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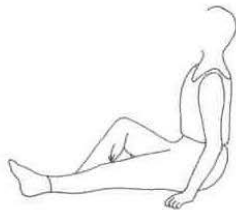
Quadriceps Contusion (Thigh Bruise) and Strain Rehabilitation Exercises

You may do all of these exercises right away.

1. Quadriceps stretch: Stand an arm's length away from a wall, facing straight ahead. Brace yourself by keeping your hand on your uninjured side against the wall. With your other hand grasp the ankle of your injured leg and pull your heel up toward your buttocks. Don't arch or twist your back and hold your knees together. Hold this position 30 to 60 seconds. Repeat 3 times. Do this several times a day. Avoid forcing painful movement.



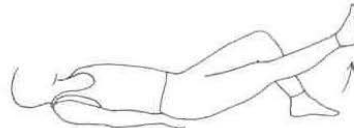
Quadriceps stretch



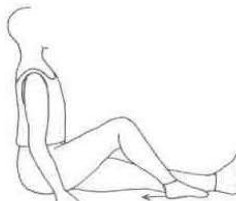
Quadriceps isometrics

2. Quadriceps isometrics: Sitting on the floor with your injured leg straight and your other leg bent, press the back of your knee into the floor by tightening the muscles on the top of your thigh. Hold this position 5 seconds. Relax. Repeat 20 to 30 times.

3. Straight leg raise: Sit on the floor with your injured leg straight and the other leg bent so your foot is flat on the floor. Tighten the muscles on the top of your thigh and raise your leg off the floor 6 to 8 inches. Hold this position 5 seconds. Repeat 10 times. Do 3 sets.



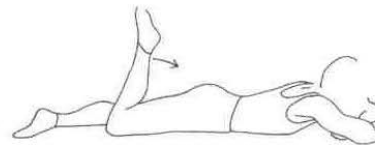
Straight leg raise



Heel slide

4. Heel slide: Sitting on the floor with your legs straight out in front of you, slowly slide the heel of your injured leg toward your buttocks by pulling your knee toward your chest as you slide. Return to the starting position. Repeat 20 to 30 times.

5. Prone knee bends: Lie on your stomach with your legs straight out behind you. Bend your knee so that your heel comes toward your buttocks. Hold 5 seconds. Relax and return your foot to the floor. Repeat 10 times. Do 3 sets. As this becomes easier you can add weights to your ankle.



Prone knee bends

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