

Comments, Compliments, Complaints

Hertfordshire Community NHS Trust offer high quality services and aim to be as helpful as possible. If however you are dissatisfied by our service then we would like to know so that we can make improvements.

Please contact either:

Patient Advice and Liaison Service (PALS)

Tel: **0800 011 6113**

10am to 2pm, Monday to Friday

Messages can be left outside these hours.

Email: pals.hchs@nhs.net

Patient Experience Team

Tel: **01707 388036**

9am to 4pm, Monday to Friday

Messages can be left outside these hours

Email: complaints.hchs@nhs.net

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If you would like a copy of this document in LARGE PRINT, Braille or audio tape, or would like this information explained in your own language, please contact 01707 388148

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Knee Pain

Self-Management Information for Patients



*This leaflet has been produced by staff working in our Outpatient
Physiotherapy teams, part of our Musculoskeletal Service*

Knee Pain

Knee pain is common and there are many causes for this. Most are non-serious and are resolved by simple strengthening exercises, movement and time. Keeping to a healthy weight can also help to reduce symptoms of knee pain.

How can I help reduce my knee pain?

There are many things that you can do to help ease your knee pain.

If you have recently injured your knee, you may find PRICE helpful when used for up to 5 days. PRICE stands for:

- Protection
- Rest
- Ice
- Compression
- Elevation

If your knee pain has lasted more than 5 days you may find heat beneficial. You can also seek advice from your local pharmacist, who will be able to provide you with over-the-counter pain medication, creams or gels, if necessary.

Try to stay as active as you can; break down tasks into smaller chunks to reduce the amount of time spent on your knee and take regular breaks.

Suggested Exercises:

The exercises below have been shown to help ease knee pain and quicken recovery. Some initial discomfort is normal, however this should be quick to settle and if at any time the pain increases you should reduce the number of exercises, stop or seek further advice.

Stage 1

Sitting Knee Flexion/Extension

Sitting – bend and straighten your knee as far as you can. Repeat 10 times, do 3 sets.



Sitting Knee Extension

Sitting – straighten your knee as far as you can. Hold for 5 seconds. Repeat 10 times, do 3 sets.

Hamstring Curls

Standing – bring your heel towards your bottom. Try to keep your knees in line. Repeat 5 times, do 6 sets.



Mini Squat

Stand with feet hip-width apart, holding onto support. Bend both knees. Repeat 10 times, do 3 sets.

Stage 2

Quads Stretch

Standing holding onto support, bring heel towards bottom. Try to keep knees together and push hips forward. Hold for 30 seconds, 3 times

Hamstring Stretch

Stand with one leg out in front, knee straight. Lean down through your bent knee. Hold for 30 seconds, repeat 3 times.



Calf Stretch

Stand with one foot in front of the other, both feet pointing forwards. Lean forwards keeping your back knee straight. Hold for 30 seconds, repeat three times.

Static Split Squat

Standing one foot in front of the other, bend back knee towards the floor keeping body straight. Repeat 10 times on each leg, 3 sets.



Sit to stand

Standing in front of a chair, arms crossed across chest, slowly lower to touch chair and then return to standing. Keep knees in good alignment. Repeat 10 times, do 3 sets.

If your knee pain persists after completing these exercises for 6 weeks, please see your GP.