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Ashford and St. Peter's Hospitals
NHS Foundation Trust

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اگر نیاز به ترجمه دارید، لطفا با شماره 01932 723553 تماس بگیرید.

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگرآپ اس کا اُردو زبان میں ترجمہ چاہتے ہیں، تو براہِ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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London Road
Ashford, Middlesex
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Knee Injury

Paediatric A&E Department

Patient Information

Introduction

Your child has injured their knee either by damaging the ligaments which is called a sprain, or by damaging a muscle or tendon which is called a strain. This injury will cause pain, swelling, stiffness and may cause your child to limp.

When you go home you can help your child by:

1. Elevating the leg when resting by placing pillows or cushions under the heel of the foot; this will help to reduce the swelling.
2. Use an ice pack to ease pain, swelling and bruising. You can use frozen peas or crushed ice, but whichever you choose ensure it is wrapped in a damp towel first. An ice pack should be placed around the knee for no more than 10 minutes and this can be repeated 4 - 6 times a day.

   Never apply an ice pack directly to the skin.

Exercise

Exercises should be done for ten minutes once an hour to keep the knee supple but wait until the swelling has gone down before your child begins them. Repeat the following ten times each, 4–6 times per day.

1. Sitting with the back supported, extend the leg. Gently lift the heel from the floor, hold, and then return to the starting position.
2. Place a tennis ball under the knee, extend the leg. Gently lift the heel from the floor, hold, and then return to the starting position.
3. Extend the leg, then gently draw back up towards you, bending at the knee. Return to starting position.

4. Sit on an upright chair, gently raise the leg upwards. Return to starting position.

Give your child a medicine such as Ibuprofen or Paracetamol to relieve any pain. Please follow the dosage and frequency instructions on the bottle / packet carefully.

If the pain does not improve contact your GP for advice.

Further Information

If your child has been given crutches to assist initially, please return them when they are no longer needed. They can be left at the reception desk in A&E at any time.

Paediatric Accident and Emergency Department
St. Peter's Hospital, Guildford Road, Chertsey, Surrey, KT16 0PZ

Telephone: **01932 872000**
For reassurance and advice please contact NHS 111 on: **111**

The following websites also gives useful advice:
https://patient.info/ and https://kidshealth.org/

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.
If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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