Mersey and West Lancashire Teaching Hospitals
NHS Trust

Knee pain / injury

Patient information leaflet

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

Якщо вам потрібна ця інформація іншою мовою або в доступному форматі, зверніться до співробітника, який зможе це для вас організувати

إذا كنت بحاجة إلى هذه المعلومات بلغة مختلفة أو بصيغة مُيسَّرة، فيرجى التحدث إلى أحد العاملين والذي سيقوم بترتيب ذلك لك.

如果您需要其他語言或無障礙格式的資訊，請聯繫工作人員，他們將為您安排。

இந்தத் தகவலானது உங்களுக்கு வேறொரு மொழியிலோ அல்லது எளிதில் அணுகக்கூடிய வடிவத்திலோ தேவைப்பட்டால், அதனை உங்களுக்காக ஏற்பாடு செய்துதரக்கூடிய பணியாளர் ஒருவரிடம் தயவுசெய்து பேசவும்.

Dacă aveți nevoie de aceste informații într-o altă limbă sau într-un format accesibil, vă rugăm să vă adresați unui membru al personalului, care va face demersurile necesare pentru dumneavoastră.

اگر به این اطلاعات به زبانی دیگر یا در قالب دسترس‌پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Se necessitar desta informação numa língua diferente ou num formato acessível, por favor fale com um membro da equipa que poderá organizá-la para si

اگر آپ کو یہ معلومات کسی مختلف زبان یا قابل رسائی فارمیٹ میں چاہیے، تو مہربانی کرکے عملے کے کسی رکن سے بات کریں جو آپ کے لیے اس کا بندوبست کر سکتا ہو۔

Jeżeli niniejsze informacje mają być przekazane w innym języku lub dostępnym formacie, prosimy o kontakt z członkiem personelu, który może to dla Państwa przygotować

ئەگەر پێویستیت بەم زانیارییانە هەیە بە زمانێکی جیاواز یان شێوازێکی تر، تکایە لەگەڵ ئەندامێکی ستافەکە قسە بکە کە دەتوانێت بۆت ڕێکبخات

Author: ED Consultant
Department: Emergency Department
Document number: MWL2007
Version: 001
Review Date: 01 / 11 / 2026

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

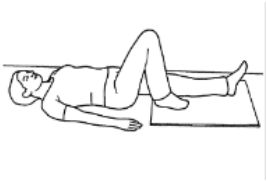
Sit well back in the chair with good posture. Straighten and raise one leg. Hold for a slow count to 10, then slowly lower your leg. Repeat this at least 10 times. If you can do this easily, try it with light weights on your ankles and with your toes pointing towards you. Try doing this every time you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



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

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance

Please ask a member of staff if you would like a chaperone present during your procedure.

MWL has a zero-tolerance approach to any form of abuse, violence or aggression shown to staff and patients, by patients, visitors or members of the public. We will not tolerate any form of bullying, victimisation, harassment, discrimination, unacceptable and inappropriate behaviour and/or unacceptable and inappropriate language.

All instances of abuse, violence or aggression, no matter how big or small, will be investigated and action taken if necessary.

Whiston Hospital
Warrington Road
Prescot
Merseyside
L35 5DR

St Helens Hospital
Marshall Cross Road
St Helens
Merseyside
WA9 3DA

Newton Hospital
Bradlegh Road
Newton-le-Willows
WA12 8RB

Southport Hospital
Town Lane Kew
Southport
Merseyside
PR8 6PN

Ormskirk Hospital
Dicconson Way
Wigan Road
Ormskirk
L39 2AZ