

Quadriceps Strain

What is it?

Excessive load and/or a forceful stretch of one or more of the quadricep muscles, resulting in the muscle and/or tendon tearing, partially or in full

What causes it?

A sudden and/or forceful contraction or stretch beyond normal range

Symptoms

Pain, swelling, tenderness, restricted movement, reduced strength

Top Tips

Apply ice asap. Seek advice on exercise programme.

How to Treat it

RICER. Anti-inflammatories and painkillers. Possible immobilisation or support. Gentle Physical Therapy, such as massage using heat.



Rehab

Gentle everyday activity. Stretching and strengthening programme. Balance between quadriceps and hamstrings. Thorough warm ups and cool downs. Good technique and posture.

Definitions

Quadriceps – a group of muscles located at the front of the thigh. Help to support the hip and knee

Strain – excessive stress or load to muscle or tendon

Tendon – flexible, inelastic connective tissue attaching muscle to bone

Grading – severity classification. Graded 1-3, increasing in severity

RICER – rest, ice, compress, elevate, refer

Hamstrings – group of muscles located at the back of the thigh

Associated Conditions

- Iliotibial Band Syndrome,
- Hamstring Strain,
- Quadriceps Tendinitis

Get Help Now

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References: The Anatomy of Sports Injuries by Brad Walker, Anatomy & Physiology by Louise Tucker and Google.com