

## Minor Injuries Units

### North Dorset:

#### **Blandford Community Hospital**

Milldown Road, Blandford DT11 7DD

Telephone: **01258 394032**

#### **Westminster Memorial Hospital**

Magdelene Lane, Shaftesbury SP7 8BD

Telephone: **01747 475251**

#### **Yeatman Community Hospital**

Hospital Lane, Sherborne DT9 3JU

Telephone: **01935 813991**

### South West Dorset:

#### **Bridport Community Hospital**

Hospital Lane, Bridport DT6 5DR

Telephone: **01308 426245**

#### **Lyme Regis Medical Centre**

Uplyme Road, Lyme Regis DT7 3LS

Telephone: **01297 445777**

#### **Portland Community Hospital**

Castle Road, Portland DT5 1AX

Telephone: **01305 860111**

#### **Weymouth Community Hospital**

Melcombe Avenue, Weymouth DT4 7TB

Telephone: **01305 762545**

### South and East Dorset:

#### **St. Leonard's Community Hospital**

Local Treatment Centre (out of hours)

241 Ringwood Road, Ringwood BH24 2RR

6.30 pm–10.30 pm Monday–Friday,

8 am–8 pm Sat, Sunday and bank holidays.

Telephone **111** for an appointment.

#### **Swanage Hospital**

Queens Road, Swanage BH19 2ES

Telephone: **01929 475009**

#### **Victoria Hospital**

Victoria Road, Wimborne BH21 1ER

Telephone: **01202 856410**

## Emergency Departments

#### **Dorset County Hospital**

Williams Avenue, Dorchester, DT1 2JY

Telephone: **01305 251150**

#### **Poole General Hospital**

Longfleet Road, Poole, BH15 2JB

Telephone: **01202 665511**

#### **Royal Bournemouth Hospital**

Castle Lane East, Bournemouth, BH7 7DW

Telephone: **01202 704167**

#### **Salisbury Hospital**

Odstock Road, Salisbury, SP2 8BJ

Telephone: **01722 336262**

#### **Yeovil District Hospital**

Higher Kingston, Yeovil, BA21 4AT

Telephone: **01935 475122**

The information in this leaflet is available in additional languages and alternative formats. Please contact the Trust for further details.

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**Dorset HealthCare  
University**

NHS Foundation Trust

## Minor Injuries Unit

# Advice on knee injuries



**Dorset HealthCare University NHS Foundation Trust**

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**Information  
for patients,  
relatives and carers**

**Excellence  
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## Knee injuries

The knee is essentially a hinge joint that allows great mobility of movement, relying on the ligaments, muscles and balance reactions for stability.

Traumatic injury usually involves twisting or wrenching of the knee during weight-bearing, resulting in a sprain of the ligaments.

The medial or inner ligament is the most commonly sprained but your practitioner will assess and explain to you the nature of your injury.

It is important that you look after your injury properly and it is advised that you follow the advice in this leaflet to aid your recovery.

## Ice treatment

- Use frozen peas or crushed ice in a polythene bag, wrapped in a damp towel and held around the knee for no more than 5 minutes at a time, every 3 hours during the first 24-hours after injury.



## Movement

- Walk short distances, putting weight through the knee with care. Walk as normally as possible and try not to limp. You may need crutches to help you achieve this.
- Remove the compression bandage, or knee support provided, at night and make sure your knee is elevated using 2–3 pillows. Re-apply the bandage / support in the morning before you start to move.
- Try the exercises below, starting gently at first. Exercise every 3 hours, applying relative rest, ice and elevation before and after each session. Gentle movement may cause discomfort but should not induce pain.

### Day 1: Relative rest

### Day 2–22: Exercises

## Exercises

1. Knee bracing - Sitting on the bed with your legs straight out in front of you, gently pull your foot towards you and push the back of the knee into the bed, bracing the thigh muscle. Hold for 3 seconds.
2. Place a rolled-up towel or blanket under your knee. Straighten leg. Hold for 3 seconds.
3. Keeping your knee straight, raise your leg off the bed 4 inches. Hold for 3 seconds.
4. Gently bend and straighten knee, as pain and swelling allows.

## Further advice

If you have any general questions or need advice quickly, contact NHS 111 or log on to [www.nhs.uk/111](http://www.nhs.uk/111)

You may also contact your Doctor during normal surgery hours. If the call to your Doctor is urgent and outside the normal surgery hours of 8.00am to 6.30pm, your surgery will redirect you to the appropriate out of hours service or advise you to call the NHS 111 number.

Out of hours – please call your own GP's out of hours contact number.

In an emergency, dial **999**.

Please read this leaflet carefully.

If you are concerned or there is anything you do not understand or you require further information, please contact your nearest Minor Injuries Unit or Urgent Care Centre using the contact details on the back of this leaflet.