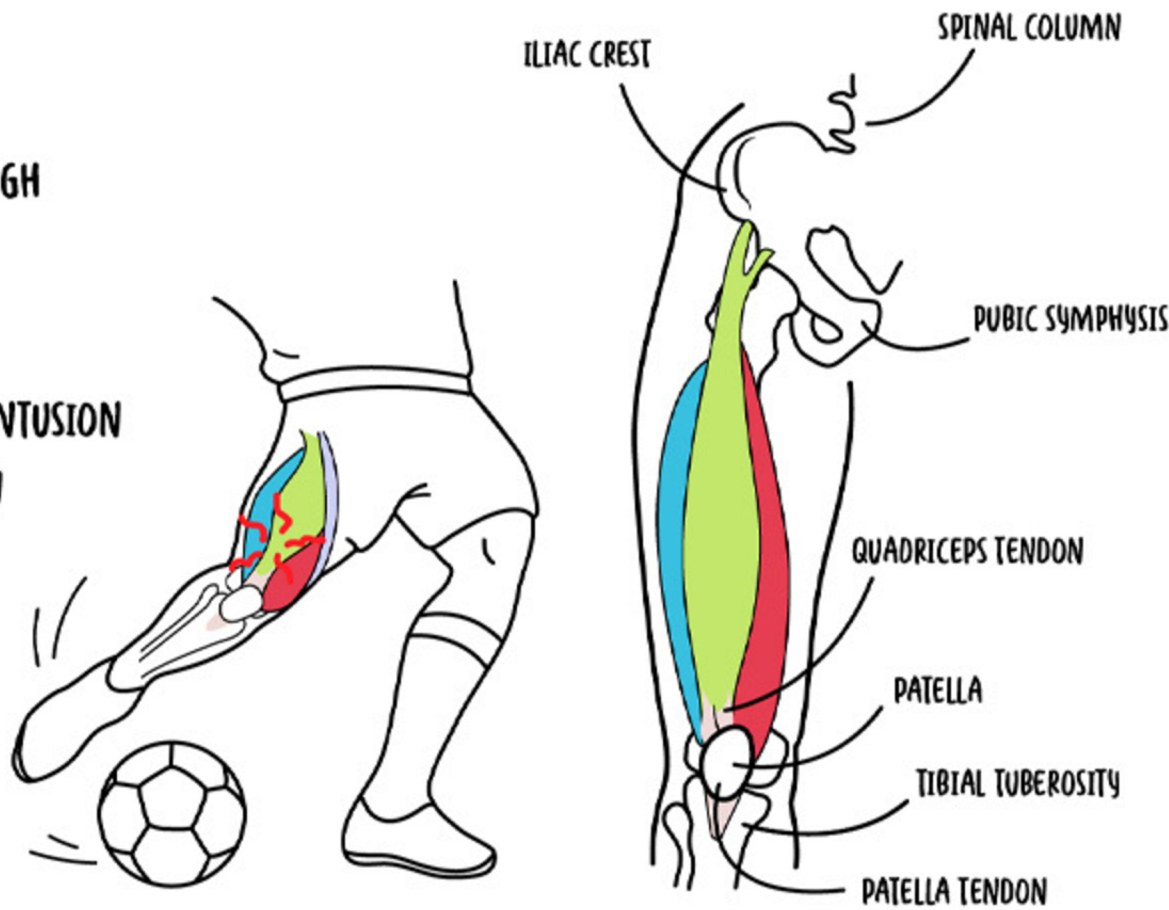


THE QUADRICEPS

- ANTERIOR COMPARTMENT OF THE THIGH

