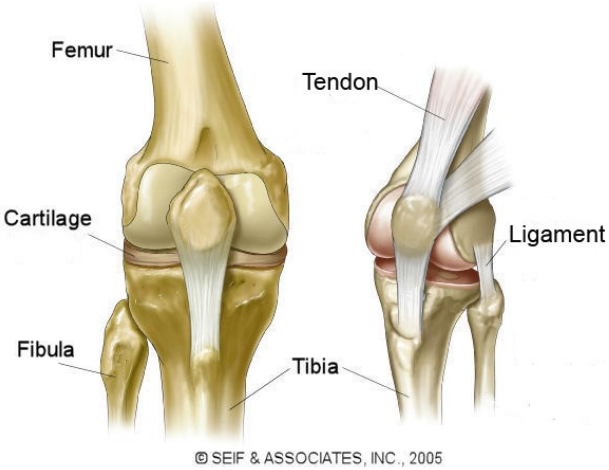
Knee Sprain, Information

A knee sprain means the ligaments that hold your knee bone together are stretched or partially torn at the joint. This injury can take several weeks to heal.



HOME CARE INSTRUCTIONS

- Rest the knee as instructed. Use your knee as directed when your doctor tells you to.
- If an ace bandage has been put on, it should be removed and put back on every 3 to 4 hours. **Watch your toes and feet for swelling, bluish color, coldness, numbness or bad pain. If any of these problems happen, remove the ace bandage. Rewrap it more loosely. If these symptoms do not go away, seek medical attention.**
- For the first 24 hours, lie down with the injured knee on top of 2 pillows.
- Apply ice to it for 15 minutes every couple hours. Repeat this at least four times per day for the first 2 days. Put the ice in a plastic bag. Place a towel between the bag of ice and your skin.
- Wear splints, casts, or elastic bandages as told.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your doctor.
- If you were given crutches or a walker, use them as instructed. Do not put any weight on the injured leg until your doctor tells you to.

Pain that does not improve or not being able to use the injured leg for more than 2 to 3 days are warning signs. If this happens, you should see your doctor as soon as you can. You may need more x-rays or an MRI. X-rays may sometimes not show a small fracture until a week or 10 days later.

GET HELP IF:

- Bruising, swelling, or pain gets worse.
- You have cold or numb toes.
- Increasing pain with motion of your toes.

GET HELP RIGHT AWAY IF:

- Your toes are cold, numb or blue.
- The pain stays the same or gets worse.
- If your knee gets stuck and will not move.

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