

Quadriceps Tendinitis

What is it?

Inflammation of the tendon/s of the quadriceps, just above the knee.

What causes it?

Repetitive, excessive stress and/or load.

Symptoms

Pain, swelling, tenderness above the knee

Top Tips

Rest and ice asap. Seek advice for an exercise programme.

How to Treat it

Rest and ice. Anti-inflammatories and painkillers.



Rehab

Stretching and strengthening exercises for quadriceps. Low impact exercises.

Definitions

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

Tendon - flexible, inelastic connective tissue attaching muscle to bone

Associated Conditions

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

Get Help Now

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