

Patient Information Sheet

Acute Knee Injury

What do I need to know?

What is my diagnosis?

You have a soft tissue injury to your knee. An X-ray has been taken and will have shown that the bones are **not broken**. Your knee may be swollen and painful, and you may have been given crutches and sometimes a knee support.

Most soft tissue knee injuries get better by themselves, but sometimes further assessment is needed.



What happens next?

- Your X-rays and notes will be checked by a Consultant Orthopaedic Surgeon
- You will either be **contacted by phone with the offer of an appointment with a knee surgeon or physiotherapist**
- Please make sure the Emergency Department/Minor Injury Unit reception staff have your mobile and home phone numbers

What can I expect during my recovery?

- Most knee injuries begin to get better after a few weeks
- **Unless you have been instructed to wear a splint all the time** – you should take it off as soon as you feel able to allow movement and avoid stiffness
- Unless instructed otherwise by the staff in the Emergency Department, you are **allowed to put weight through your knee**
- Crutches may have been provided and these should be used to help you balance
- Try to ice the knee 2 to 3 times a day for 15 minutes for the first week
- Try to perform the exercises on the next page once the pain has improved.
- There is **no specific time you can drive again**. It is **illegal** to drive when wearing a sling, splint, cast, or moonboot. As you recover, it is your legal responsibility to be certain before you return to driving that you are able to control your vehicle normally and safely.

Patient Information Sheet

Acute Knee Injury

What do I need to know?



Key exercises (3 times a day)

Knee bending and straightening

- As soon as you can, begin to bend your knee up and down
- This may be uncomfortable at first but gently working on the range of movement will help reduce swelling and speed up recovery
- If you find this movement too difficult – **don't push it** – rest and wait until you are contacted by the Orthopaedic Department.

Get in touch

Please get in touch via our trauma email if you have queries about your injury:

traumaenquiriesRIE@nhslothian.scot.nhs.uk

If you do not receive a reply after 3 working days call our Monday-Friday helpline (8am-4pm):
0131 242 3410

Urgent issues

Please call the department where you were initially seen about your injury:

- **RIE Minor Injuries Unit:** 0131 242 3942 (8am- midnight, if after midnight contact RIE Emergency Department 0131 242 1300)
- **WGH Minor Injuries Clinic:** 0131 536 3468 (9am-8:30pm)
- **SJH Emergency Department:** 01506 523 011 (24 hours)