



CIBD

Center For Inherited Blood Disorders

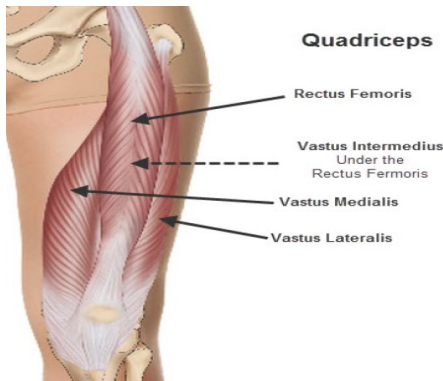
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Quadriceps Muscle Bleed

Location: Front of the upper leg starts above hip or thigh bone
Attaches together ending below the knee

Wikimedia commons



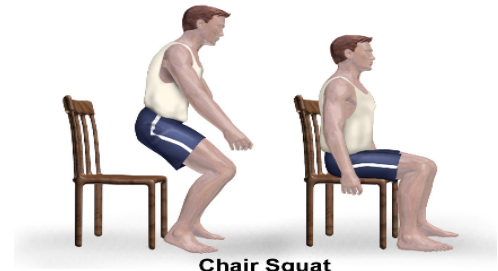
Actions

Straightens the knee



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Controls knee when sit/squat



Chair Squat

Wikimedia commons

Stabilize knee to climb stairs



Pixabay.com

Lifts leg, Kicking, Running



Pixabay.com

Activity Limitations/Recommendations

Limit bending the knee

Don't stand or walk on the leg

Don't use the leg to stand up or sit down

Use crutches or wheelchair to get around: Non-Weight Bearing or Toe-Touch Weight Bearing

Use an immobilization brace to rest and support the thigh

Signs of Nerve and Circulation Damage: Seek Medical Attention ASAP

Severe Pain

Severe Swelling

Skin Feels Cool

Numbness

Tingling or Prickling

Leg Feels Asleep

Loss of Strength

Unable to tighten muscle

Leg Feels Weak