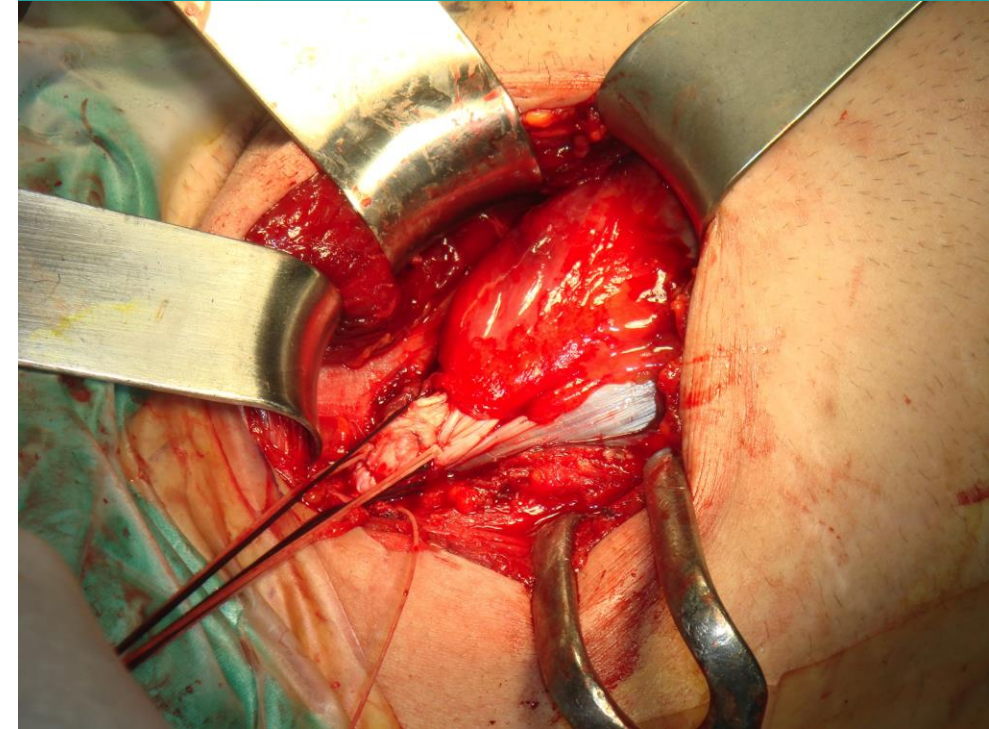


Proximal rectus femoris ruptures in soccer players.



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Disclosure

Smith & Nephew Consultant



INTRODUCTION

Proximal rectus femoris (PRF) tears are relatively rare injuries among top-level athletes. PRF injuries are avulsions of both tendon heads (direct and reflected heads), of a single head and myotendinous. Some of this PRF injuries tend to progress to recurrent injuries.

PURPOSE

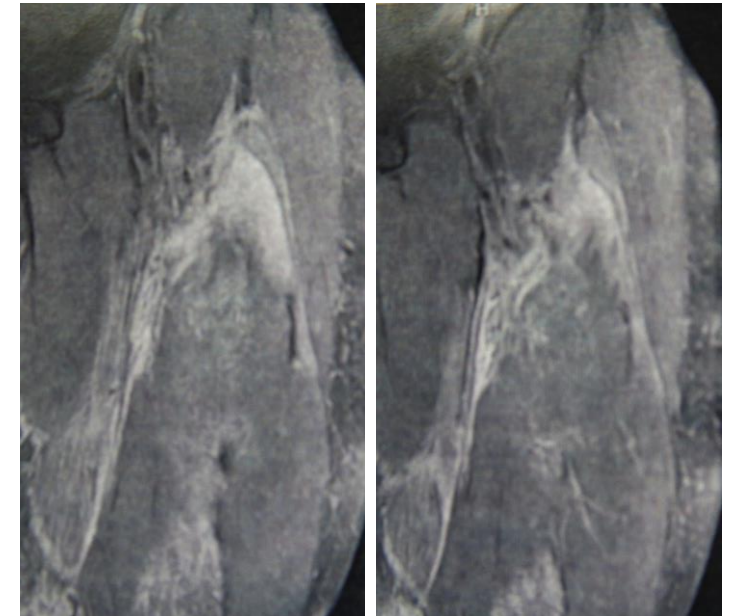
To describe a series of surgically treated PRF ruptures in soccer players (Tegner 9-10) of the Instituto Cugat and the Mutualidad de Futbolistas Españoles between 2010-2020

Study Design: Case series; Level of evidence IV.

