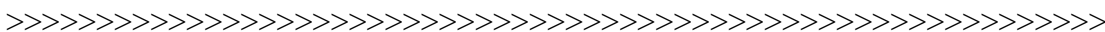


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Acute knee pain

During an acute episode of knee pain it is important to settle the pain and increase your movement. Occasionally swelling can develop and we have listed some basic exercises and advice that can help settle your symptoms. We would recommend that you allow 6 weeks for your symptoms to settle as this is normal for any acute flare up/tissue healing time.

Pacing Physical Activity:



It is important to pace out your physical activities and ensure it feels ok later that evening/next day. Modify some of your activities to allow your knee some relative rest in the short term.

Pain and Swelling management methods:

Speak to your GP/pharmacist about some pain medication if needed
Cold/Heat packs 10-15 minutes daily and/or after exercise – ensure if using cold that it is wrapped in damp towel or through clothing to prevent ice burns

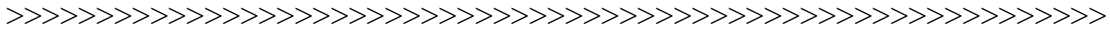
Exercises:

We would recommend you try the following. **If your symptoms increase/worsen then we suggest you seek advice from the physiotherapist and stop exercises if unable to manage.**

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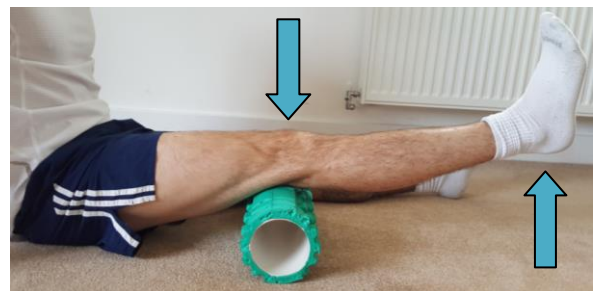
Static Quad



- Straight leg
- Press knee down into floor/bed
- Hold for 10 seconds
- Relax
- Repeat 10-15x



Inner Range Quads

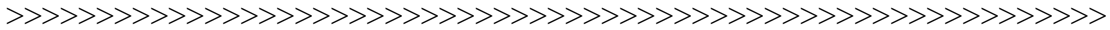
- Place a rolled up towel or pillow under your knee
- Press the knee down into the towel/pillow
- Lift up your foot at the same time to straighten the leg
- Hold for 10 seconds
- Relax
- Repeat 10-15x



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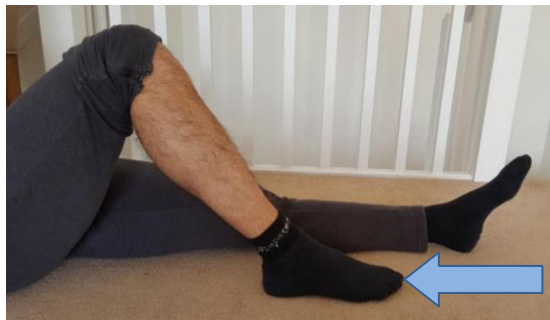
Knee bends:

In lying/sitting

Slide your heel up towards you

Slowly straighten again

Repeat 10-15x



Mini Standing Squat – shallow range

Progress this exercise to carrying out a mini standing squat

You can use a worktop/wall to help your balance

Repeat 10-15x

Little and often, daily

