



ACUTE KNEE INJURY PROTOCOLS

BACKGROUND

Limit Pain and Swelling

- P:** **PROTECTION** (*Brace or Crutches*) can add stability and decrease pain.
R: **REST** (*limit walking/activity*) your knee when possible.
I: **ICE** your knee as frequently as possible (20 minutes every 2-3 hours).
C: **COMPRESSION** (*ACE*) wraps can help limit/manage your swelling.
E: **ELEVATE** your knee above the level of your heart.

Pain: Take **Tylenol** (*acetaminophen*) for pain control.

Applying Compression: Start at your foot and wrap up above the knee. The wrap should be snug, but not too tight as to cause numbness of the toes



INCREASE RANGE-OF-MOTION



Extension Bridging

Seated or lying on a table.
Place towel under heel of injured leg.
Keep knee in full extension and off of the ground.
Gentle pressure can be applied to the thigh if needed.

Frequency: 10-15 min. Three times a day.
Goal: Restore and maintain full knee extension.



Heel Slides

Back against a wall, in a seated position.
Bend your knee, sliding your heel toward your butt, on floor.
Use towel to assist if necessary. Slow steady pace.

Frequency: 3 sets x 10 reps. Three times a day.
Goal: Restore and maintain full knee flexion.



Patella Mobilization

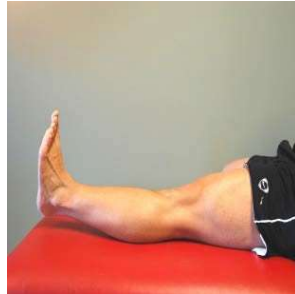
Sit on table or ground, keep knee in full extension.
Move your kneecap from side to side.
Hold kneecap to the inside for 5 sec, outside for 5 sec.
Repeat **TEN** times

Frequency: 1 set. Three times a day.
Goal: Limit adhesions underneath the kneecap.
*** Do not perform if you suffered a patellar dislocation.**



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INCREASE STRENGTH



Quad / Thigh Contractions

Sit on table or ground, keep knee in full extension.
Contract your quadriceps muscle (squeeze your thigh).
Hold 10 seconds. Relax.
Repeat **TEN** times.

Frequency: 1 set. Three times a day.
Goal: Increase strength of Quadriceps Muscle.



Straight Leg Raises

Sit on table or ground, keep knee in full extension.
Contract your quadriceps muscle (squeeze your thigh).
Raise leg $\approx$ 24 in, Hold 2 sec,
Slowly lower to ground under control.
Relax Quad. Repeat **TEN** times.

Frequency: 1 set. Three times a day.
Goal: Increase strength of Quadriceps Muscle.
*** Do not perform if you cannot fully straighten you knee.**