Material and methods

36 cases of PRF injuries in professional soccer players treated surgically were retrospectively reviewed

Playing position, age, laterality, perioperative findings and return to play data were collected.

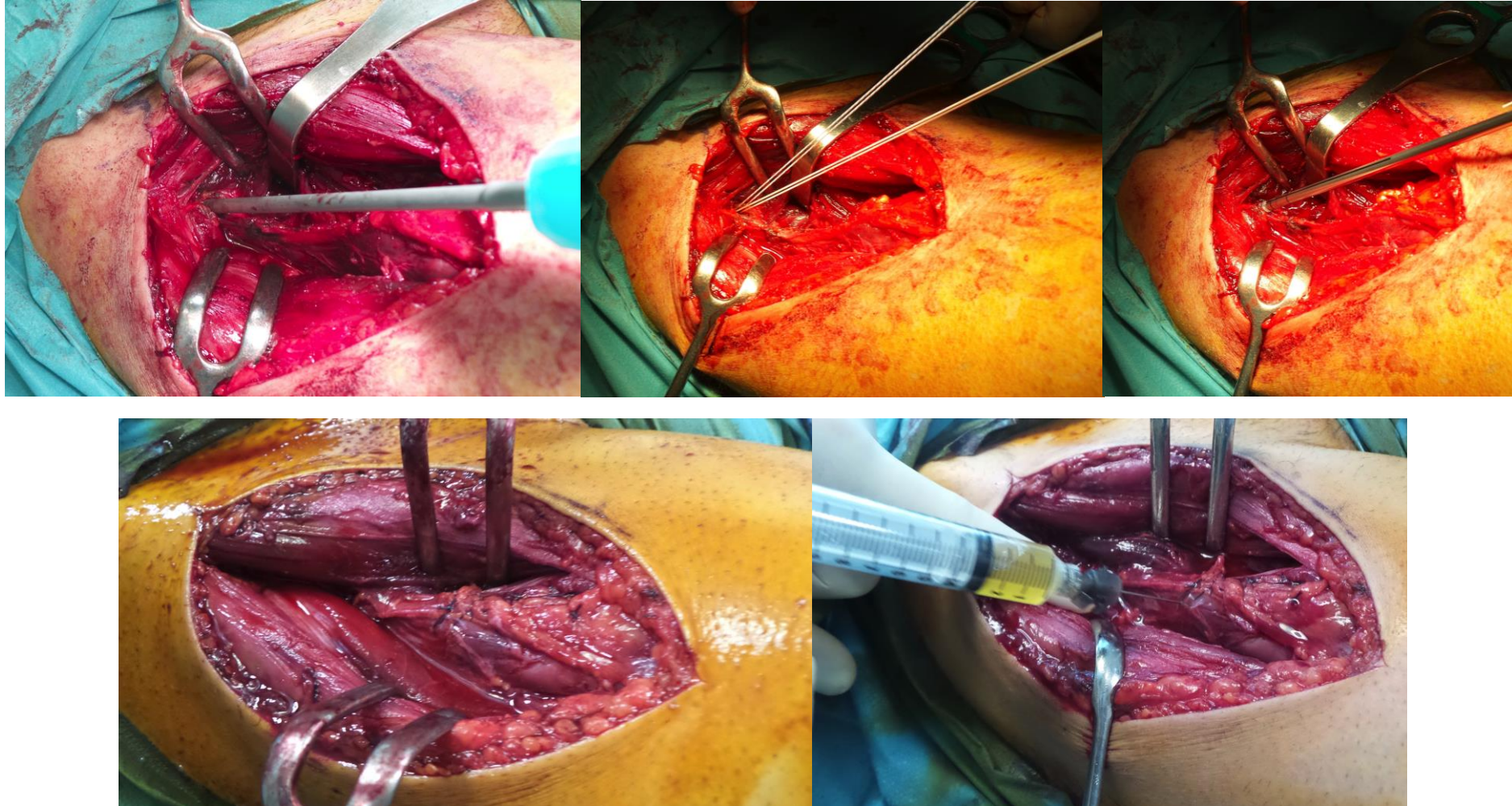


Results

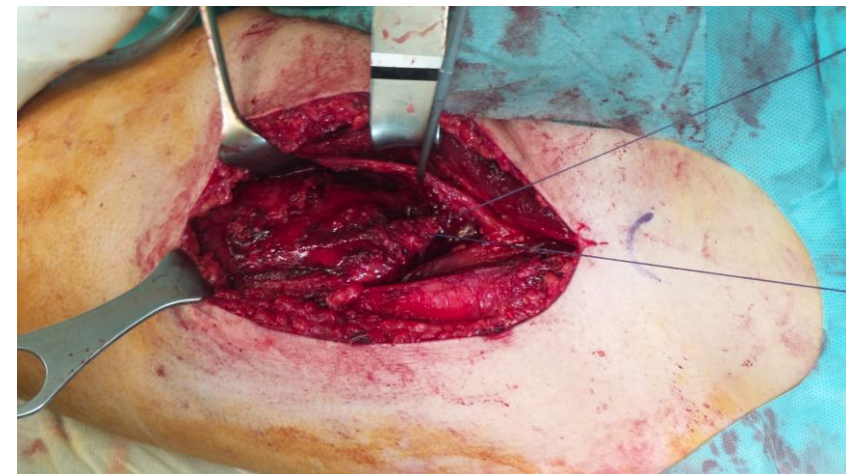
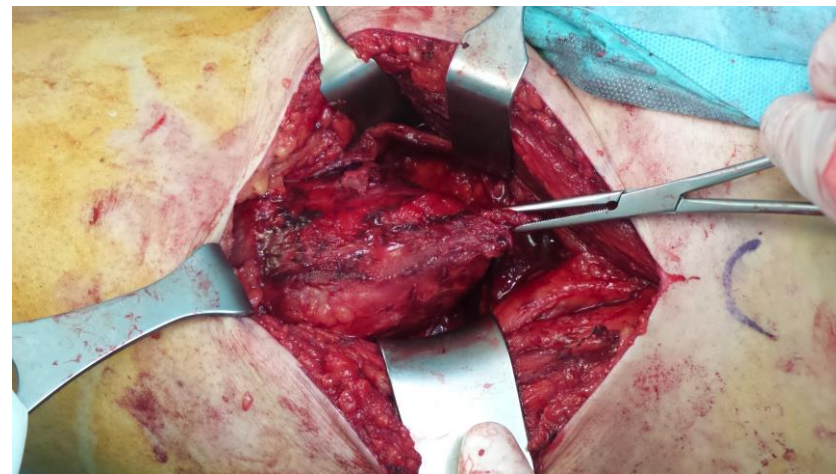