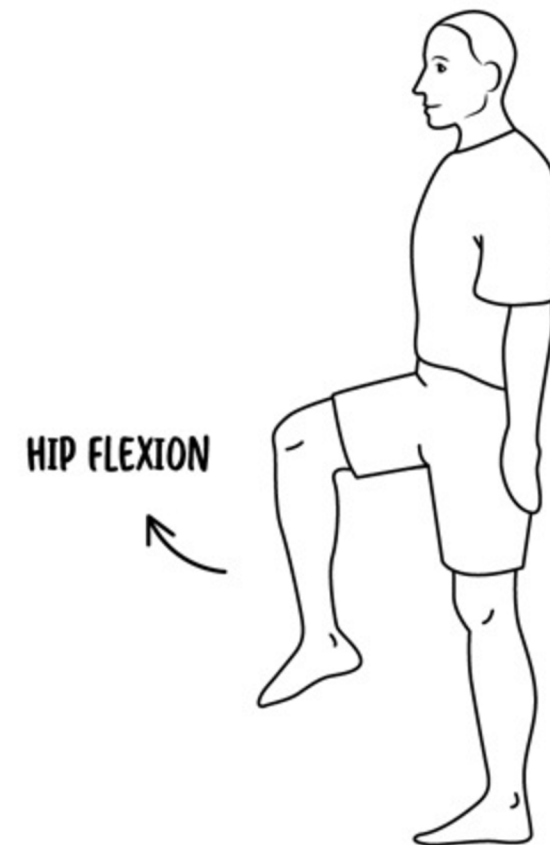
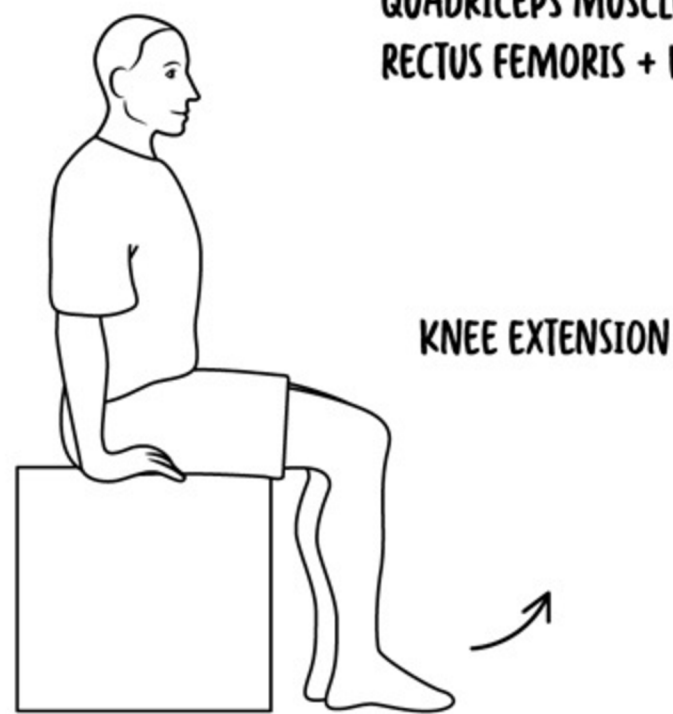
COMMON INJURIES INCLUDE

