

A QUADRICEPS CONTUSION



A rugby player presented with pain in his left vastus lateralis. He gave a history of being injured during a rugby game the previous Saturday.

An opposition player had tackled him and his knee had hit the patient's quadriceps. The result was a contusion of the muscle fibres commonly known as a "Lammie".

He was unable to continue playing and had iced the area on the side of the field. Now, three days later, it was still painful and school boy district trials were in a few days time.

Because the injury was no longer acute and the haematoma had consolidated, the aim was to remove cellular waste.

On assessment, the player was able to flex his knee although the movement was limited.

The flexion is important if a space correction technique is needed. Because of the fascial structure of the body, if the skin is lifted, pressure on the structures below decreases. This allows for an increase in blood supply, an increase in lymph drainage and a decrease in pressure on the nerve endings and therefore a decrease in pain.

After physiotherapy treatment, Leukotape K 7.5cm was applied in order to create the necessary convolutions.

The application of the strapping technique for a "lammie" is as follows:

With the patient in supine and the leg over the edge of the plinth with the knee flexed, the tape is measured for the desired length.

The paper at the top and bottom of the tape is torn to create two 5cm bases.

The leg is placed on the plinth and after removing the paper, the top 5cm base is applied above the painful area.

The base is rubbed to activate the glue.

The leg is then put into the lengthened position over the plinth with the knee flexed – See photo 1.

The tape is now placed along the length of the muscle to end below the painful area. – See Photo 1.

Once in the correct position, it is rubbed to activate the glue. The lower 5cm base is then applied with the leg back on the plinth and the glue is activated.

At no time is the tape stretched. The tape must convolute with movement – See Photo 2. If it does not do so, the tape was applied on stretch and must be re-applied.

Please forward any queries or comments with respect to injuries, techniques or Leuko products to askleuko@bsnmedical.com for advice from the Leuko Strapping Panel, who are members of the South African Society of Physiotherapy. Selected questions will be loaded onto the BSN Medical website www.bsnmedical.co.za for reference purposes.

Refer to the Leuko Strapping Guide for basic guidelines.

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