

# PREVENTING KNEE INJURIES IN THE WORKPLACE

There are two main types of knee injuries:

**Acute injuries**, which result from a sudden trauma, such as an awkward fall, collision or twist of the knee joint, and **overuse injuries**, which will result from continuous activity or overload, such as running, jumping and cycling. These types of injuries start gradually and are usually related to a range of factors such as structural or biomechanical problems, training methods, incorrect footwear, incorrect techniques in the workplace and incorrect exercise style.

The tips below are to help you move well, stay well and assist in reducing the risk and severity of knee injuries in the workplace:

## FOOTWEAR

- With every step, shock is absorbed by the feet, knees, hips and spine to decrease the force of impact. Wearing the correct footwear will help to reduce these forces further whilst not affecting the normal function of the foot.
- Wearing the right footwear for the job protects you from stress-related injury to the ankles, knees, hips and spine.

## SURFACES

- Avoid activities on slippery or uneven surfaces and in areas with poor lighting.
- Remove all potential trip hazards before conducting activity in that area.

## WHAT TO DO AFTER A SPRAIN?

*As soon as possible, and for 72 hours after injury, use the RICE method (Rest, Ice, Compression, and Elevation).*

**FOR MORE INFORMATION GO TO  
[WWW.TRADIESHEALTH.COM.AU](http://WWW.TRADIESHEALTH.COM.AU)  
AND SEE THE RESOURCES AVAILABLE.**

## EXERCISE

- Simple exercise such as walking or swimming is the best.
- Make sure you warm up before and cool down after the exercise with gentle stretches.
- Build up your exercise program by gradually increasing frequency, duration and intensity, but don't work through pain.
- Maintain good general fitness and lower body strength and flexibility (especially quadriceps muscles).
- Practise standing on one leg to improve your balance and leg muscle strength.

## HOW CAN PHYSIOTHERAPY HELP?

- Provide biomechanical analysis to identify excessive knee twisting under load.
- Use that information to provide correction of knee control when bent.
- Issue corrective exercises to improve neuromuscular coordination.
- Make ergonomic and exercise recommendations for you to take control.



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