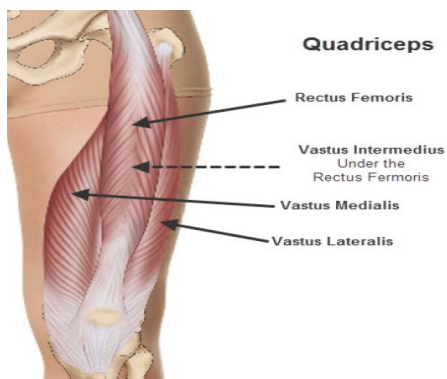


Quadriceps Muscle Bleed

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



Actions

Straightens the knee

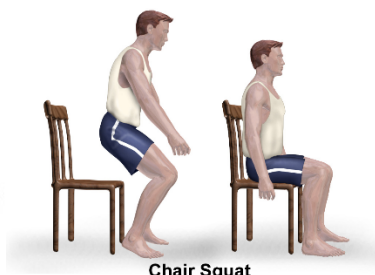
Controls knee when sit/squat

Stabilize knee
to climb stairs

Lifts leg, kicks, run



Wikimedia commons



Wikimedia commons



Pixabay.com



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