

- ⇒ If your condition does not improve or gets worse, please contact the surgery during opening hours on 01948 860205.
- ⇒ If you require information or advice which is non-urgent, you can telephone NHS Direct, a 24 hour advice line, on 0845 46 47.
- ⇒ **OUT-OF-HOURS COVER:** Medical advice is always available for emergencies at night, weekends and all bank holidays. If you require advice urgently, please call 01948 860205. The recorded message will give you the number to call for the GP Out of Hours Service.
- ⇒ **EMERGENCIES:** In the event of a serious problem, such as chest pain or collapse, call 999 immediately.



Laurel Bank Surgery
Malpas
Cheshire SY14 8PS



Phone: 01948 860205
Fax: 01948 860142

**AFTER-CARE ADVICE ON
KNEE INJURY**
LAUREL BANK SURGERY
MALPAS, CHESHIRE SY14 8PS



Tel: 01948 860205

Fax: 01948 860142



Knee Injury

A sprain to the ligaments causes bruising and swelling to develop over the affected area, and there may be damage to other structures including the cartilage or tendons. Pain and discomfort may persist for up to two months, but not in such a severe form.

The following guidelines may help you care for your injury:

- If you have been advised to non-weight bear, then use crutches provided to take your weight off your knee when walking
- Apply an ice-pack for 15 minutes, four times a day, to help reduce the swelling and pain



Knee Injury

- Gently exercise your knee at regular intervals during the day but avoid re-injury
- If tubigrip has been applied, remove at night
- If a follow up appointment has not been given, contact your GP if symptoms persist.

Home Exercises

Following your injury, it is important to keep the knee moving to prevent stiffness and weakness developing. Home exercises will do this. The Practice Nurse or your GP will be able to provide physiotherapy leaflets which detail exercises that will aid your recovery.