You are allowed to put weight through your leg, with or without crutches. ✓ Start the exercises below straight away and resume normal activities when you can.
2	<ul style="list-style-type: none"> ✓ You should expect to have an appointment in the Acute Knee Clinic for further assessment and ongoing advice with regards to rehabilitation.

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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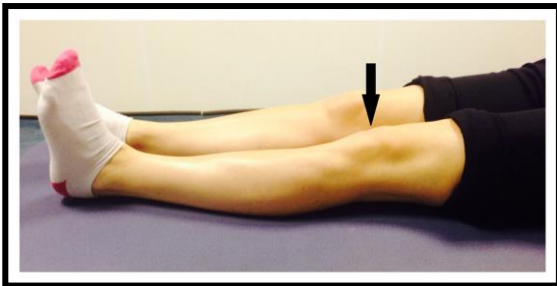
Fitting the Cricket pad splint



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 times a day:



Static Quads:

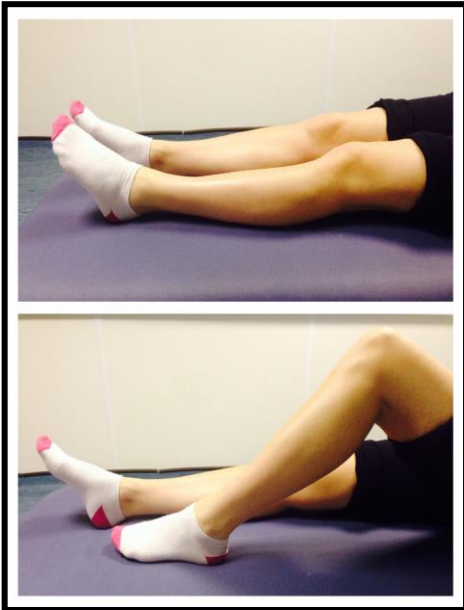
With your affected leg straight out in front of you, gently tense your thigh muscle and try to flatten your knee further.

Hold for 10 seconds and repete 7-10 times.

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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

An advanced version of this
in a chair as shown in the picture.

Try to bend and and straighten your

Repeat 10 times, holding your leg
seconds if able.



exercise is to do it sitting

knee as your pain allows.

straight for up to 5

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Inner range Quads:

Place a rolled up towel or small pillow under your injured knee as shown in the picture.

Tense your thigh muscles and try to straighten your knee. Keep the back of your knee in contact with the towel/pillow.

Repeat 10 times, holding your leg straight for up to 5 seconds if able.

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