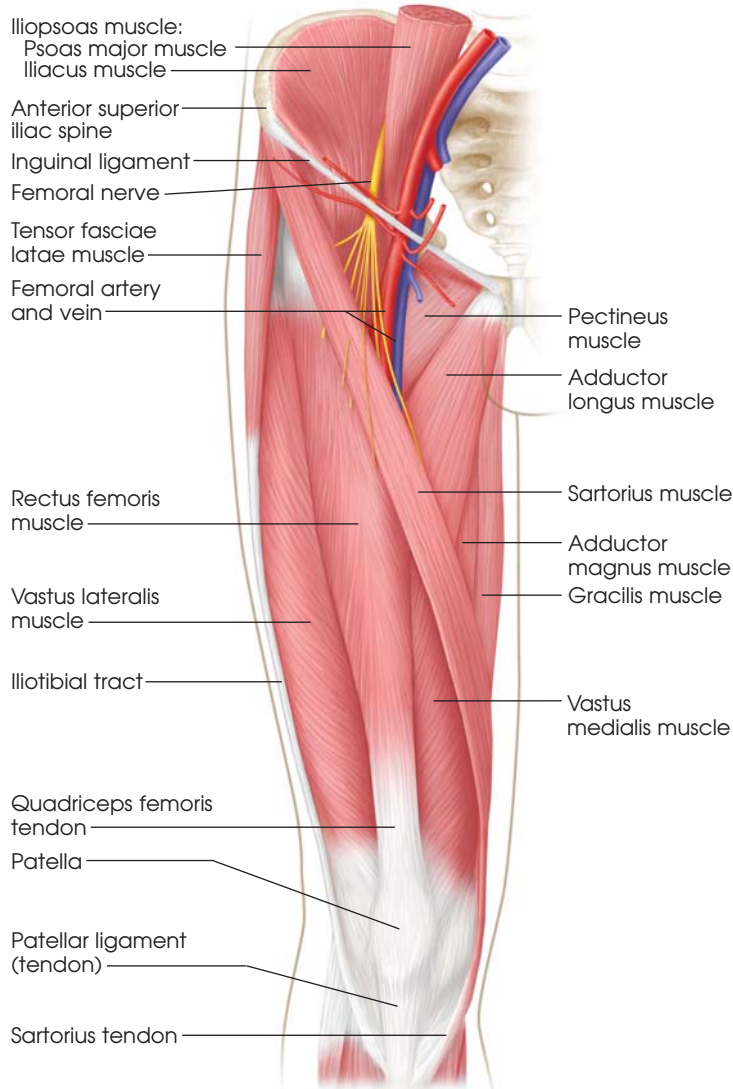
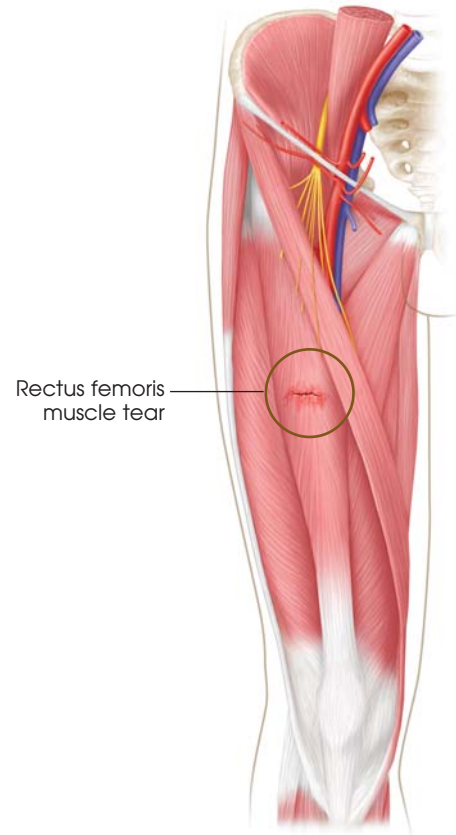


Quadriceps Tear

Normal Hip Anatomy: Anterior View



Quadriceps Tear (Rectus Tear)



Quadriceps Tear is a tear to any one or more of the quad muscles: the vastus lateralis, the vastus medialis, the vastus intermedius and the rectus femoris. Because the rectus femoris is the only muscle of the group that crosses the hip joint, it is the most commonly injured. Tears can be caused by sudden movements such as sprinting, explosive jumping and stair climbing exercises. Symptoms include pain in the front of the thigh, swelling and bruising.

Common Treatment Options

- Rest and elevate the injury.
- Apply ice packs to the quadriceps for 20-30 minutes every 3-4 hours for the first 2-3 days until the pain goes away.
- Take anti-inflammatory medicine as directed by your doctor.
- Compress the muscle by wearing an elastic thigh wrap.
- Never apply heat or ultrasound to the injury as it may exacerbate myositis ossificans, the formation of a bony material inside the muscle.
- While healing, change to an activity or sport that does not make the injury worse.

