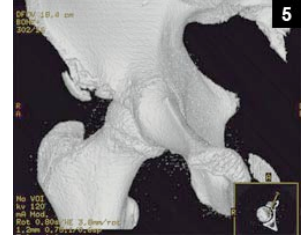


Rectus Femoris rupture rehabilitation

The injury heals well (and quickly for a healthy adolescents) with time. Reattachment is rarely indicated, unless there is more than 2 cm separation of the anterior inferior iliac crest. Standard treatment is for a grade 3 tear (rupture) of a muscle. Always painfree and no vigorous hip flexions activities should be undertaken.



Immediately PRICE, ie rest, ice, compression, elevation, protect with knee extension brace before leaving game with crutches if needed. Pain killers and Anti-inflammatories as prescribed.

Week 1-3 rest with increasing walking as pain allows, active exercises of standing knee bends, stomach lie buttock clenches. Upper body gym program. Stationary Cycling is ok after 2-3 weeks once initial healing is established. Gluteal exercises indicated. Return to light lower body gym exercises after 3-4 weeks.

Week 3-5 Pool exercises then avoiding hip flexion. Weekly physiotherapy session to assess hip, spine and knee and monitor program, massage mobilisation, increased activity walking, cycling; quads and calf exercises, glut and upper and lower hamstring stretches, balance exercises progressing to eyes shut, rotating body, catching balls etc, gentle knee bend exercises on tummy, standing knee bends then combines with hip extension

Week 6-8 increase walking speed to jogging as pain allows, progress gradually 10-20% per week so by 6-8 weeks a light jog is fine, and increase speed/complexity of training 10% each 3 sessions as any pain dictates (day on/day off). Strong calf stretches, sciatic nerve stretches, complex balance exercises, gentle quads eccentric exercises

Progress single leg lunges
hopping front to back then side to side
Weights concentric and eccentric quads extensions, squats
as pain allows increase jogging speed to 80%
8-12 weeks Full flexion leg swings (cable/machine)
Add swerve running slow to fast
Circle running both directions
Figure 8 running to sprints figure 8 around goal posts
Star sprints out and back from centre start
Piggyback swerve running
Introduce stab kicking, progress kicking reps and intensity
(distance from 15m) 10% per session prior to return game

Return to full training for at least 2 full contact sessions

Full stretch, especially if doing sprints and kicks prior to training, ice after.