

# Sprain- Knee

## What is it?

- **Knee Sprain**– an injury to the knee ligament; a type of injury to the knee joint; a slight stretch to a complete tear of the ligament;
  - **Ligaments**- support the knee and are strong bands of tissue that connect bones to each other
  - **Grade 1**- sprain stretches the ligament causing pain and swelling
  - **Grade 2**- sprain possibly tears the ligament and is much more disabling
  - **Grade 3**- severe sprain with a complete rupture and often needs surgical repair



## Symptoms:

- **Symptoms**- pain, swelling. Redness, warmth, bruising, decrease motion

## Facts:

- **Caused by**- a blow to the knee, forced twisting of the knee, blow to the outer or inner side of the knee, blow to the front of the knee, landing awkwardly after jumping, stopping suddenly while running, shifting your weight while running or skiing
- **Risk Factors**- playing sports, poor balance, poor coordination, loose joints, inadequate flexibility and strength in ligaments and muscles

## What can I do?

- **See your Health Care Provider**- for more information; anti-inflammatory medication
  - **Immediate Treatment**- RICE/rest, ice, compression and elevation to help reduce swelling and pain, to speed the recovery process; apply heat to alleviate stiffness after the first 3-4 days or a heating pad; apply for 20 minutes 4 to 5 times per day if possible for pain and stiffness; take Ibuprofen, Motrin, Advil or Nuprin for pain as needed
  - **Severe Knee Sprain**- use crutches to walk to avoid putting pressure on your knee; MRI to make sure there is no structural damage to your knee
    - **Exercises**- stationery bicycle, leg extensions, curl exercises
- **See a Registered Dietitian**- for help as needed for weight loss

