

This is a follow-up letter to your recent consultation with the fracture care team explaining the ongoing management of your injury. Your case has been reviewed by an Orthopaedic Consultant (bone specialist).

You have fractured your knee cap (patella).

Healing: The fracture will take six weeks to heal. Some pain and swelling may last for 3 to 6 months.

Pain and swelling: Your knee may be swollen. Take pain killers as required (always read the label; do not exceed the recommended dose).

Using your leg: You may walk on your leg as comfort allows.
You must wear the splint fitted in the Emergency department.
You can only remove the splint to wash your leg daily. You must keep your knee straight when washing it and replace the splint afterwards.

Follow up: You will see a knee specialist approximately 2 weeks after your injury. They will assess your knee once the immediate pain and swelling has decreased. The specialist will decide if further treatment or Xrays are required. They will organise these if needed.

If you have not received a letter for this appointment, please contact.....

If you are worried that you are unable to follow this rehabilitation plan, or have any questions, Please phone the Fracture Care Team for advice. If you are experiencing pain or symptoms, other than at the site of the original injury or surrounding area, please get in touch using the details at the top of this letter.

Please follow the management plan below.

Weeks since injury	Rehabilitation plan
0-2	<ul style="list-style-type: none">✓ Wear the splint fitted by the Emergency Department for 2 weeks.✓ You may remove it for personal hygiene and to apply a cold pack. However, you must keep your leg straight at all times.✓ The splint can be worn either under or over your clothes depending on what you find most comfortable.✓ You are allowed to put weight through the leg as is comfortable, with or without crutches.
2	<ul style="list-style-type: none">✓ You will have an appointment in the Acute Knee Clinic for further assessment and ongoing advice with regards to rehabilitation.

Advice for a new injury:

Cold packs: A cold pack (ice pack or frozen peas wrapped in a damp towel) can provide short term pain relief. Apply this to the sore area for up to 15 minutes, every few hours ensuring the ice is never in direct contact with the skin.

Rest and elevation: Try to rest the foot for the first 24 to 72 hours to allow the early stage of healing to begin. Raise your ankle above the level of your hips to reduce swelling. You can use pillows or a stool to keep your foot up.

Early movement and exercise:

Early movement of the ankle and foot is important to promote circulation and reduce the risk of developing a DVT (blood clot). Follow the exercises below within the limits of your pain. These exercises will help the healing process.

Early weight bearing (putting weight through your injured leg) helps increase the speed of healing. Try to walk as normally as possible as this will help with your recovery.

Smoking advice:

Medical evidence suggests that smoking prolongs fracture healing time. In extreme cases it can stop healing altogether. It is important that you consider this information with relation to your recent injury. Stopping smoking during the healing phase of your fracture will help ensure the best recovery from this injury.

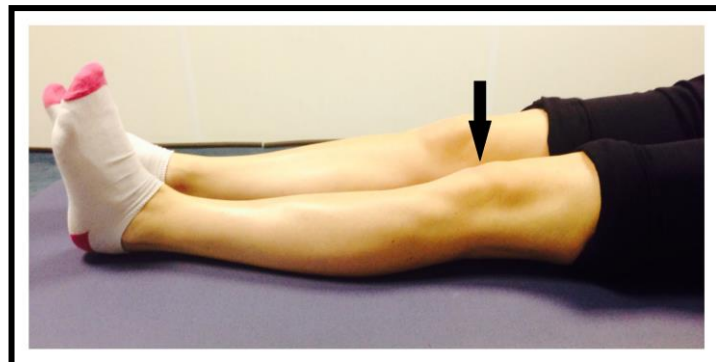
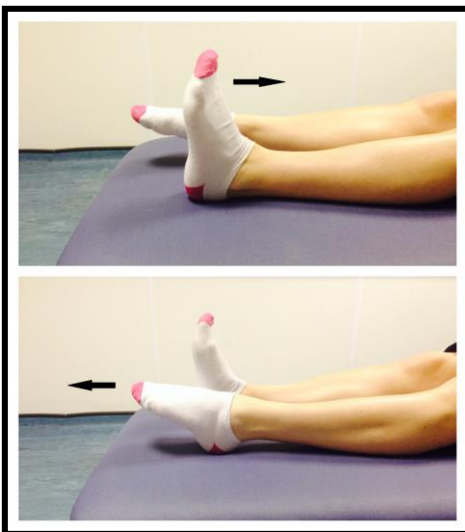
If you would like help with stopping smoking, please contact a member of the Hospital Stop Smoking Team on 01384 456111 ext. 2783, please refer to the following website: <http://smokefree.nhs.uk> or discuss this with your GP.

Fitting the cricket pad splint



Place cricket pad splint on the leg so that your patella (knee cap) is in the middle hole of the splint, as shown in the picture opposite.

Initial exercise to do 3 times a day (with or without the splint)



Picture left - **figure 1**
Picture above – **figure 2**

Figure 1 - Point your foot up and down. Repeat 10 times.

Figure 2 - With the leg straight and supported, gently tense your thigh muscle and try to straighten your knee further. Hold for 10 seconds and repeat 7-10 times.