

PATELLAR TENDON RUPTURE

The patellar tendon attaches to the front of the tibia (shin bone) just below the front of the knee. It also is attached to the bottom of the patella (kneecap). At the top of the patella, the quadriceps tendon is attached. The patellar tendon occasionally ruptures spontaneously usually in association with sudden deceleration e.g. when a player stumbles/falls. There may have been a previous history of corticosteroid injection into the tendon.

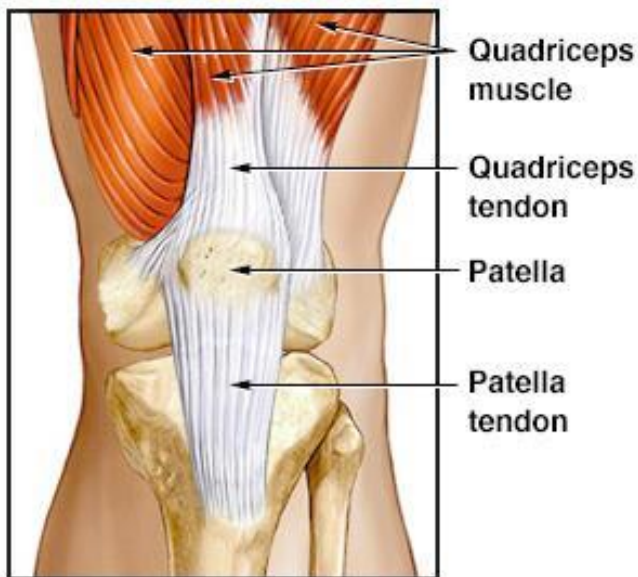


Figure 1 Patellar tendon rupture
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SYMPTOMS

Patients usually complain of a sudden acute onset of pain over the patellar tendon accompanied by a tearing sensation and are unable to stand. On examination there is a visible loss of fullness in the front of the knee. The patient is also unable to

extend the knee as the extensor mechanism is no longer intact.

TREATMENT AND MANAGEMENT

The injury needs to be surgically repaired followed by an intensive rehabilitation programme.

QUADRICEPS CONTUSION

Results from a direct blow to the front of the thigh. It is common in contact sports such as football, basketball and hurling. Usually referred to as “cork thigh” or “dead leg” On examination there is a specific area of tenderness and swelling.

SYMPTOMS AND DIAGNOSIS

Patient complains of pain and the area of tenderness and swelling and is usually made worse by an active contraction or passive stretching. The diagnosis is usually thigh contusion (bruise) with resulting haematoma (bleeding). The bruising and bleeding occur either within the quad muscle or between the quad muscle. The injury is graded according to its severity from mild to moderate to severe.

TREATMENT AND MANAGEMENT

The treatment of a thigh contusion can be divided into four stages.

Stage 1- Control of haemorrhage (bleeding)

Stage 2- Restoration of pain free movement

Stage 3- Functional rehabilitation

Stage 4- Gradual return to activity

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It should also be noted that that the most important period in the treatment programme is the first 24 hours following the injury. Upon suffering the thigh contusion the player should begin the RICE (Rest, Ice, Compression, Elevation) as soon as possible and consult with physiotherapist to begin treatment.