

The importance of physiotherapy treatment in a quadricipital tendon after a reconstruction surgery

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Introduction: Quadricipital tendon lesions are rare and very severe; the importance of this tendon lays in its participation in the knee extensor complex, being essential its continuity in the contraction of the quadriceps for knee extension.

Case: 58-year-old man who suffered a slip and shown impotence flexo-extension function towards the knee. He presented a 3.5 cm quadricipital tendon tear diagnosed by magnetic resonance. A month later he was surgically intervened and after three weeks of immobilization with knee in extension he was referred to the rehabilitation service to start the treatment.

Methodology: Patient who came with a knee splint locked in 30° of flexion and a deficit of 10° of extension. He presented great inflammation of the knee and thigh deformity above the kneecap. No pain was referred and correct gait pattern with the help of two crutches without compensation was observed. We started anti-inflammatory and toning treatment.

Results: In seven sessions, large decrease in knee inflammation, complete extension, 70-80° of free flexion were achieved. After 15 sessions, he had free kneecap movement, active knee flexion of 90° and passive flexion movement of 110°. Scar presented no adhesions and was perfectly hydrated. Isometric

and isotonic muscle work was performed without difficulty. In 20 sessions, the inflammation decreased; he achieved 120° of flexion (130° in the healthy one) and increased his muscle tone, reducing the deformity of the thigh.

Conclusion: Physiotherapy after quadricipital tendon surgery is essential for a correct and quick recovery of knee functionality.

Biography

Ines Llamas-Ramos has completed her PhD at The University of Salamanca, Salamanca, Spain. Currently, she is working in the University of Salamanca as a Professor in the Department of Nursing and Physiotherapy and in Primary Care Research Unit of Salamanca (APISAL). She has published several articles about cancer and dry needling in reputed international journals and has been serving as an Editorial Board Member of various medical journals.