
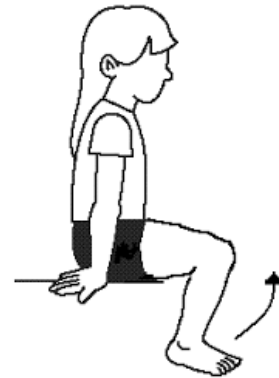


## Information following discharge from Children's Emergency Department and Cromer Minor Injuries Unit following a Soft Tissue Knee Injury up to age 12

- 1) If your child has been provided with a splint and crutches, these may be used for protection and support whilst mobilising for **2 weeks**. Your child may remove the splint for washing and sleeping.
- 2) Give your child regular pain relief (paracetamol or ibuprofen) if they are still saying it hurts. Use as directed on the label.
- 3) Elevate your child's knee above their hip line and apply ice wrapped in a cloth or in a plastic bag to help reduce swelling and tenderness.
- 4) Encourage your child to walk on the injured leg as much as their pain allows. It is important for them to mobilise their knee to prevent further stiffening of the joint. Your child should walk as normally as possible, to prevent strain to their ankles and hips.
- 5) Encourage your child to do knee bending exercises (instructions given below).
  - a.a) Sitting, with their legs hanging down.
  - a.b) Straighten their knee slowly by raising their foot.
  - a.c) Hold for five seconds and then lower gradually.
  - a.d) Repeat at least five times.
  - a.e) Avoid twisting their knee.
- 6) Look out for any concerns (called Red Flags )
  - a) Increased swelling in or around the knee joint
  - b) Redness of the knee.
  - c) Pain not settling.
  - d) Ongoing symptoms 2-3 weeks after the injury.
  - e) Locking or giving way of the knee.



- 7) They should avoid doing sports and contact/impact activities (bouncy castles/trampolines/soft play/PE etc.) for **4 weeks** after the injury. They should only return to these activities if they are able to walk and run without difficulty and pain.

If you have any concerns about the Red Flags described above or if your child is not making a good recovery by 3 weeks from the injury, please contact:

The Children's Orthopaedic Nurse Specialists on **01603 287266**

If you get the answer machine please leave your child's name, date of birth, the date you were in Emergency Department or minor injuries unit and a contact number to call you back. We will aim to reply to your call within 48 hours.

There is no routine follow up planned for this type of injury as we expect your child to recover fully by 4 weeks from the date of injury.

Please note you may be contacted by the hospital if any x-rays have been reported as bony injuries. You must then follow their updated instructions.



We aim to provide the best care for every patient. So, we would like your feedback on the quality of the care you have received from the Hospital. Please visit: <http://ratenhs.uk/IQu9vx> Or scan QR code: