

Acute Quad Cork Management

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Day 0 - of injury

- **No Anti-inflammatories meds or heat/spa**
- Pool/Ice bin recovery (Ice Bins - 10 minutes total)
- Ice Compression Machine – only at AFL clubs - ('Game Ready 20 minutes') (max pressure) every 2 hours
- First aid pad and tubigrip over injured area
- Elevation – with icing – 2 hrly

Day 1 (Repeat 2-3 x per day)

- **No Anti-inflammatories or heat/spa**
 - Bike – Pendular action if can't do normal action (no resistance) – 5 mins
- Exercises:

- Lying knee bends - sliding heel towards bottom (just in to pain) – 15 x 2
- Sitting knee bends - pull heel under bench using other leg – 15 x 2
- Bike – Pendular action if can't do normal action (no resistance) – 5 mins
- Pool exercises (2 laps swim, knee bends x 15, half squats x 15, cycle 1 leg x 15) x 3
- Ice Bins - 10 minutes
- Replace pad and tubigrip

Day 2 (Repeat 2-3 x per day)

- **No Anti-inflammatories or heat/spa**
- Bike spin (no/light resistance) – 5 mins

Exercises:

- Lying knee bends - sliding heel towards bum (just into pain) – 15 x 2
- Quads stretch 30 secs x 2 (within pain limits)
- Sitting knee extension – No weight 15 x 2
- Pain free half / quarter squats – 15 x 2
- Walking – 3 laps depending on pain level
- Repeat steps 1, 2, 3
- Pool exercises (high knee jog 10m, side-to-side 10m, forward/backward jog 10m, knee bends x 15, half squats x 15, cycle leg x 15, quads stretch 30 sec) x 3
- Ice Bins - 10 minutes
- Replace pad and tubigrip

PHYSIOTHERAPY	<input type="checkbox"/>
HEADACHE TREATMENT	<input type="checkbox"/>
BACK AND NECK CARE	<input type="checkbox"/>
SPORTS INJURIES	<input type="checkbox"/>
EXERCISE PROGRAMS	<input type="checkbox"/>
ORTHOAEDIC REHABILITATION	<input type="checkbox"/>
CLINICAL PILATES	<input type="checkbox"/>
WOMEN'S & MEN'S HEALTH	<input type="checkbox"/>
MUSCULOSKELETAL ASSESSMENTS	<input type="checkbox"/>
TMJ (JAW) TREATMENT	<input type="checkbox"/>
ORTHOTICS	<input type="checkbox"/>
ACUPUNCTURE	<input type="checkbox"/>
MASSAGE THERAPY	<input type="checkbox"/>
WORK RELATED INJURIES	<input type="checkbox"/>
MOTOR VEHICLE INJURIES	<input type="checkbox"/>
CARE PLANS	<input type="checkbox"/>

Physiotherapy providers to



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