

Knee Pain

Physiotherapy management

Knee pain is a common problem that affects people of all ages. You may require a physiotherapist to provide professional advice on how to manage your condition. With proper pain management strategies including adopting an active lifestyle and learning suitable exercises as advised by your physiotherapist, your condition may improve over time.

Tips for managing knee pain

1. Moderate activity:

Pace yourself while performing daily activities such as household chores or walking. Gradually increase the duration or intensity of such activities each day. Moderation is key and you should avoid over-exerting yourself or adopting a sedentary position such as complete bed rest.

2. Pain management:

- Apply either a hot or cold pack for 10-15 minutes over the area of pain. Do not place the hot or cold pack directly on to your skin. Ensure that you wrap the hot or cold pack with towels to prevent skin burns. Do not apply a cold pack immediately after a hot pack, and vice versa.
- You may take the painkillers prescribed by your doctor when necessary.

3. Movement and exercise:

Exercise helps to alleviate knee pain. It is recommended that you start with simple aerobic exercise to improve movement and function. For example, cycling, walking or aqua aerobics.

4. Follow up:

It is recommended that you follow up with your healthcare provider for a review and evaluation on your progress and exercise regime.

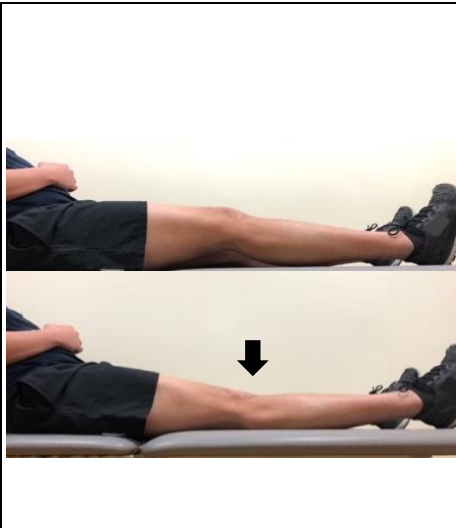
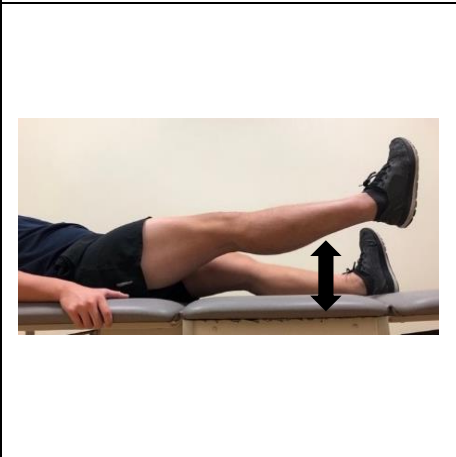
5. Take note:

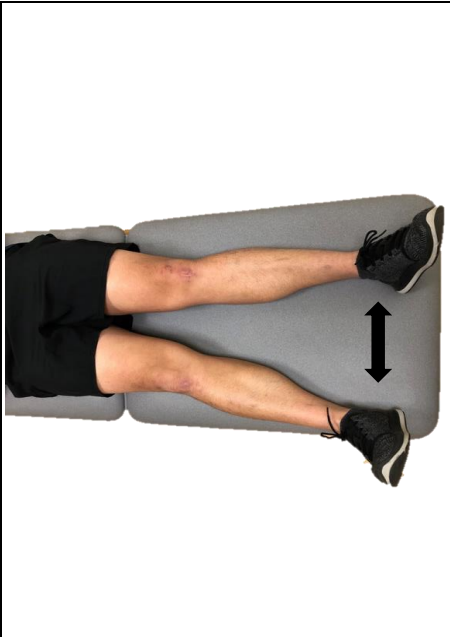
If you experience any of the following symptoms, please see your general practitioner or the Emergency Department in the hospital:

- Increase swelling, pain and/or stiffness
- Unremitting pain even after medication, ice pack or hot pack
- Activities such as walking, standing, sitting and/or stairs are greatly affected

Exercises

Perform the following exercises that may relieve the pain and tightness at the knee.

	<p>Exercise 1: Static Quads</p> <ul style="list-style-type: none">• With your knees straightened, engage your front thigh muscles by pushing the back of your knee gently down onto the bed.• Complete 10 repetitions, 3 times a day.
	<p>Exercise 2: Straight Leg Raise</p> <ul style="list-style-type: none">• Straighten your knee and lift your leg up and lower it down with control.• Complete 10 repetitions, 3 times a day.



Exercise 3: Hip Abduction

- Lie down flat on your bed or exercise mat with both legs together.
- Straighten your knees and gently slide one leg out to the side and back in.
- Complete 10 repetitions, 3 times a day.



Exercise 4: Heel Slides

- Begin this exercise by straightening your knees.
- Slide your heel towards your buttock and slide it back down.
- Complete 10 repetitions, 3 times a day.



Exercise 5: Seated Hamstring Stretch

- Sit upright with your knees straightened.
- Lean your body forward and reach for your toes.
- Hold for 30 seconds and then relax.
- Complete 5 repetitions, 3 times a day.

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