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Sent: Monday, 4 June 2012 12:50 PM
To: Steve
Subject: PHYSIO4ALL E-News: Corked Thigh

Learn about Corked Thigh! PLUS Special Offer - 10% Off Either a Heat Pack or an Ice Pack!!

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PHYSIO4ALL E-News

Corked Thigh

What is it?

A “corked thigh” is caused by internal bleeding forming a haematoma (collection of blood in the tissues) in the quadriceps muscle of the thigh. Following a **direct impact** to the quadriceps, damage to the muscle fibres, connective tissue and small blood vessels may occur. This results in bleeding and the presence of a ‘bruise’ known as a quadriceps contusion or “corked thigh”.



Causes

A corked thigh is caused by a direct blow to the thigh muscle. This most often occurs due to a collision with another player during contact sports or from an impact from a ball.

Signs and Symptoms

- sudden pain at the time of injury
- muscle spasm
- weakness
- inability to continue activity
- swelling in severe cases
- tenderness
- bruising(sometimes severe)
- inability to bend the knee completely



Treatment

Advice should be sought from your physiotherapist as soon as possible regarding management of the injury. It is important the correct diagnosis is made to hasten the healing process and ensure an optimal outcome. Your physiotherapist can advise you on exercises to begin and how to progress them. Remember that often there is damage to muscle fibres which may predispose you to a muscle tear or rupture.

- RICE – rest, ice, compression and elevation for the initial 12-48 hours
- Physiotherapy after 48 hours
- Ultrasound therapy/acupuncture/deep tissue massage
- Stretching – at the appropriate time
- Strengthening – at the appropriate time
- Return to sport – under the supervision of your physiotherapist

If you think you may have a quadriceps contusion that needs assistance please contact one of our experienced physiotherapists on [9922-2212](tel:9922-2212).

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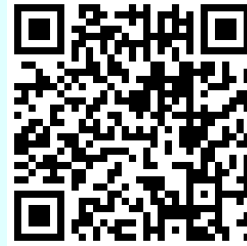
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