QUADRICEPS STRAIN OR QUADRICEPS CONTUSION
- CAUSES PAIN AND REDUCED FUNCTION



BASIC ACTION

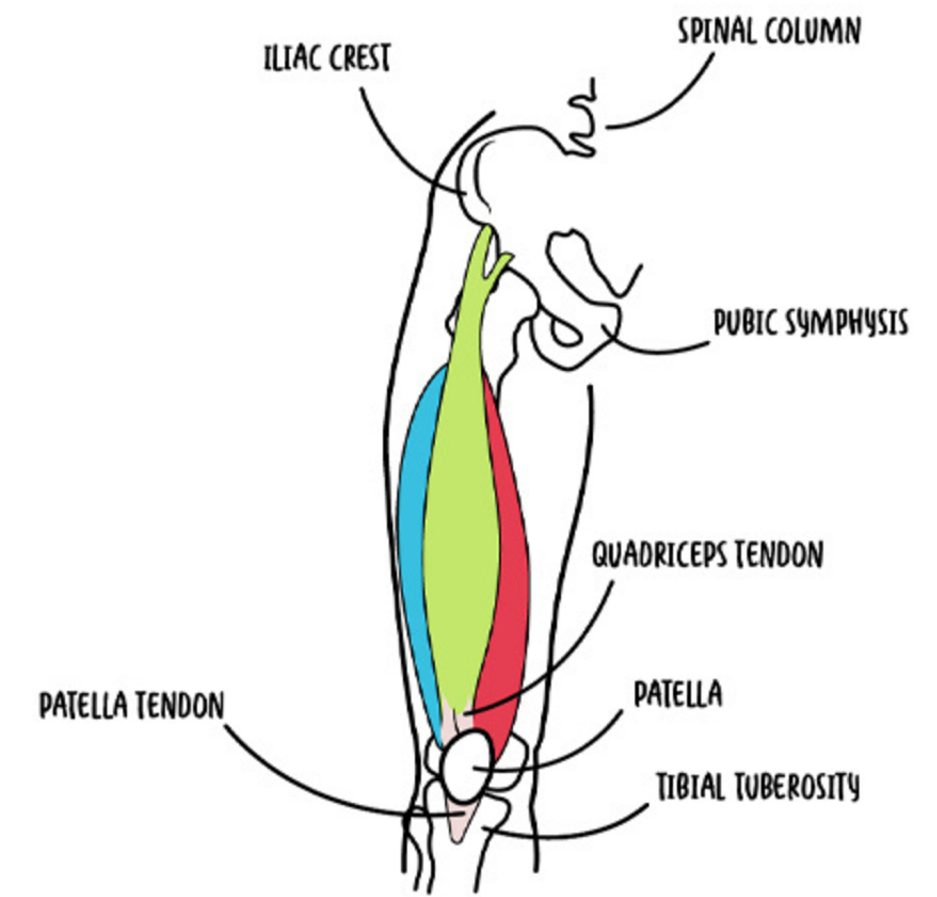
QUADRICEPS MUSCLES - KNEE EXTENSION
RECTUS FEMORIS + HIP FLEXION



ANATOMY

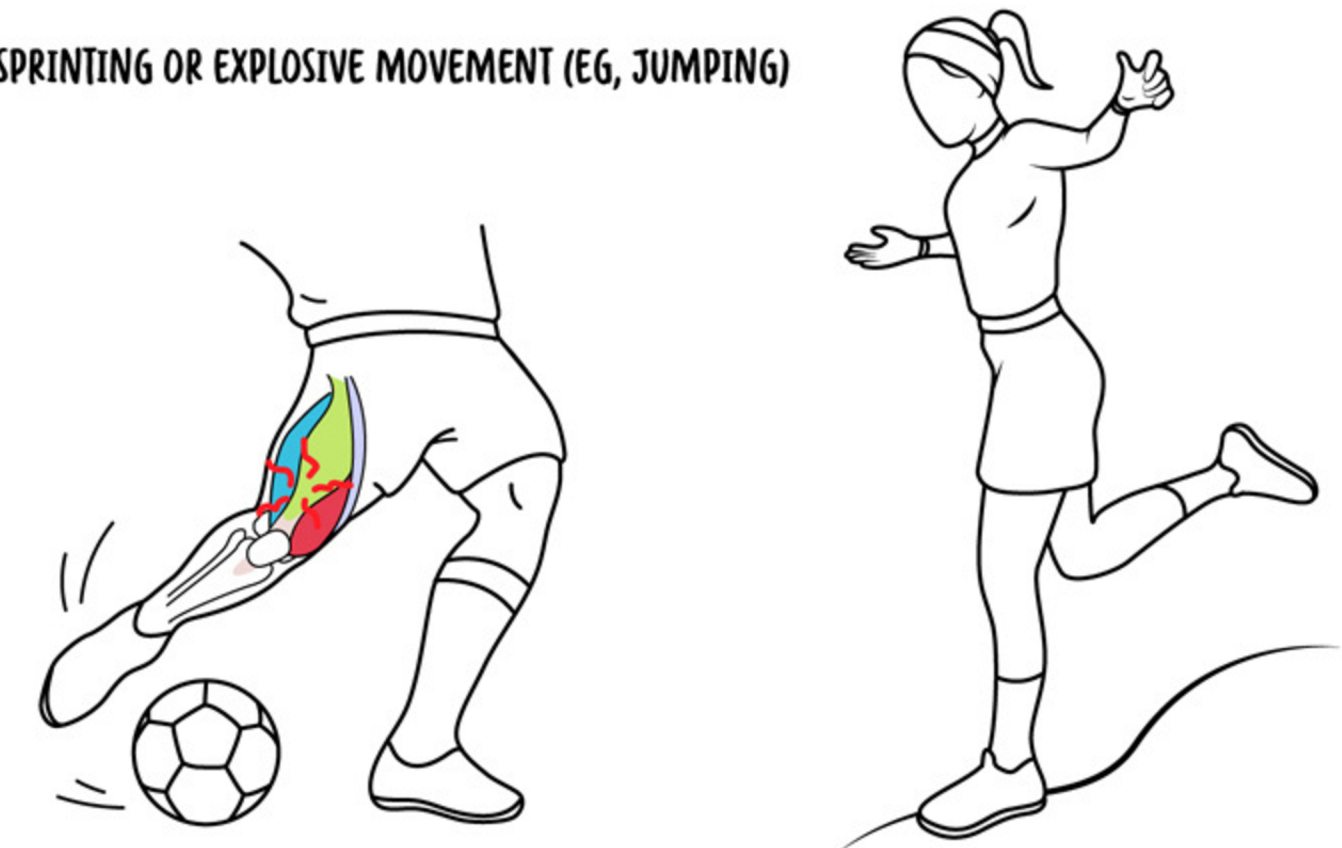
4 INDIVIDUAL MUSCLES

- RECTUS FEMORIS
- VASTUS LATERALIS
- VASTUS MEDIALIS
- VASTUS INTERMEDIUS



MECHANISM OF INJURY

- OCCUR IN SPORTS INVOLVING SPRINTING OR EXPLOSIVE MOVEMENT (EG, JUMPING)

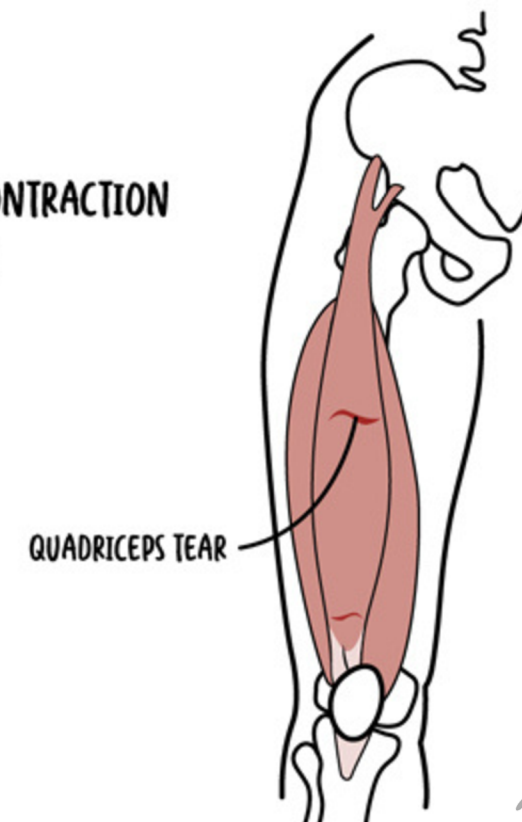


CLINICAL PRESENTATION - CAN SUSTAIN SEVERAL TYPES OF INJURY

QUADRICEPS STRAIN OR TEAR

- OCCUR DURING MANEUVERS THAT INVOLVE SUDDEN, FORCEFUL ECCENTRIC CONTRACTION (LANDING FROM A HIGH JUMP AND LANDING WHILE RUNNING DOWNHILL)
- CAUSE PAIN AND DYSFUNCTION

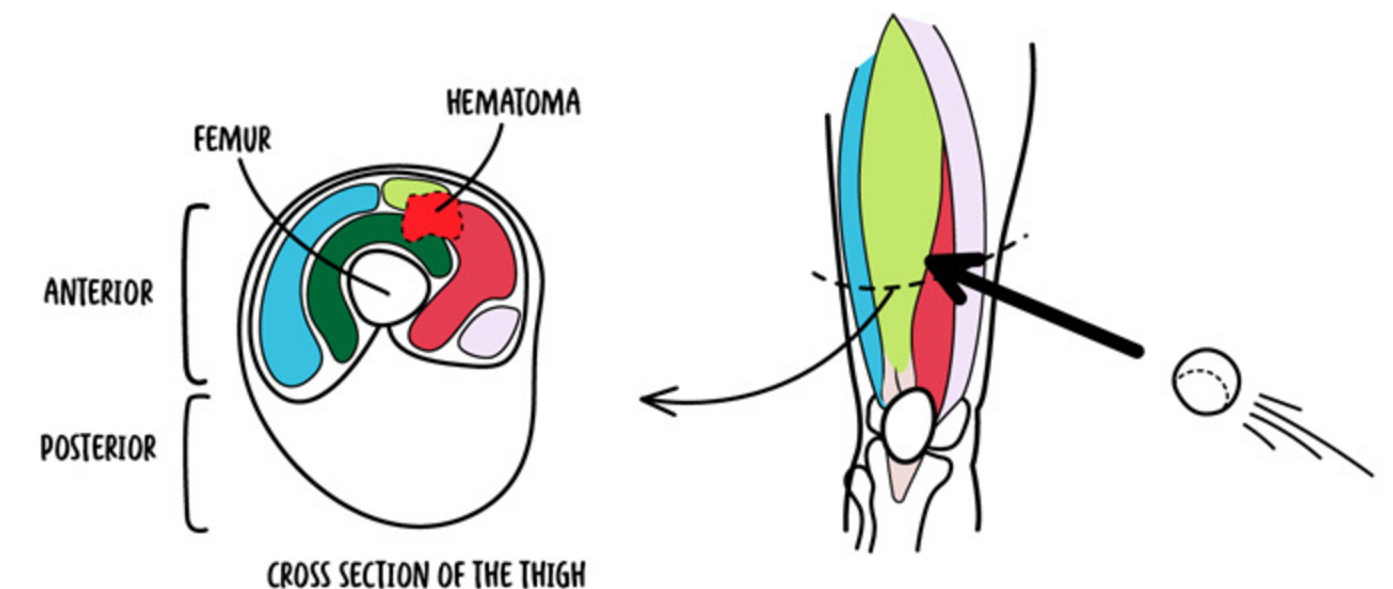
- PAIN**
- OCCUR IMMEDIATELY OR SEVERAL DAYS AFTER
 - OFTEN INCREASES WITH PASSIVE OR ACTIVE KNEE FLEXION OR PASSIVE OR ACTIVE HIP EXTENSION
 - ANTERIOR THIGH PAIN WITH WEIGHTBEARING AND AMBULATION
 - TENDERNESS OVER THE MUSCLE THAT IS TORN



CLINICAL PRESENTATION - CAN SUSTAIN SEVERAL TYPES OF INJURY

QUADRICEPS CONTUSION

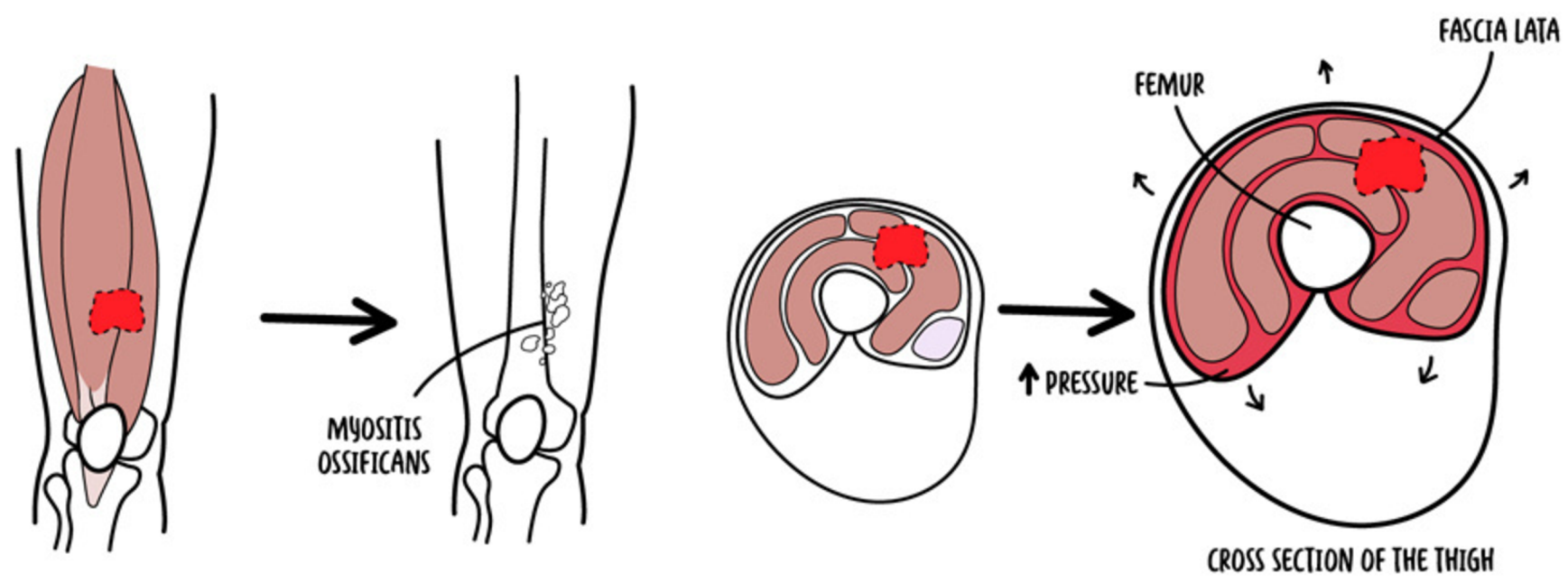
- CAUSED BY DIRECT TRAUMA TO THE MUSCLE, SUCH AS BEING HIT BY A BALL (BASEBALL, CRICKET BALL)
- CAN RESULT IN A HEMATOMA (COLLECTION OF BLOOD OUTSIDE THE BLOOD VESSEL)