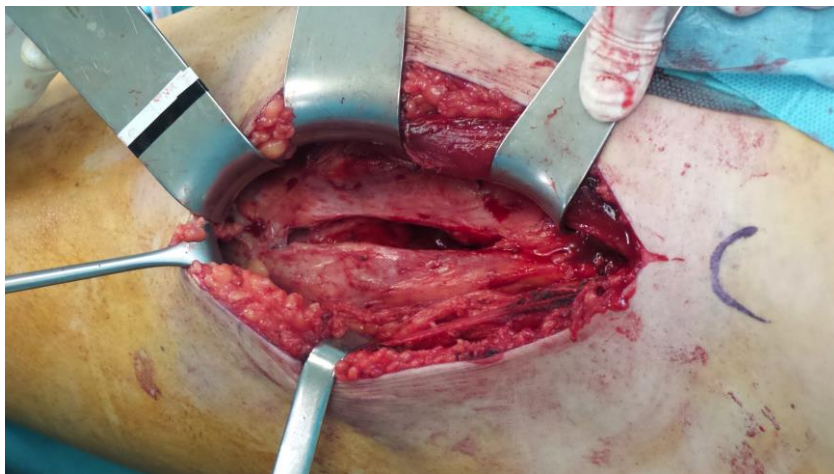
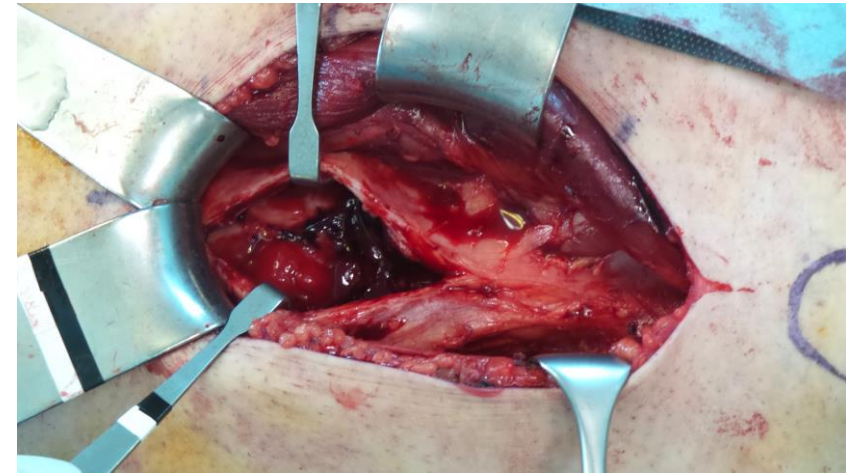
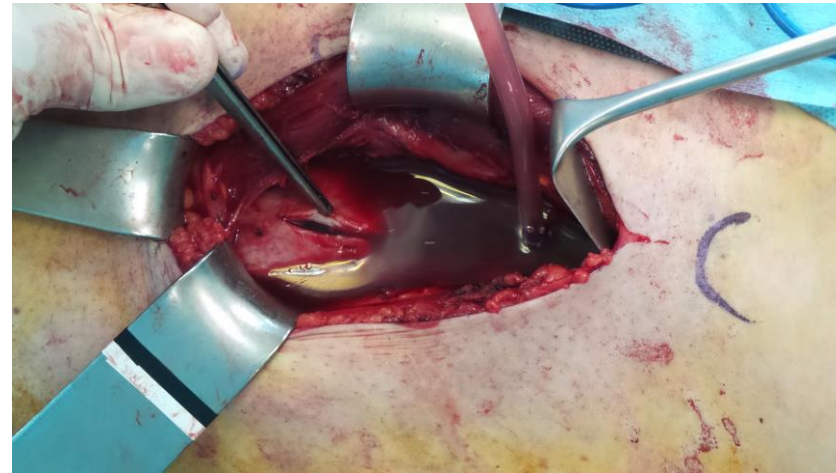
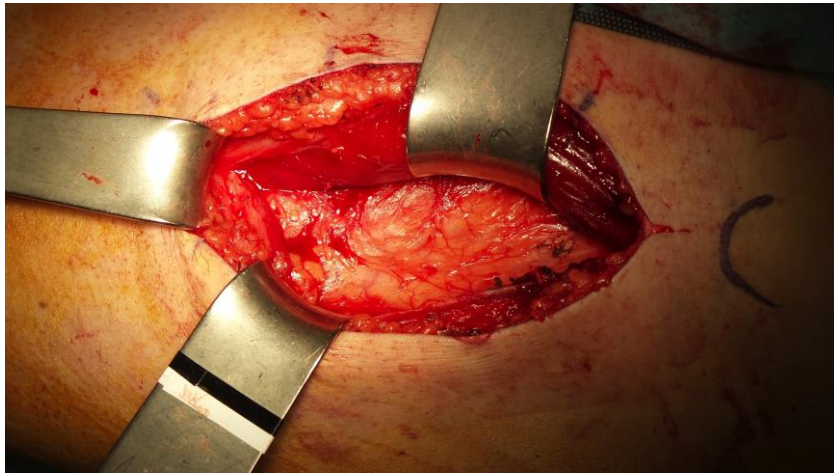
36 PRF injuries

