



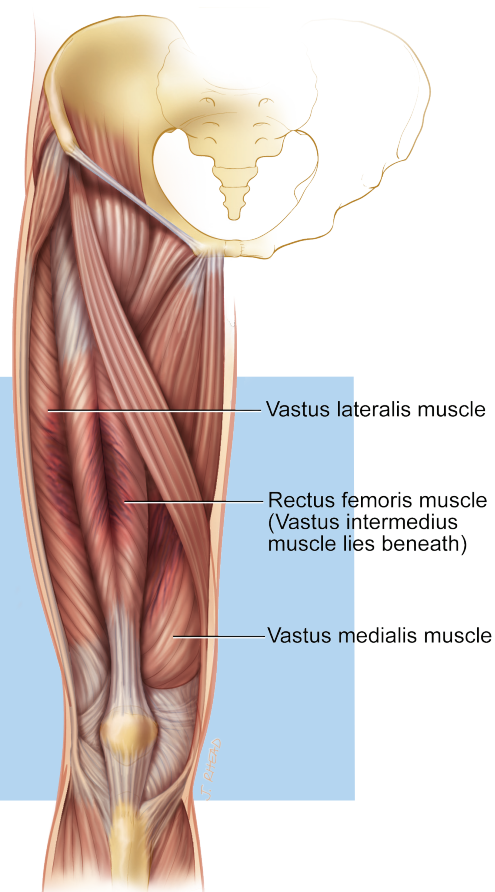
PLAYING MY BEST
SPORTS
DISCOVER YOUR ELITE ATHLETE

QUAD CONTUSION

Injuries to the thigh are very common in soccer. Contusions to the quadriceps are the most common, usually caused by taking a knee in the thigh by an opponent. The quadriceps are a group of four muscles in the front of the thigh. These muscles connect the hip to the knee. An injury to these muscles may prevent participation for a few days for a mild contusion or up to 1 – 2 months for a severe contusion.

FACTORS THAT CONTRIBUTE TO INJURY

This injury occurs as a direct blow to the front muscles of the thigh and is seen in sports involving heavy contact. This blow to the muscle will sometimes cause significant damage if not treated carefully. If reinjury occurs too soon, or if activity is resumed too soon, calcium deposits may start forming within the muscle as a response to the trauma. These deposits become mature bone.



SIGNS AND SYMPTOMS

- Pain and swelling over the front of the thigh
- Difficulty moving leg or bending and straightening the knee
- Bruising
- Painful to walk or stand
- Inability to contract (tighten) quad



Official Sports Medicine and Performance Enhancement Provider to Utah Youth Soccer and Rocky Mountain School of Baseball

FOR A FREE INJURY ASSESSMENT APPOINTMENT CALL 801-314-2300

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TREATMENT

- Treatment
- ICE (see RICE handout)
- Use crutches if you cannot walk without a limp
- Gentle range of motion and stretching
- Light stationary cycling
- No contact activity until you have regained full range of motion and strength
- Padding to the affected area to protect against re-injury or trauma