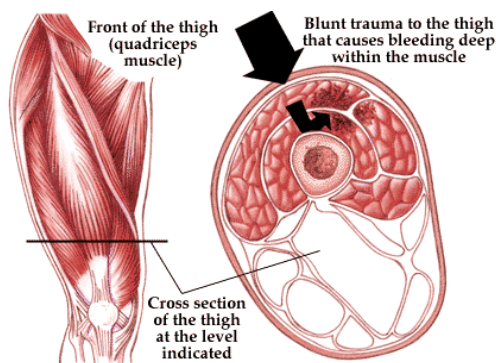


## Bruising of the thigh (“corky” “Haematoma”)

Direct impact to the thigh can cause bleeding of the thigh (quadriceps) muscle, the large muscle at the front of the leg.



### What Happens?

When suffering a hard knock to the leg, compression of the muscle and blood vessels causes damage to the fibres making up a muscle. The damaged muscle fibres and small blood vessels cause bleeding in the thigh. This may present as a bruise and depending on the severity, can cause loss of movement in the knee, limping and noticeable swelling.

### What does it feel like?

Directly after the impact, the site will be painful; this may subside and allow the player to continue sport. However as the bleeding continues and starts to pool in the muscle, the muscle will begin to ache. The space taken up by the pooling of blood reduces the movement of the knee. The amount of

movement and swelling that develops will depend on how much bleeding occurs within the muscle.

### Treatment

The main aim of treatment is to limit the amount of bleeding and swelling using the RICE regime in the first 48 hours:

RICE stands for:

- Rest
- Ice
- Compression
- Elevation

**Rest** from any activity that will increase blood flow, **Ice**: recommended ice applied over the area every 2 hours for 10-15 minutes.

**Compression** is used to limit how much swelling occurs, a bandage wrapped tightly or tubigrip is ideal. Elevation involves keeping the thigh up, above hip height to encourage drainage of excess fluid/ blood in the leg.

Avoid anything that will increase blood flow, such as massage, heat and alcohol.

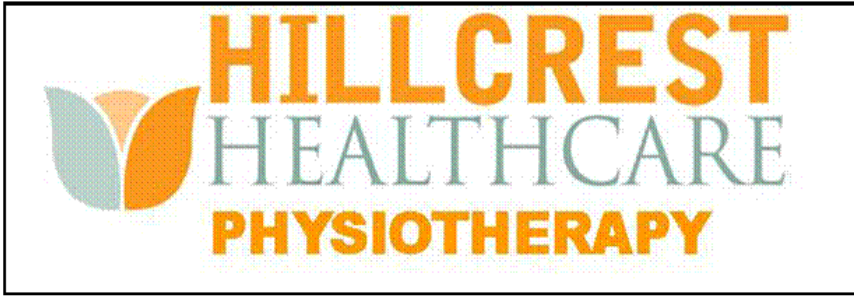
### Physiotherapy

Once the initial bleeding has stopped, physiotherapy is started to regain movement of the knee.

A combination of massage, stretching and some electrotherapeutic or needling techniques may be used.

### Risks

- Myositis ossificans (calcification within muscle), possible infection.



Hillcrest Physiotherapy