

If you require further advice  
or are not sure then please  
contact your GP or phone 111



Mersey and West Lancashire  
Teaching Hospitals  
NHS Trust

## Knee Pain / Injury

If you need this leaflet in a different language or accessible format  
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،  
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie,  
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,  
vă rog să discutați cu un membru al personalului să se ocupe  
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق  
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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## What Causes Knee Pain

Knee pain can be caused by an injury to any of the soft tissue structures around the joint.

Most injuries to the soft tissues around the knee will heal within 6-8 weeks.

However if pain is very severe or you have developed locking or giving way (instability) then further investigation may be indicated.

Sometimes when you first attend the ED with knee pain it can be too sore to assess.

In this case you will be advised to take pain killers and rest the knee.

You will be seen again in our review clinic 7-10 days after the injury.

## Pain Killers

- We recommend taking paracetamol regularly 4 times a day and ibuprofen 3 times a day. Please note that ibuprofen should not be taken if you suffer with kidney problems, asthma, stomach ulcers/reflux, heart failure or are pregnant.
- If you are prescribed co-codamol please note the following: it contains paracetamol so do not take other paracetamol based products, it contains codeine that can cause constipation and can impair your ability to drive.

## Further Tips

Physiotherapy can help you to manage pain and improve your strength and flexibility. There are some basic exercises on this leaflet you can try.

A physiotherapist can provide a variety of treatments, help you understand your problem and get you back to your normal activities. You could self refer or ask your GP if your knee continues to be a problem.

## Exercises

- Sit well back in the chair with good posture. Straighten and raise one leg. Hold for a slow count to 10, then slowly lower your leg. Repeat this at least 10 times. If you can do this easily, try it with light weights on your ankles and with your toes pointing towards you. Try doing this every time you sit down.



- Lying on your back with one leg straight and the other leg bent. Exercise your straight leg by pulling the toes up, straightening the knee and lifting the leg 20 cm off the bed. Hold for approximately 5 seconds, then slowly relax, then try the other leg too. Repeat 10 times.



- Lying on your back on your bed, the bed sheets act as a sliding surface. Bend and straighten your hip and knee by sliding your foot up and down the bed sheets.

