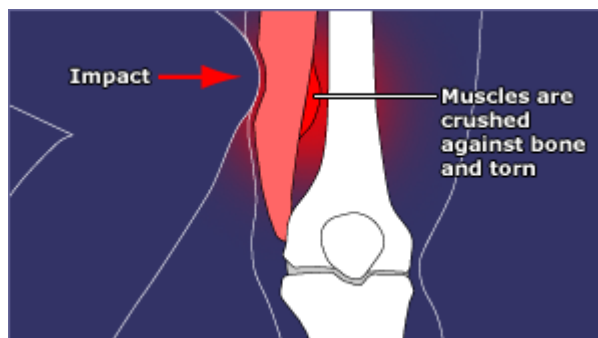


Dead Leg



A dead leg can be extremely painful and is a frequent injury in contact sports.

Who?

Any person involved in contact sports can get a dead leg.

How?

It is caused by a heavy impact to the quadriceps causing the muscle to be crushed against the bone. This in turn causes a tearing of the muscle within the sheath that surrounds it.

What kind of pain?

It hurts at point of impact and is usually followed by a tingling in the leg. Also swelling, bruising and often restricted movement follows.

Treatment?

Dead legs, if rested, normally repair on their own. If symptoms persist longer than 5 minutes ice should be applied to the dead area, the leg should be compressed and elevated.

It may be useful to use a compression bandage until pain ceases.

Return?

It can take days or sometimes weeks to fully recover.