



ACUTE KNEE INJURY PROTOCOLS

BACKGROUND

Limit Pain and Swelling

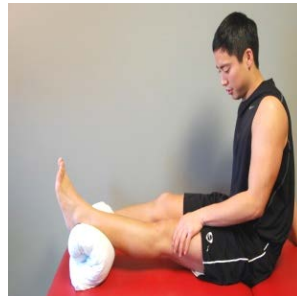
- P:** **PROTECTION** (*Brace or Crutches*) can add stability and decrease pain.
- R:** **REST** (*limit walking/activity*) your knee when possible.
- I:** **ICE** your knee as frequently as possible (20 minutes every 2-3 hours).
- C:** **COMPRESSION** (*ACE*) wraps can help limit/manage your swelling.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



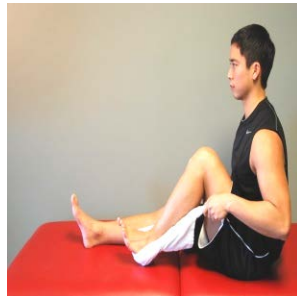
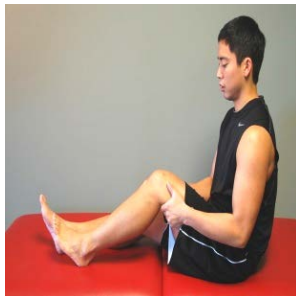
INCREASE RANGE-OF-MOTION



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

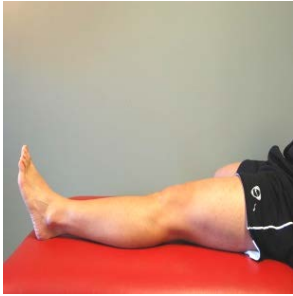
Sit on table or ground, keep knee in full extension.
Move your kneecap from side to side.
Hold kneecap to the inside for 5 sec, outside for 5 sec.
Repeat **TEN** times

- 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.**