

# Knee Injuries

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AUSTRALIAN PHYSIOTHERAPY ASSOCIATION

MEMBER

Chinatown Physiotherapy Centre

A knee injury can put you out of action;  
whether it be on the **sporting field**,

in the **workplace** or even in **everyday life...**

The physiotherapists in our practice can provide expert advice and treatment to speed up recovery and get you active again following the knee injury or surgery.

#### Types of knee injuries

**Acute injuries:** Result from a sudden trauma, such as an awkward fall, collision or twist of the knee joint.

**Overuse injuries:** Result from continuous activity or overload, such as running, jumping, cycling, weight training or bushwalking. These start gradually and usually relate to a range of factors such as structural or biomechanical problems, training methods, footwear, technique or running style.

#### What to do after a sprain

As soon as possible, and for 72 hours after injury, use the **RICE** method:

**R**

**Rest:** Take it easy and only move within your limit of pain.

**I**

**Ice:** As soon as possible, and for 20 minutes every two hours, apply ice or a frozen gel pack wrapped in a damp towel. This helps to control bleeding and pain and reduces secondary tissue damage.

**C**

**Compression:** Firmly bandage the knee and include 5 cm above and below the joint. This helps to control swelling.

**E**

**Elevation:** As much as possible, elevate your leg higher than the level of your heart to reduce swelling.

#### How physiotherapy can help

The physiotherapists in this practice will examine your knee to determine the type, extent and causes of your injury, and can order an X-ray or refer you to a doctor if needed. Early treatment will reduce any pain or swelling. Special techniques called mobilisation may help to increase the movement of your knee joint (if required), improving your recovery. We will teach you exercises to improve the strength of the knee and other lower leg muscles to enhance your recovery and help prevent further injuries.

#### Rehabilitate

Recovery can start very early after an injury. Physiotherapy rehabilitation techniques will help reduce the time that your knee is painful and movement is restricted so that you can get back to work and sport more quickly. Rehabilitation also facilitates a good quality ligament repair and the return of normal muscle and nerve function.

Avoid any of the **HARM** factors in the first 48 hours to prevent increased swelling and help your recovery. The **HARM** factors are: **H**eat, **A**lcohol, **R**unning, **M**assage.

*To start treating your knee injury now, contact us:*

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