

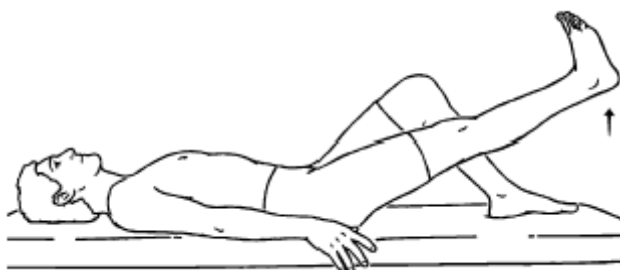
PFJ DISLOCATION ADVICE SHEET

- Wear a bandage to assist in controlling the swelling.
- For the first 2-3 days, ice the knee for 20 mins every few hours and elevate as much as possible.
- You need to wear a splint to keep your knee straight for at least two weeks to allow injured structures to heal



- You can remove it to wash, but keep your knee straight

- With the splint off, practice lifting your whole leg up while keeping your knee straight.



- Repeat 10 times every few hours until it is easy to do

Disclaimer: This health information is for general education purposes only and is intended to be a reminder of education provided by your health professional after a thorough examination.



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PFJ DISLOCATION ADVICE SHEET

- Crutches are not necessary if comfortable to walk without
- See a physiotherapist at the 2 week mark to start rehabilitation
- If you still have marked pain at 2 weeks, you might need an MRI scan
- No sport / dancing / significant physical activity for **AT LEAST 6 weeks** or until the physiotherapists have cleared you after that

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