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## Quadricep injuries

### General info:

Quadricep injuries are a common and frustrating problem for athletes. They can be slow to heal and have high rates of recurrence. Some quad injuries develop hematomas and, less often, Myositis Ossificans (calcification of the muscle). The average return to play for professional athletes is 8-12 weeks.

### Acute Tx:

- Ice 3-4x/day for 15 minutes (w/ Tensor wrap)
- anti-inflammatory medicines (Ibuprofen, Naprosyn, etc.)
- wrap quadricep w/ compression (Tensor) bandage or use compression shorts
- gentle stretching
- may need to hold from sports (depending on severity of injury)

### Subacute Tx:

- continue gentle stretching
- start easy exercise (stationary bike, walk backwards around football field)
- avoid explosive activities & exercise (running, jumping, kicking)
- lots of easy warm-up & stretching before exercise (walking backwards, stationary bike)
- start rehab (physio) - electrical stimulation, stretching, etc.

### Return to play:

- Variable timeline depending on injury. Severe injuries may take 8-12 weeks
- continue more aggressive rehab (physio)
- hip flexor stretching
- hamstring and quadricep concentric exercises
- wear compression shorts during exercise and sports

