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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**Knee Pain**

Self-Management Information for Patients

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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.