

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 dislocation of your (side) patella (knee cap). Our records show that you sustained this injury on (date) when you (mechanism).**

- Healing:** This injury will take 6-12 weeks to heal.
- Pain and swelling:** Your knee may be swollen. Resting and elevating the leg will help. Take pain killers as prescribed.
- Using your leg:** 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 while washing and replace the splint afterwards.
- Follow up:** You will see a Knee Specialist about 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.

You have also been referred to see a physiotherapist 3 weeks post injury. If you have not received a letter for either of these appointments, please contact the booking hub on [Tel: 01904 726575](tel:01904726575). If you live outside of the York area, your physiotherapy referral will have been sent to your local NHS physiotherapy service, so please contact them directly.

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 details at the top of this letter.

**York Virtual Fracture Clinic Contact details:**  
**Phone:** 01904 726575  
**Email:** [virtualfractclinic@york.nhs.uk](mailto: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"> <li>✓ Wear the splint fitted by A&amp;E for 2 weeks.</li> <li>✓ You may remove it for personal hygiene and to apply a cold pack.</li> <li>✓ You must keep your leg straight at all times.</li> <li>✓ The splint can be worn under or over your clothes, whichever is most comfortable.</li> <li>✓ You are allowed to put weight through the leg, with or without crutches, as comfortable.</li> </ul>
2	<ul style="list-style-type: none"> <li>✓ You will have an appointment in the Acute Knee Clinic for further assessment and ongoing advice with regards to rehabilitation.</li> </ul>
3	<ul style="list-style-type: none"> <li>✓ You will be starting your physiotherapy (unless the Specialist has decided to delay this following your Acute Knee Clinic appointment).</li> </ul>

Advice for new injuries:

**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 weight bearing and range of movement exercises 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. Try to walk as normally as possible as this will help with your recovery.

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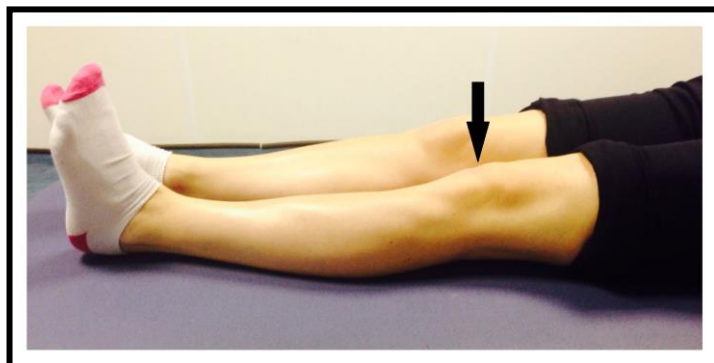
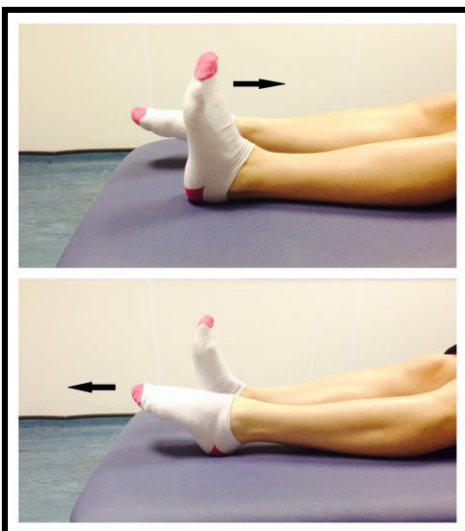
### Fitting the Cricket pad splint



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

### Exercises:

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.**

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