

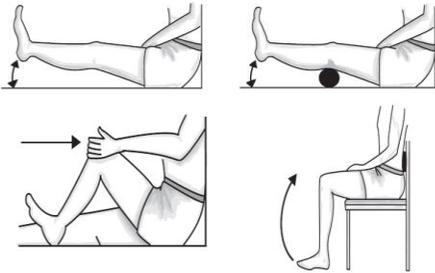


Lower Limb Injuries

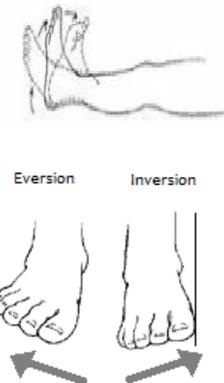
A patient's guide



Knee Exercises-



Ankle Exercises-



Please remember- Good recovery depends on your co-operation.

Remember the acronym P. OI. I. C. E.

- P.- Protect or Prevent
- OI.- Optimal load
- I.- Ice
- C.- Compression
- E.- Elevation

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or

whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

Twitter.com/WhittHealth
Facebook.com/WhittingtonHealth

Whittington Health NHS Trust
Magdala Avenue
London
N19 5NF
Phone: 020 7272 3070
www.whittington.nhs.uk

Date published: 20/09/2019
Review date: 20/09/2021
Ref: EIM/ED/LLI/02

© Whittington Health
Please recycle

Lower Limb Injuries

Follow these instructions for all injuries then follow the specific instructions below.

- ✓ Keep your ankle/knee raised with your foot higher than your bottom to help reduce swelling.
- ✓ Use ice-packs (frozen peas wrapped in a damp towel will do), for 10-15 minutes 4–6 times a day to help stop pain, swelling and bruising.
NB: Don't put ice-packs directly onto your skin as they can burn. Use baby oil to protect your skin.
- ✓ Take tablets such as ibuprofen or paracetamol (both available from a chemist) to relieve the pain.
- ✓ Try to exercise for 10 minutes every hour, especially after you have used ice. This will help to stop you becoming stiff.

Sprains and Strains

Sprains to ligaments are very common and we do not always X-ray this type of injury.

The injured area will be bruised and swollen and might stay painful and uncomfortable for another two months, but this won't be as bad as it is now.

You should:

- ✓ If we have given you a supporting bandage you must wear it (see below for support bandage instructions).
- ✓ Gently exercise your injured area to stop it becoming stiff.
- ✓ Go to your GP if the pain does not get any better in 3-4 weeks.

Ankle Injury

- ✓ Wear a support bandage during the day, from the base of your toes to below your knee so that it does not stop your blood from circulating (see below for support bandage instructions).
- ✓ You should rest for the first 24 hours after you injure your ankle. The next day try to walk with even strides (heel first, then toe) and put as much weight on your foot as your ankle will let you.
- ✓ Use stick/crutches if you have been told to.
- ✓ Try to wear sensible shoes and do not stand still for long periods.

Knee Injury

You may have injured your knee by damaging either the ligaments (sprain) or the muscle or tendon (strain). This will cause pain, swelling, stiffness and a limp.

You should:

- ✓ Rest your leg on a stool with pillows to raise your leg whenever you are sitting.
- ✓ Wear a support bandage over your knee if we have advised you to (see below for support bandage instructions).

Support Bandage

A support bandage has been applied and must be worn for as long as it remains painful, or as advised by the doctor/nurse.

You should:

- ✓ try not to get wrinkles in it.
- ✓ Remove the bandage if your toes become blue, cold, white, numb or you experience 'pins and needles'. If there is no improvement after 20-30 minutes, seek medical advice.
- ✓ Remove the bandage for washing and re-apply as demonstrated by the nurse.
- ✓ When walking, bend your knee and use a heel to toe action, as demonstrated by the nurse, to avoid limping.
- ✓ Use stick/crutches if you have been told to.

You should not:

- ✓ Wear the bandage at night