- All males
- Mean age 26,41 (18-37).
- Mechanism of injury:
 - Kicking: 27
 - Sprinting: 9
- 29 acute and 7 chronic
- 17 total avulsions (both heads).
- 2 single-head tears.
- 17 myotendinous union injury.
- All 36 patients returned to their preinjury sports level, with a mean time to return to play of 19,87 weeks.
- The mean follow-up was 4,3 years (range from 1 to 10 years).

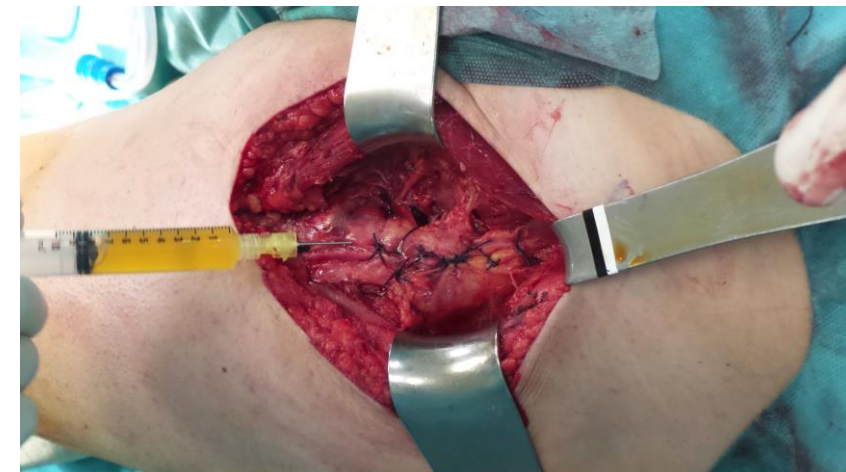
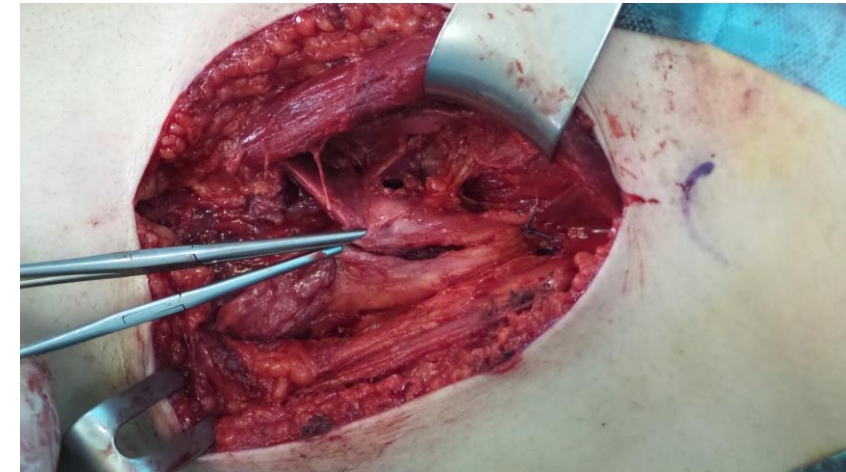
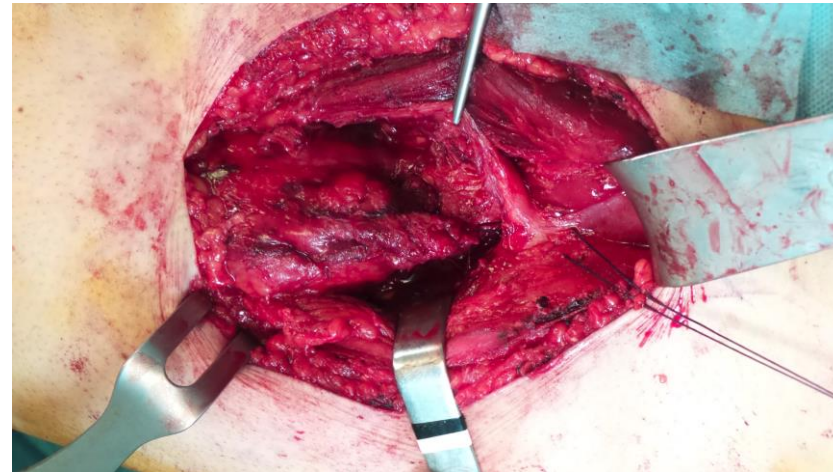
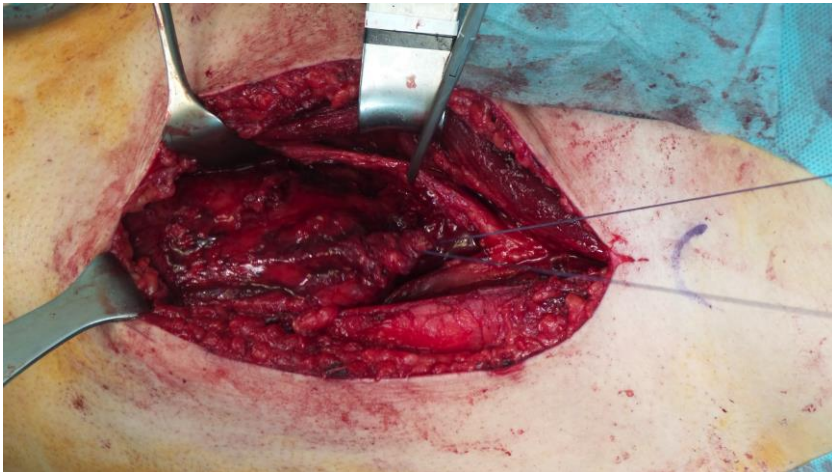
Avulsion from the Antero-Inferior Iliac Spine Reinsertion of the tendon



