

About Quadriceps Tendon Rupture

This condition occurs when the tendon that holds the patella, (the knee cap), to the thigh muscle in the knee tears and splits apart, allowing the patella to slide downward. This causes pain and an inability to straighten the knee.

CAUSES

A quadriceps tendon rupture is usually caused by injury to a partially-bent knee from direct trauma. If the knee has been injured before, small tears may have developed in the quadriceps tendon, making it more likely to rupture.

SYMPTOMS

The most common symptoms for a ruptured quadriceps tendon are immediate, intense pain following an injury, and inability to straighten the knee. Other symptoms include swelling, bruising, and hearing a snap or pop during injury. The patella may appear lower than usual, or may feel loose.

TREATMENT

Treatment options include rest, cold compress, anti-inflammatory medications, elevation of the affected leg, and immobilization of the leg in a straightened position. Complete ruptures require surgery.



