

Booking a consultation

The clinic aims to be as flexible as possible offering appointments to suit individuals. Daytime and evening consultations are available depending on the day.

Children under the age of 16 must be accompanied by a parent/guardian to consent for treatment.

Map



Contact Details

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KNEE INJURY



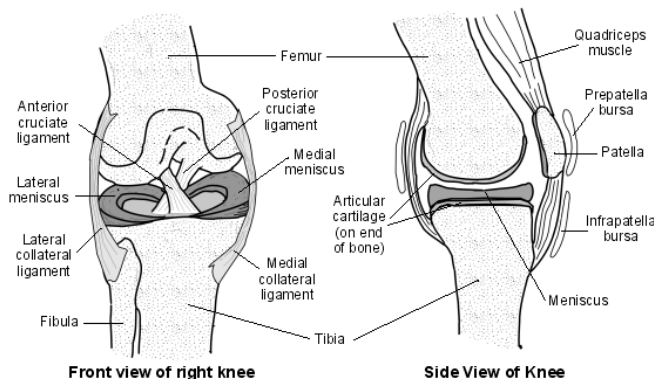
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Introduction

Knee Injuries are common in activities that involve twisting movements or sudden changes in direction, therefore if you participate in sports and other physical activities you will be at a higher risk of sustaining a knee injury.

Anatomy

The knee is a complicated hinge joint that also permits some degree of rotation. Articulations are formed between the femur (thigh bone) and the tibia (shin bone), as well as between the femur and the patella (kneecap).



Ligaments (cruciates and collaterals) join bone-to-bone acting as restraining straps to prevent unwanted movement.

Menisci (cartilage) act as a buffer to absorb shock transmitted through the joint as well as assisting the ligaments in giving more stability.

Muscles around the knee assist in enhancing stability of the knee joint and initiate and produce movement. The quadriceps (front of thigh) and hamstring (back of thigh) muscle groups produce extension (straightening) and flexion (bending) respectively.

Acute Knee Injuries

Injuries to the knee can result in damage to one or more of the knee structures. The extent of the damage can depend on many factors - for example; how the injury was sustained, the forces involved, any previous injuries sustained and current fitness levels. Common injuries of the knee are:-

Ligament sprains or tears

Meniscal (cartilage) tears

Patella-femoral Joint irritation / wear

Muscle strains or tears

The knee is also susceptible to normal wear and tear changes to the joint surfaces. Minor degeneration is a normal process of ageing but as it progresses it may require clinical management. More advanced stages of joint degeneration is often called osteoarthritis.

Symptoms

After injury the knee could present with a wide range of different symptoms depending on the severity of the injury, however the main features to look out for are:-

- Pain
- Swelling
- Redness or discoloration
- Heat
- Reduced range of movement
- Clicking / Crepitus
- Giving way / weakness in the knee

It may also be difficult to walk or participate in normal physical activities or sports.

After the injury

If after injuring the knee there is severe pain, immediate swelling and you are unable to walk or bear weight through the knee then you should visit the nearest Accident and Emergency department.

If the injury does not require immediate attention, but still causes pain, swelling, and disability then you should visit a GP or Physiotherapist, as you may require further advice and rehabilitation. As a general rule it can take 6-12 weeks to make a full recovery, depending on the severity of the injury.

1st Aid Treatment

Sprains and strains to the knee joint can be treated at home in the initial 48 hours with the **PRICE** regime. This stands for:-

- **Protection** – Protect the knee from further injury with use of a brace or using crutches.
- **Rest** - two days of relative rest to prevent provocation of injured tissue.
- **Ice** - apply an ice pack to the area for between 10 and 20 minutes. The ice must not touch the skin directly as this may cause a cold burn, so place a towel over the injured part first.
- **Compression** – A compression bandage can limit swelling and help restrict movement.
- **Elevation** - raising the leg to a comfortable elevated height can help reduce swelling.

After 48 hours the aim is to restore the normal movement of the knee joint. You may need to see a physiotherapist at this stage to assist in the restoration of normal knee function.