



Pain in your knee after an injury?

It is very common to have pain and swelling after an injury to the knee, such as, from a fall, twisting awkwardly, or while playing sports.

What should you do after an acute knee injury?

- Rest, ice, and elevation are the most important things you can do.
 - When elevating your leg remember to lift it above the heart to reduce swelling.
- Applying ice to the front of the knee will help with swelling and pain.
 - When using ice packs keep to a 20 minutes on and 20 minutes off schedule.
- You should take Ibuprofen 600-800 mg every 6-8 hours in the first few days after the injury to help with inflammation and pain.
 - If you are unable to take Ibuprofen or NSAIDs due to stomach upset, kidney, or heart problems, you can take Tylenol 325-500 mg every 6-8 hours.
- Generally, trying to move and bend your knee the first 36-72 hours after a knee injury is safe and advised, in order to avoid stiffness.
 - Gentle range of motion is encouraged.
- ★ If you cannot put your body weight and walk in your affected leg due to pain, you should contact your primary care physician or orthopedic surgeon for evaluation.

Important Numbers: