

QUADRICEPS

CONTAINING FOUR

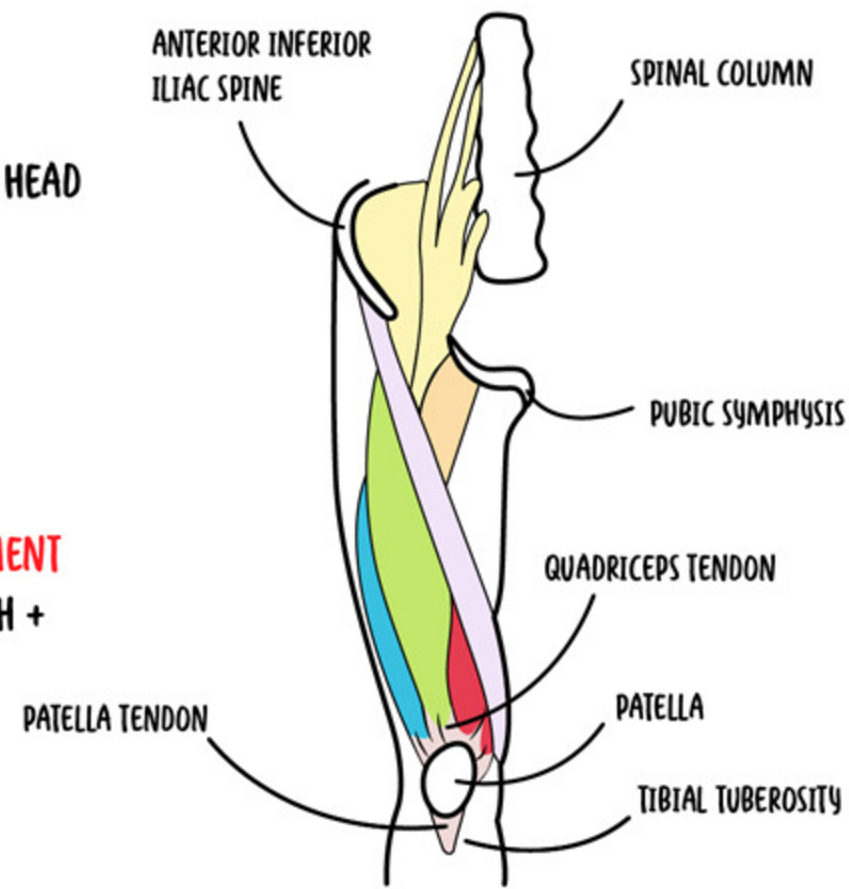
PERTAINING TO THE HEAD

FOUR INDIVIDUAL MUSCLES

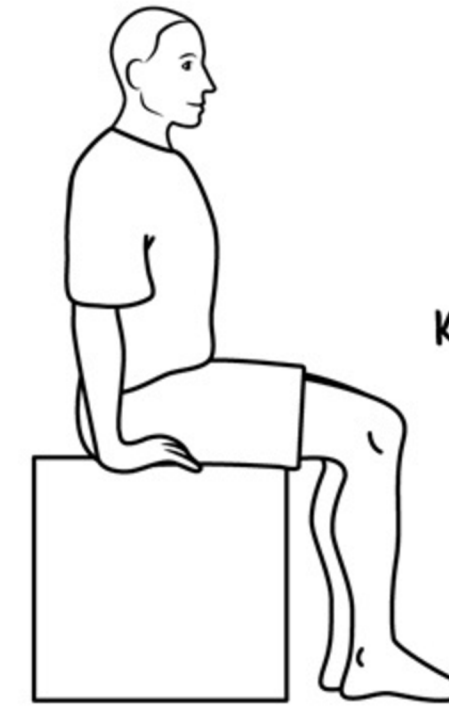
- RECTUS FEMORIS
- VASTUS LATERALIS
- VASTUS MEDIALIS
- VASTUS INTERMEDIUS

ANTERIOR COMPARTMENT
MUSCLES OF THE THIGH +

- SARTORIUS
- PECTINEUS
- ILIOPSOAS

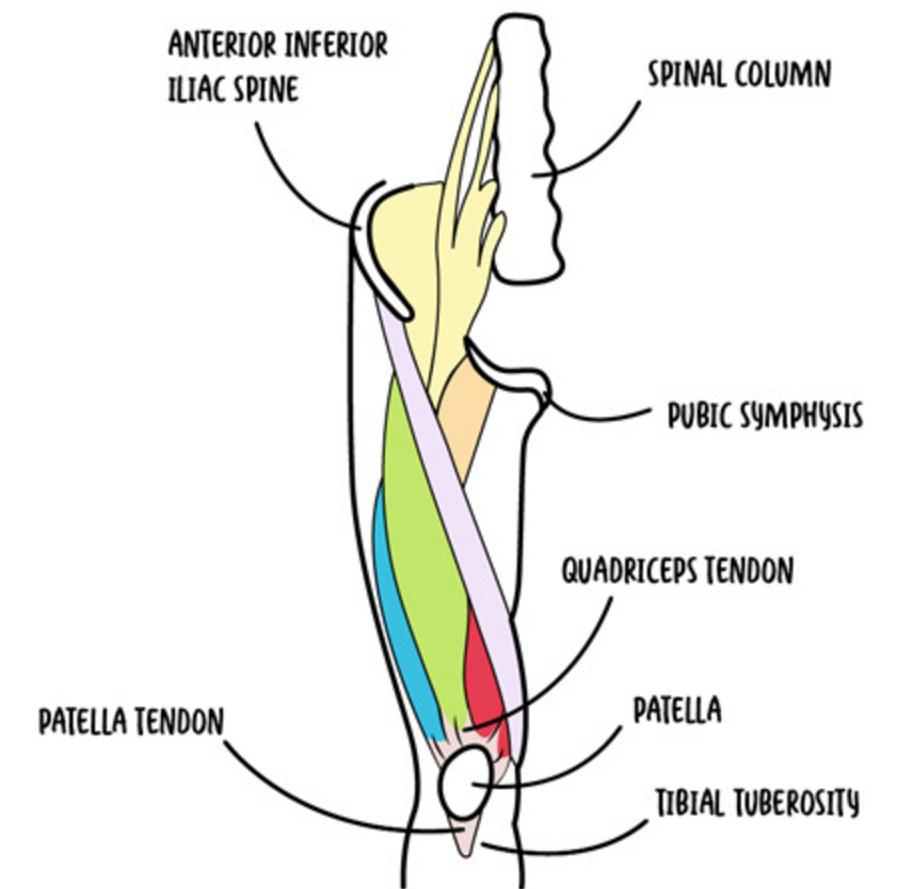


QUADRICEPS



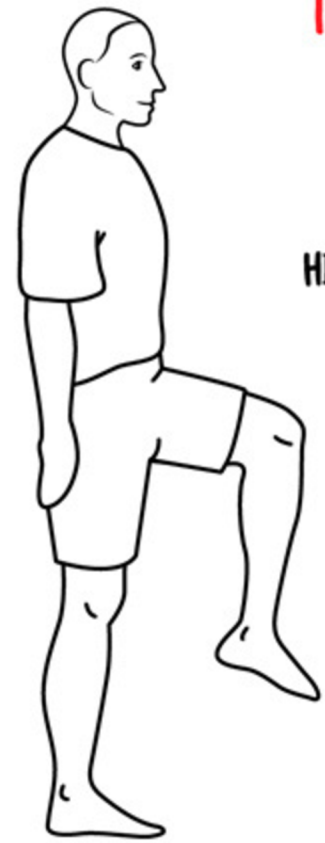
KNEE EXTENSION

(HERE WILL BE AN ANIMATION
OF KNEE EXTENSION)

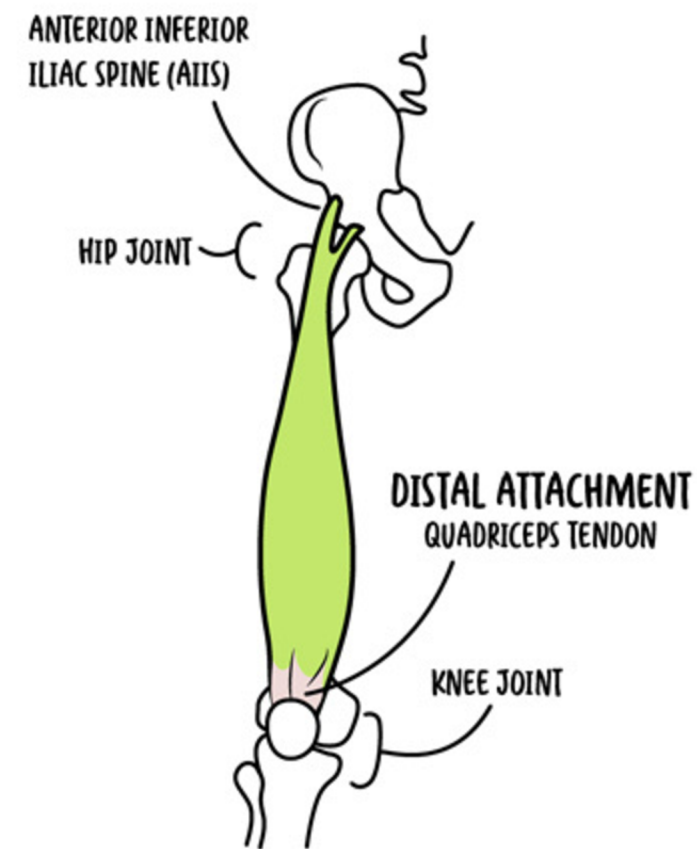


THE RECTUS FEMORIS PASSES TWO JOINTS

HIP FLEXION



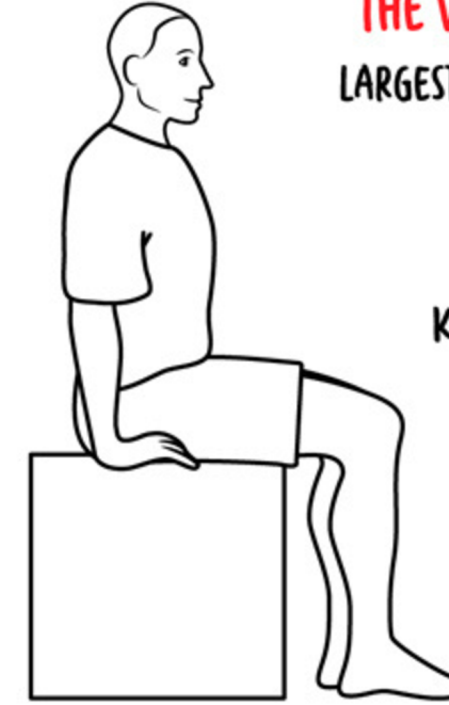
(HERE WILL BE AN ANIMATION
OF HIP FLEXION)



THE VASTUS LATERALIS LARGEST QUADRICEPS MUSCLE

KNEE EXTENSION

(HERE WILL BE AN ANIMATION
OF KNEE EXTENSION)

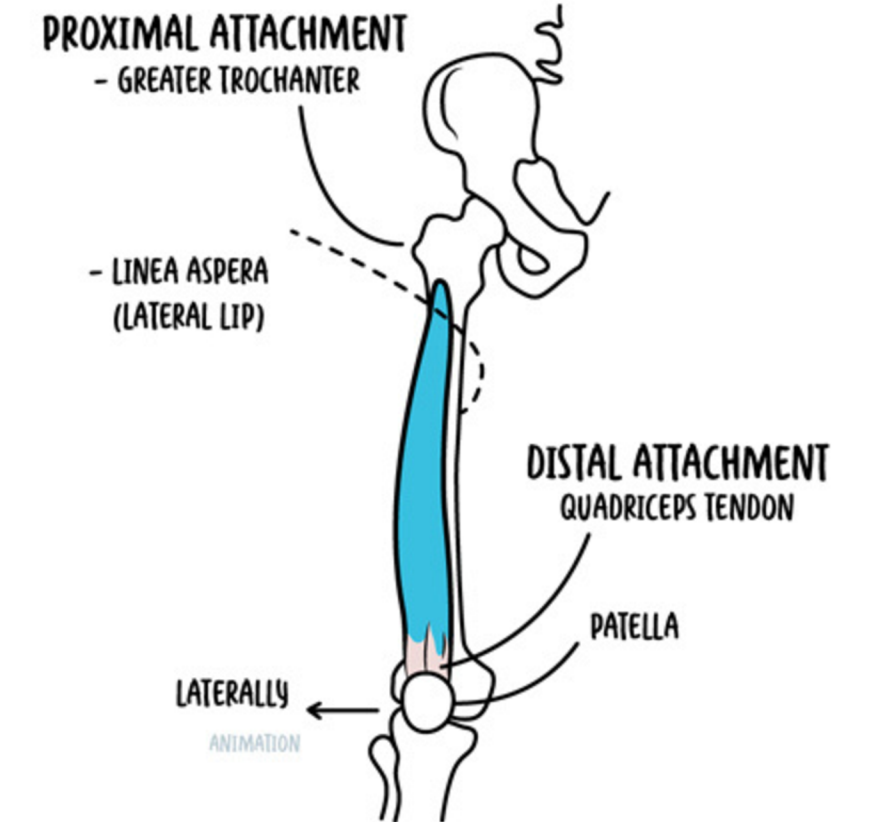


PROXIMAL ATTACHMENT
- GREATER TROCHANTER

- LINEA ASPERA
(LATERAL LIP)

DISTAL ATTACHMENT
QUADRICEPS TENDON

LATERALLY
ANIMATION



THE VASTUS MEDIALIS SMALLEST QUADRICEPS MUSCLE

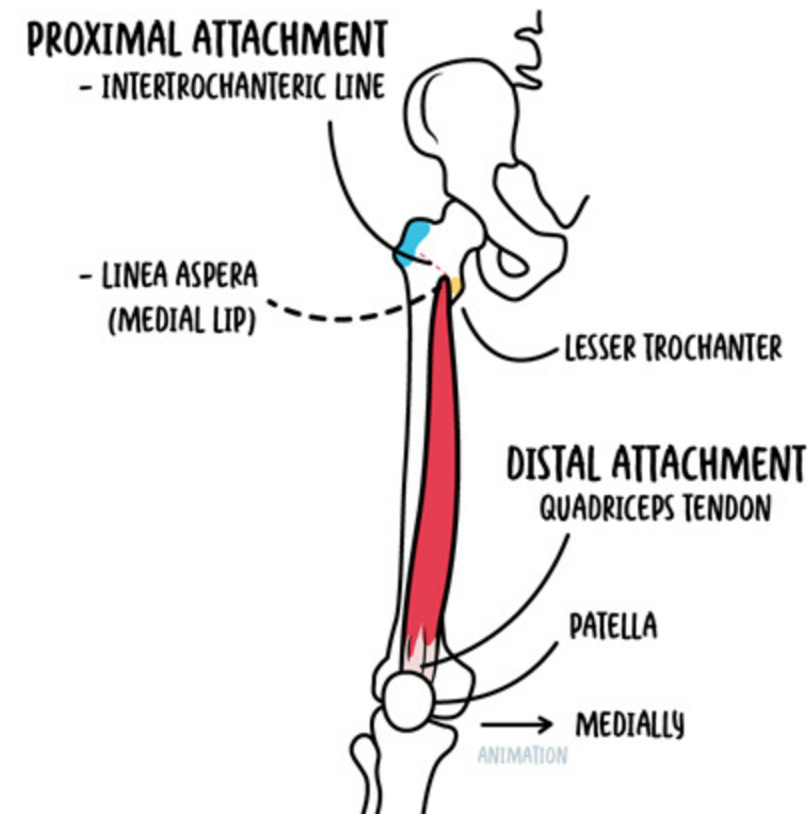
PROXIMAL ATTACHMENT
- INTERTROCHANTERIC LINE

- LINEA ASPERA
(MEDIAL LIP)

DISTAL ATTACHMENT
QUADRICEPS TENDON

PATELLA

MEDIANLY
ANIMATION

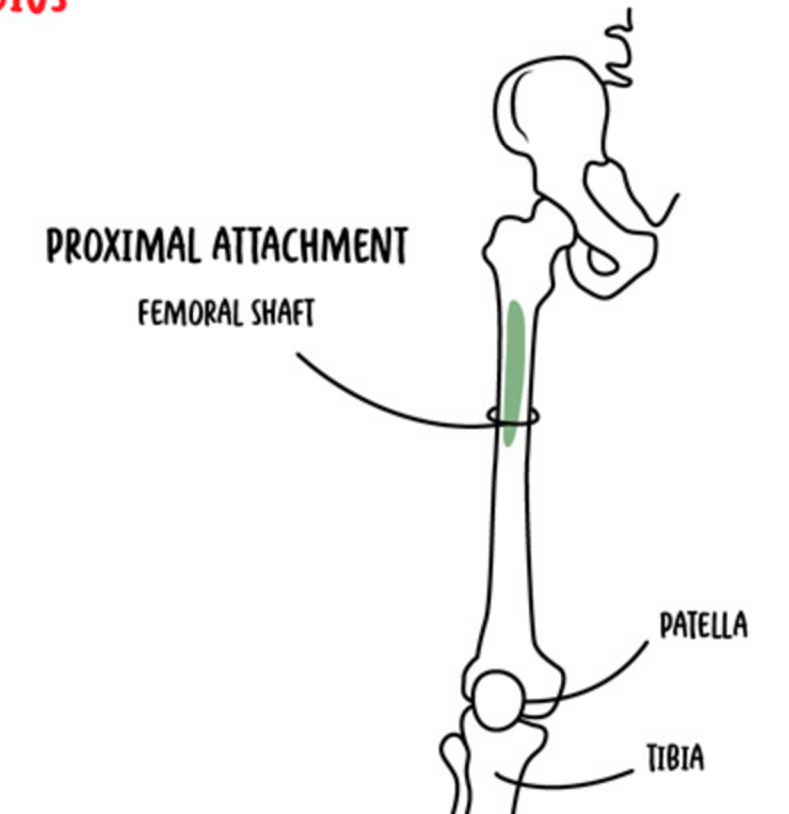


THE VASTUS INTERMEDIUS

PROXIMAL ATTACHMENT
FEMORAL SHAFT

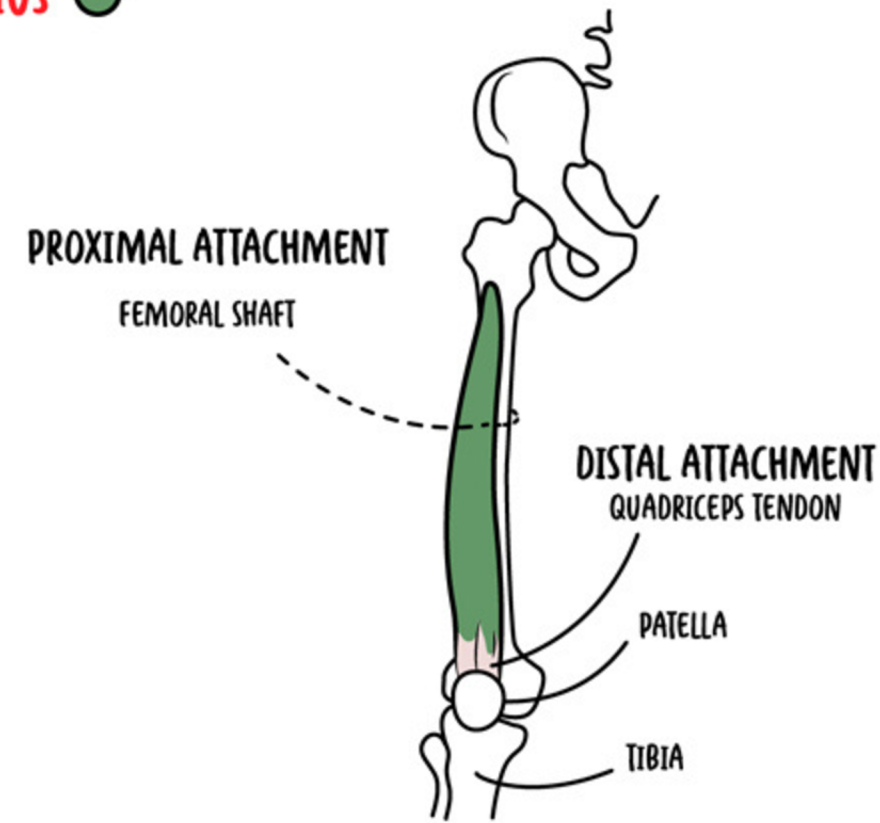
PATELLA

TIBIA



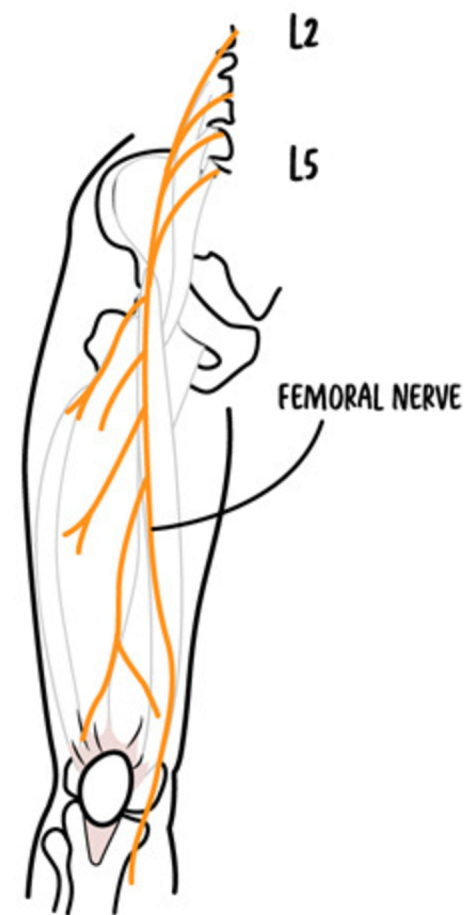
Armando H. Faigl

THE VASTUS INTERMEDIUS ●



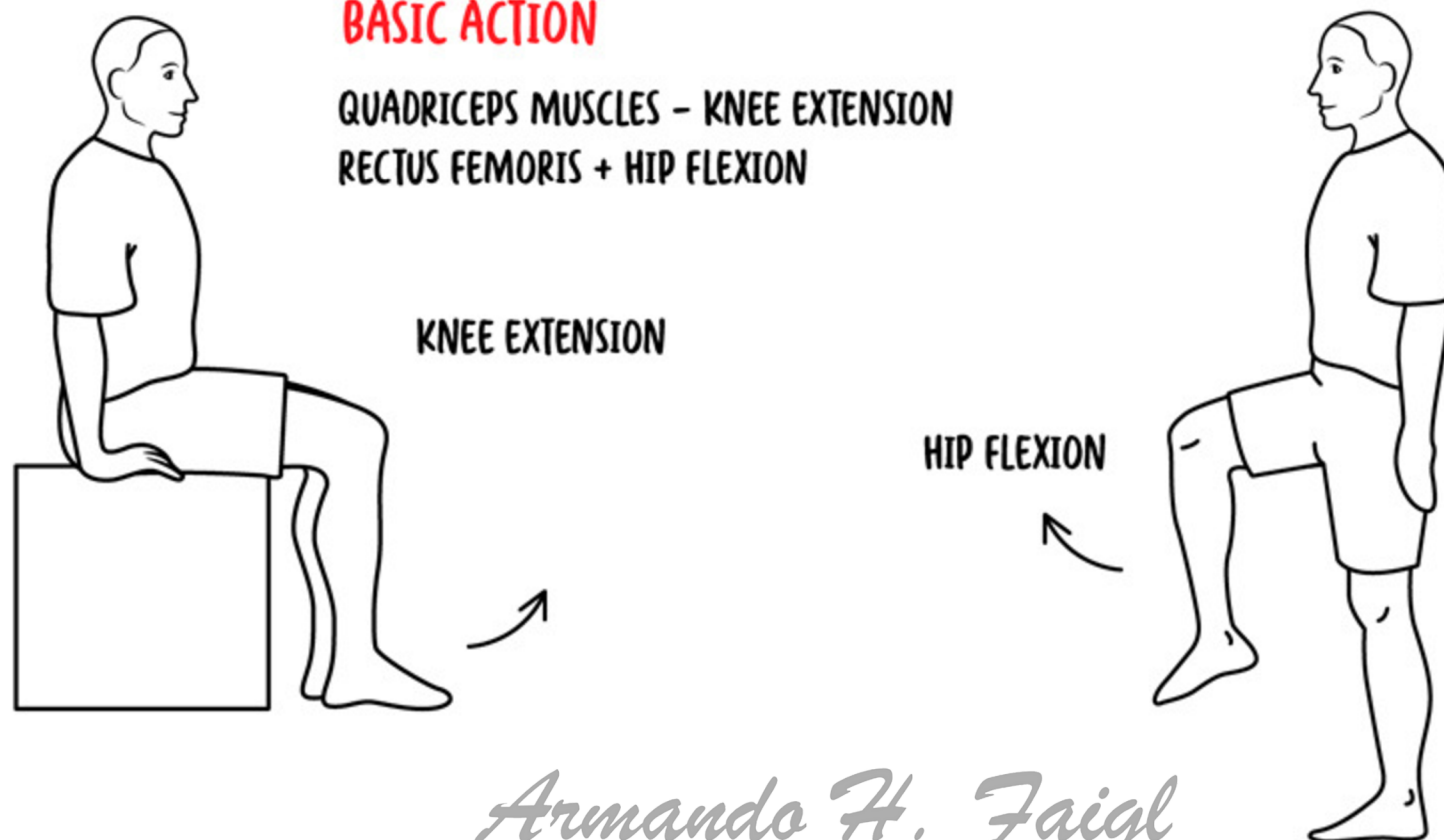
INNERVATION

INNERVATED BY THE **FEMORAL NERVE**
(NERVE ROOTS AT THE SECOND
TO FOURTH LUMBAR VERTEBRAE (L2 TO L4))



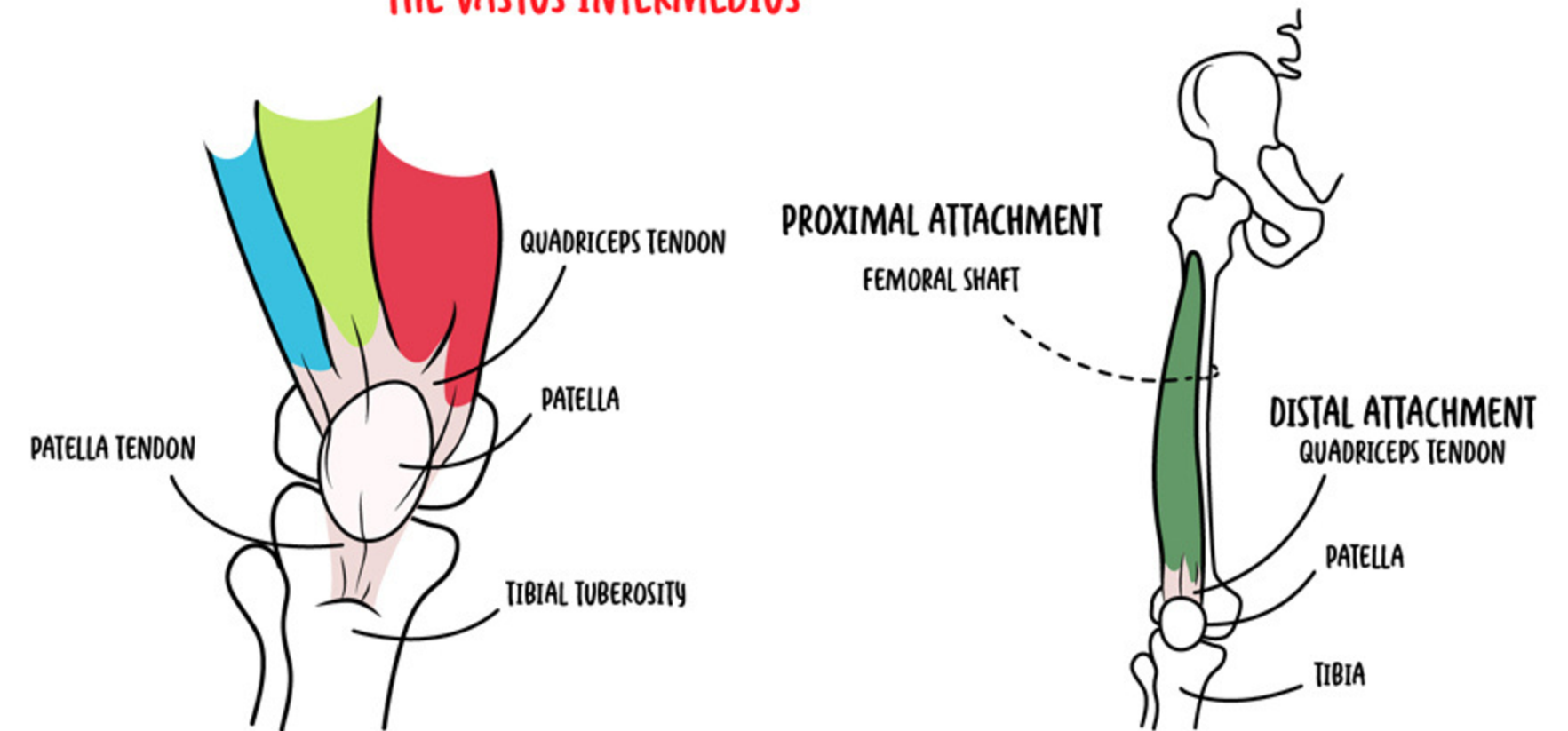
BASIC ACTION

QUADRICEPS MUSCLES – KNEE EXTENSION
RECTUS FEMORIS + HIP FLEXION



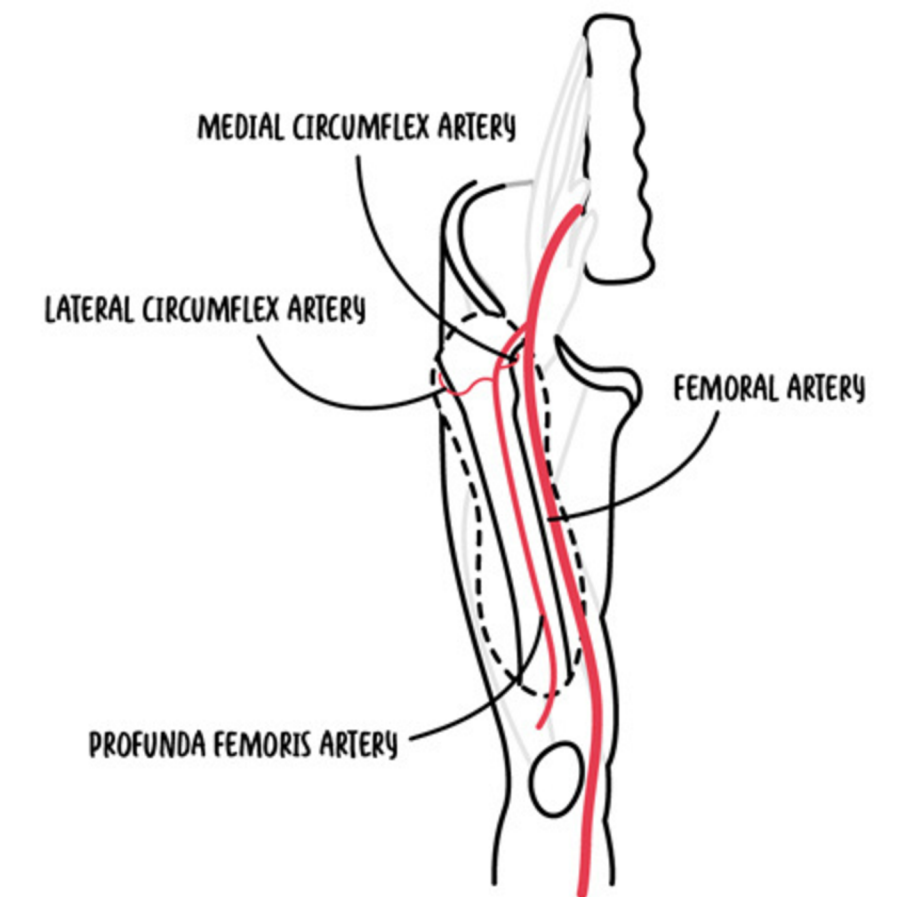
Armando H. Faigl

THE VASTUS INTERMEDIUS

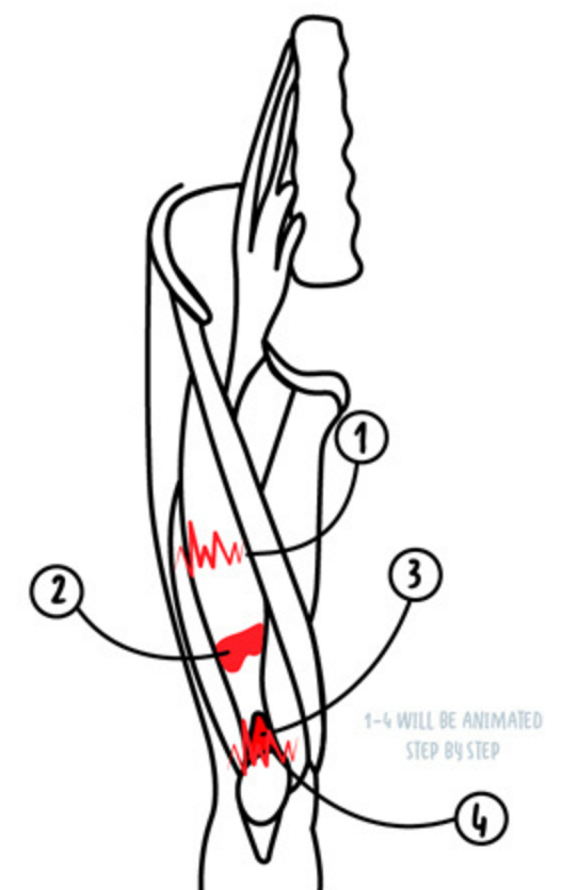


BLOOD SUPPLY

- FEMORAL ARTERY
- MEDIAL AND LATERAL CIRCUMFLEX ARTERY
- PROFUNDA FEMORIS ARTERY



- ① **QUADRICEPS MUSCLE STRAIN** – TEAR OF THE QUADRICEPS MUSCLE
- ② **QUADRICEPS MUSCLE CONTUSION** – DIRECT TRAUMA TO THE MUSCLE
- ③ **QUADRICEPS TENDONITIS** – INFLAMMATION OR IRRITATION OF QUADRICEPS TENDON
- ④ **QUADRICEPS TENDON TEAR OR RUPTURE** – TEAR OR COMPLETE TEAR OF THE QUADRICEPS TENDON

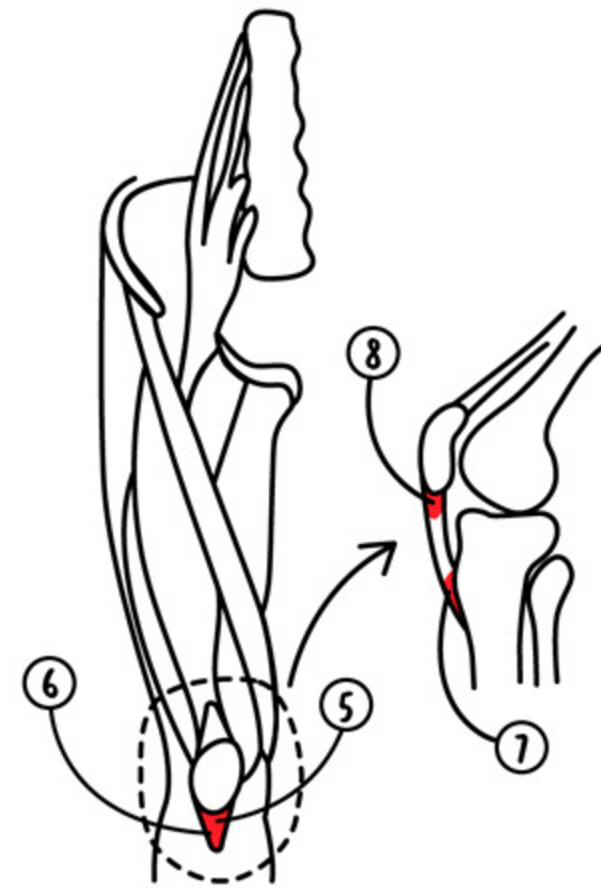


⑤ **PATELLA TENDONITIS** – INFLAMMATION OF THE PATELLA TENDON

⑥ **PATELLA TENDON TEAR OR RUPTURE** – TEAR OF COMPLETE TEAR OF THE PATELLA TENDON

⑦ **OSGOOD-SCHLATTER DISEASE** – TIBIAL TUBEROSITY AVULSION

⑧ **SINDING-LARSEN-JOHANSSON (SLJ) DISEASE** – INFERIOR PATELLA APOPHYSIS AVULSION

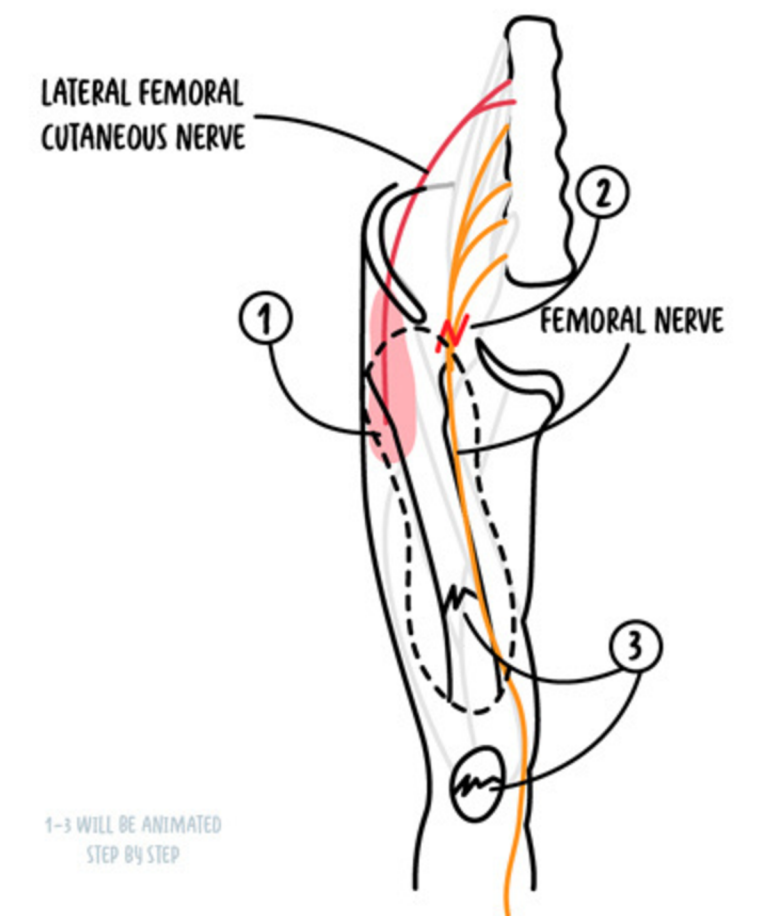


PAIN THAT CAN MIMIC QUADRICEP/PATELLA TENDON PAIN

1. **MERALGIA PARESTHETICA** – NERVE ENTRAPMENT OF THE LATERAL FEMORAL CUTANEOUS NERVE

2. **FEMORAL NERVE INJURY** – SECONDARY TO PSOAS MUSCLE STRAIN OR A PSOAS BURSITIS

3. **FEMORAL OR PATELLA FRACTURE**



1-3 WILL BE ANIMATED STEP BY STEP

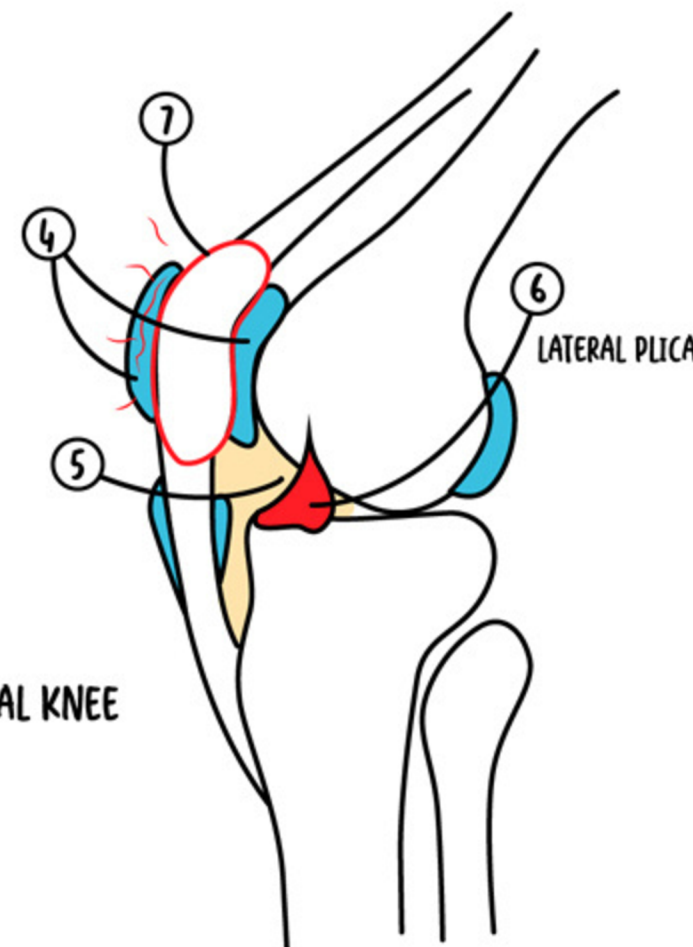
PAIN THAT CAN MIMIC QUADRICEP/PATELLA TENDON PAIN

4. **KNEE BURSITIS** – INFLAMMATION OF THE BURSE (FLUID SACS AROUND THE KNEE)

5. **FAT PAD SYNDROME** – FAT BEHIND THE PATELLA BECOMES IMPINGED

6. **PLICA SYNDROME** – AN INTRA-ARTICULAR BAND OF THICKENED, FIBROTIC TISSUE, MAY CAUSE PAIN IN THE REGION OF THE ANTEROMEDIAL KNEE

7. **PATELLOFEMORAL PAIN (RUNNERS KNEE)** – DIAGNOSIS OF EXCLUSION COMMON IN ATHELETES



Armando H. Faij