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COMPLICATIONS

- MYOSITIS OSSIFICANS (PROLIFERATION OF BONE AND CARTILAGE WITHIN A MUSCLE)
- ANTERIOR THIGH COMPARTMENT SYNDROME



INVESTIGATIONS

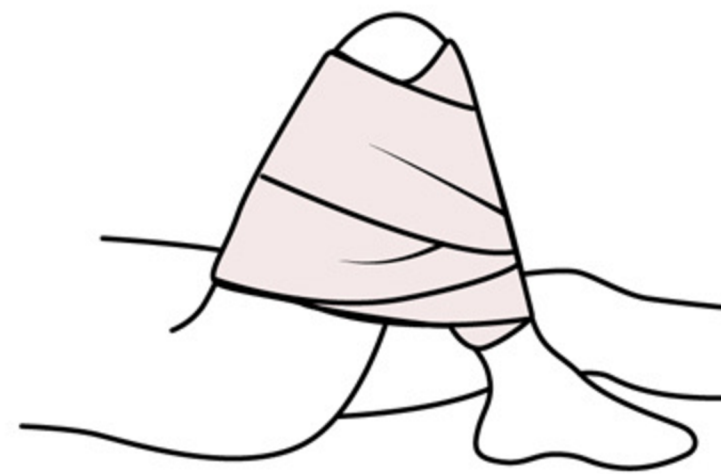
- HISTORY AND EXAMINATION FINDINGS
- ULTRASOUND
- MRI



TREATMENT

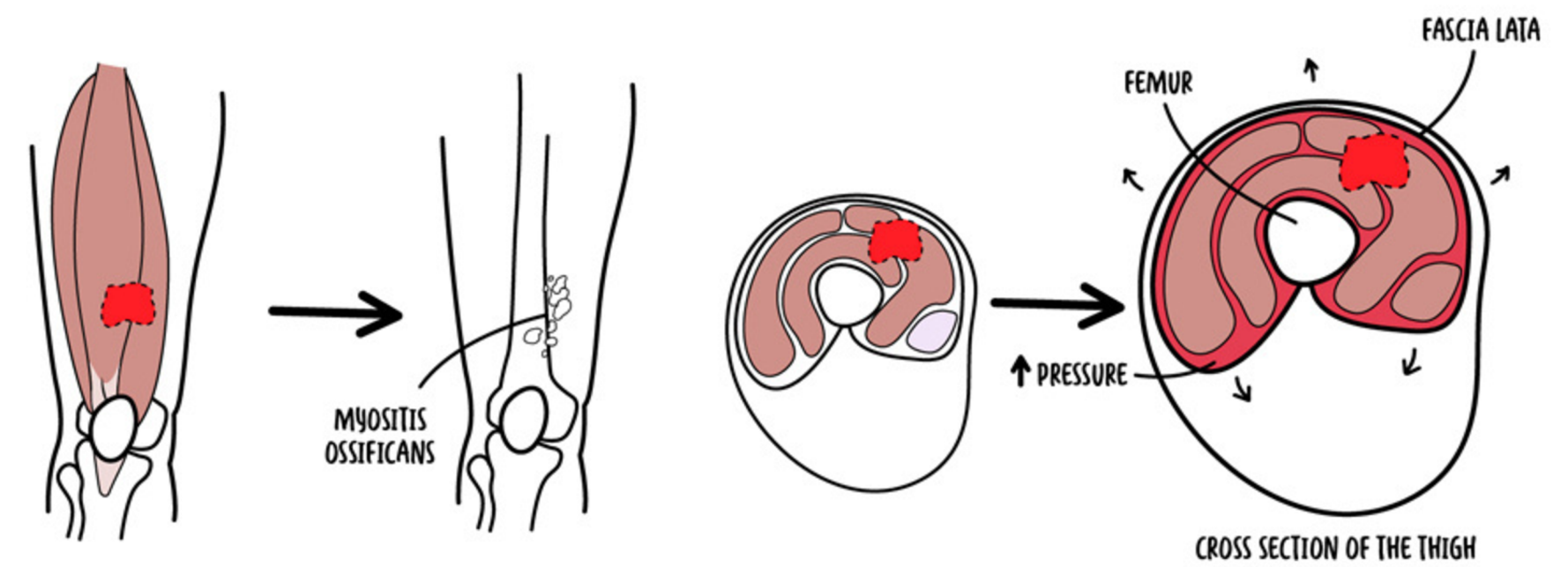
QUADRICEPS SPRAIN

- REST, ICE, COMPRESSION, ELEVATE
- SLOW STRETCHING



QUADRICEPS CONTUSION

- IMMOBILIZE IMMEDIATELY IN 120 DEGREES OF FLEXION WITH AN ELASTIC WRAP FOR 24-48 HOURS
- > MOTION EXERCISES FOR BOTH LEG EXTENSION AND HIP SEVERAL TIMES DAILY



Armando H. Faigl