

ACUTE KNEE INJURY MANAGEMENT

Manage Swelling

- Keep your leg elevated
- Use ice for 15 minutes, 3 times per day
- A compression sleeve may be used



Range of Motion

- Gently bend and straighten the knee
- Point your toes up and down
- Do these exercises 15 times, 3 times per day



Muscle Activation

- Tighten the thigh muscles and hold for 10 seconds
- Do this exercise 15 times, 3 times per day



Weight Bearing

- As directed by your therapist
- If you have swelling, pain or are walking with a limp, crutches are recommended



Contact your local Physiotherapist

- If you had an injury
- If there is swelling
- If you have difficulty putting weight on the leg



**With acute knee injuries, there is a potential that an X-Ray may be ordered.
For the majority of knee injuries, MRIs are not required**