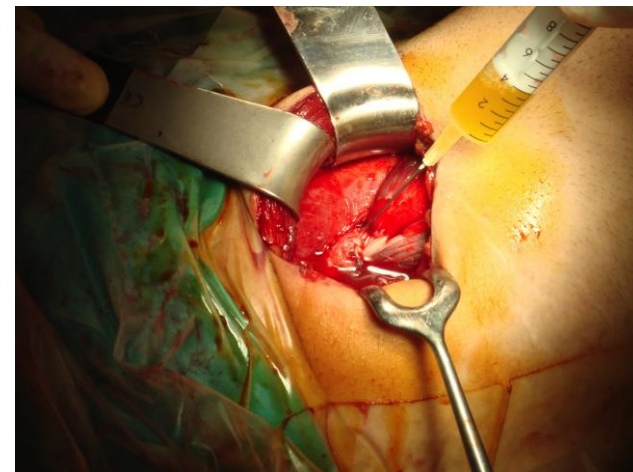
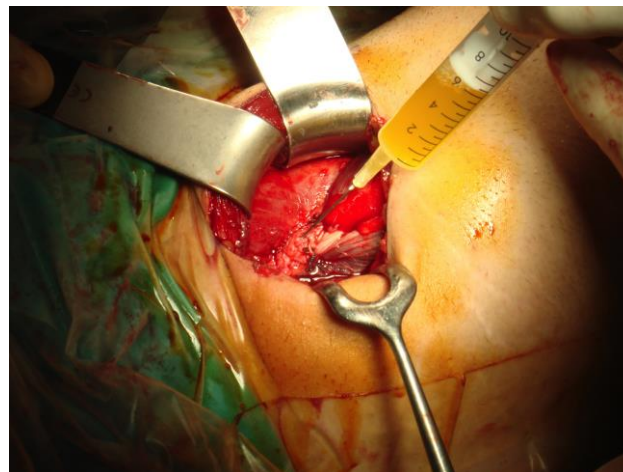
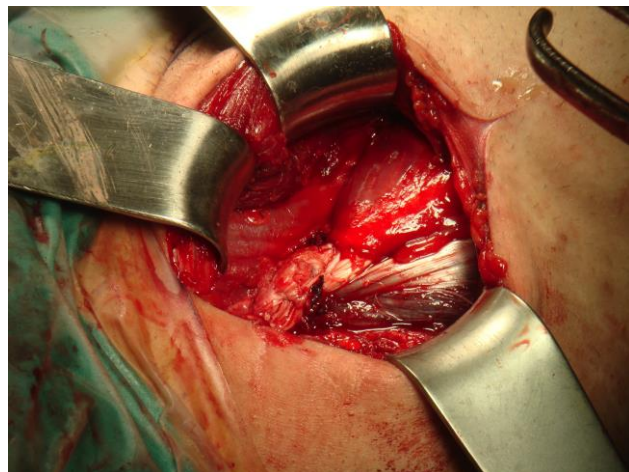
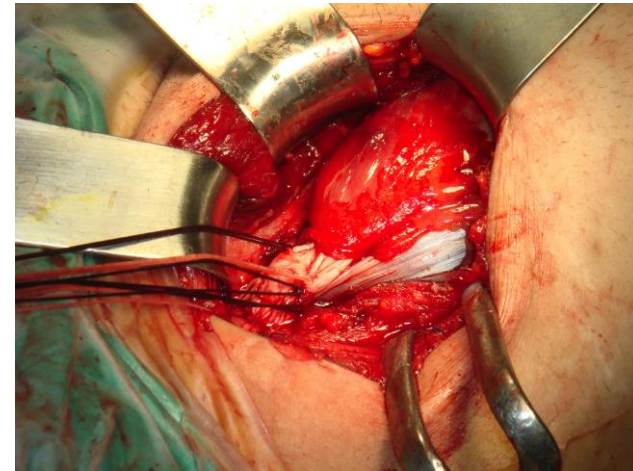
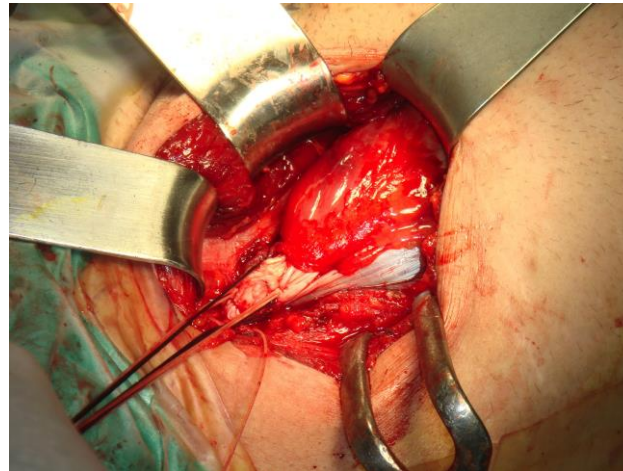
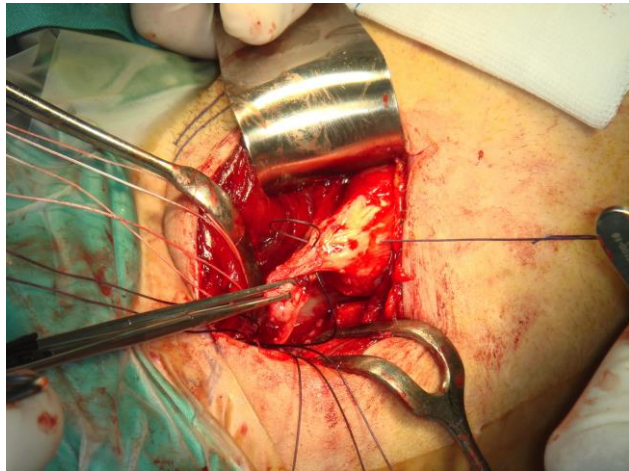
Complete rupture MTDJ Muscle-tendon suture



