

Caring For a New Knee Injury

Ice: Apply ice for 15 – 20 minutes then remove ice for 1 hour. Repeat as much as possible the first 48-72 hours. Ice cubes in a Ziploc bag, frozen peas/corn or a slushy pack are all good ways to ice the injured area.

Slushy pack

1. One bottle of rubbing alcohol
2. Two bottles of water
3. Mix in a large Ziploc bag, and freeze

Compression: Use an ace wrap or a knee sleeve. Always check to make sure the wrap is not too tight. Remove wrap at night. Research suggests that ice + compression is better than either of them alone. When re-wrapping the knee, begin below the calf and wrap upwards.

Elevation: Raise the injured area above the heart. For a leg, place bricks or books under the bed frame at the bottom of the bed. Sleeping is easier without trying to stay on a stack of pillows.

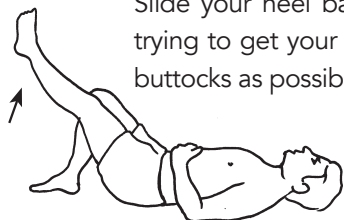
When should I see a doctor?

- If the symptoms last longer than a week
- If you cannot put any weight on the ankle due to pain

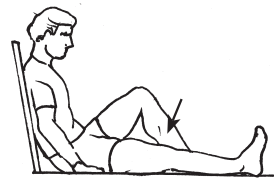
Get moving as soon as possible. Below are some exercises that may be started when they can be done without pain. Some soreness may be present.



Slide your heel back and forth 20-30x trying to get your foot as close to your buttocks as possible



Straighten leg and pull foot back. Slowly raise leg to height of other knee 20-30x



Tighten your quad muscle and push back of knee into the seat 20-30x



Straighten and bend your knee pushing down on towel roll 20-30x