Chronic Knee Injury Care

Instructions for recognition, treatment and rehabilitation of the common chronic knee injuries

Quadriceps Sets: Sit with leg extended, tighten quads and try to push the knee down into floor.

Hip Extension: Lie face down with knee straight. Lift involved leg up and down slowly. Repeat on opposite leg.

Hip Abduction: Side lying with lower knee bent. Lift upper leg up and down slowly. Repeat on other side.

Wall sit (with ball): With feet on floor and lower legs perpendicular to floor, squat down by bending at knees and hip. Add ball to increase difficulty.

Straight Leg Raises: Lie on back with one knee bent. Raise leg to level of bent knee and slowly lower. Repeat with other leg.

Hip Adduction: Side lying on involved leg. Place foot flat on floor in front of lower leg. Lift leg up and down slowly.

Hip Extension:

Return to Action
Your return to sports should be decided in consultation with a sports medicine specialist, based on your symptoms and function.

Treatment/exercise recommendations
- Compression wrap
- Ice
- Exercises/rehabilitation
- Follow-up
- Other

Special instructions

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Provider __________________

Phone __________________

If symptoms worsen or do not improve, consult your healthcare provider promptly.

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What is a chronic knee injury
- A persistent overuse injury causing pain in/around the knee joint.
- Injuries may include: patellar tendonitis, patellofemoral pain syndrome, and IT band syndrome.

**Symptoms:**
- Pain
- Swelling
- Decreased range of motion/strength
- “Snapping” sensation
- Pain down the outside of the hip and knee
* Large amounts of swelling, and/or feeling of the knee “locking/giving way” should be evaluated.

**Treatment**

**Rest**
Limit activity until pain decreases.

**Motion**
- Maintain pain-free range of motion for the knee
- Stretch the hamstrings and quadriceps muscle to slight discomfort

**Ice/cold therapy**
- Ice bag for 20 minutes every hour or after activity
- Ice massage for 10 – 12 minutes (rub ice in cup over area)
- Use ice for a minimum of three days

**Compression**
- Use an Ace bandage wrap to decrease any swelling around the joints
- Start wrap below the knee, upper calf, and wrap in a circular motion until above the knee
- No skin should be exposed and toes should be normal color

Progression to rehabilitation will depend on strength, range of motion, and pain.
Rehabilitation exercises focus on improving range of motion and increasing strength.

Perform these exercises two times per day:
- Stretches hold for ____ seconds ______ reps
- Strengthening _____ sets ______ reps

**Knee Injury Exercises**

**Standing hamstring Stretch:** Standing with straight leg elevated on chair, bend forward at hip and reach toward toes.

**IT Band Stretch:** Cross uninvolved leg over in front and lean away from affected side.

**Standing Gastroc/Soleus Stretch:** Step forward with uninvolved leg, leaning into wall. Keep rear leg straight with heel on floor. Repeat with rear leg slightly bent with heel on floor.

**IT Band Stretch with Roll:** Lie on left side with thigh over foam/soft round object. Push onto left elbow and gently roll down the object.

**Quadriceps/Hip Flexor Stretch:** Standing with involved leg on chair, squat down on uninvolved leg.