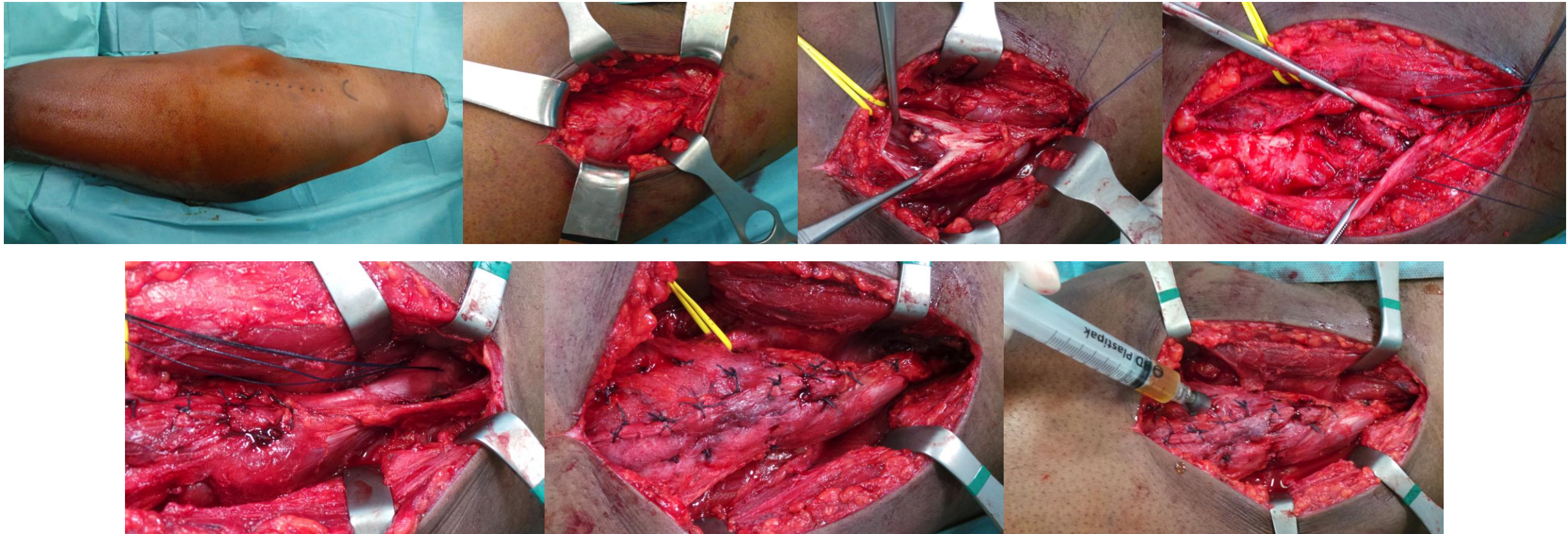
Complete rupture MTDJ Muscle-tendon suture



Complete rupture MTDJ Muscle-tendon suture

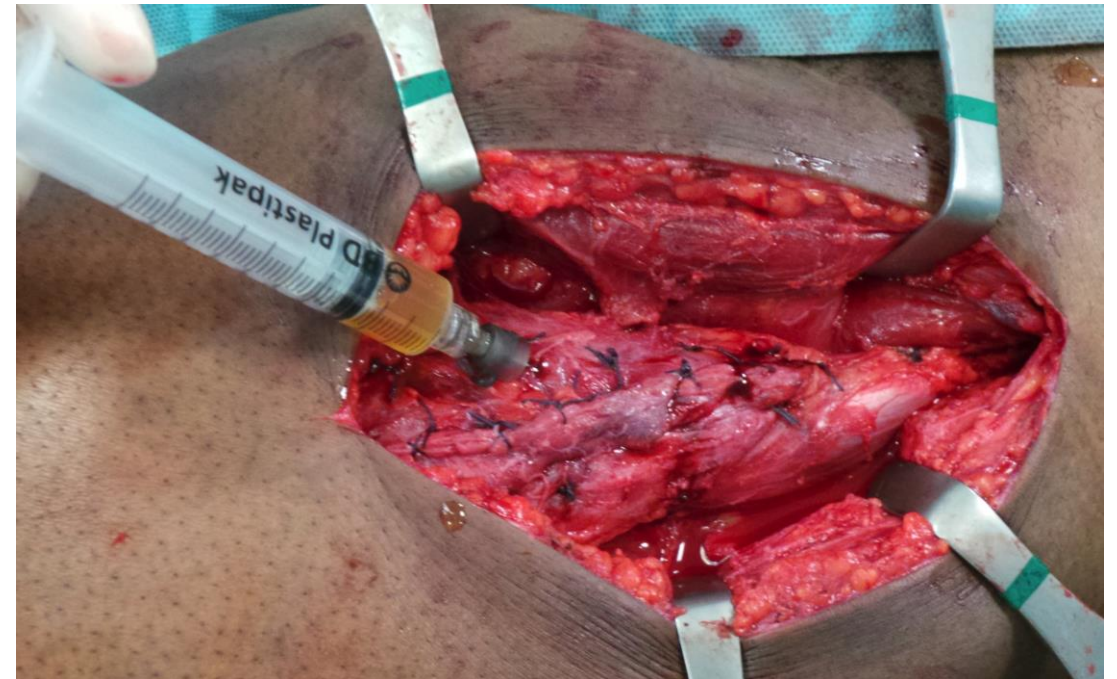


Complete rupture MTDJ: Cavity Cyst Muscle-tendon suture



Conclusions

The repair of PRF tears in professional and semi-professional soccer players yielded good results and allowed all patients to return to their preinjury sports level.



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