

Federatie Medisch Specialisten



Operatieve behandeling
Lies-, quadriceps- en kuitblessures

Kennisinstituut Kostan Reisinger, traumachirurg

1

Federatie Medisch Specialisten

Take home messages

Alles kan kapot

De natuur is mild

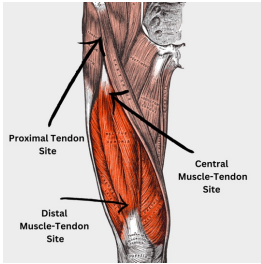
2

Federatie Medisch Specialisten

Alles kan kapot

Anatomy of the Groin Area

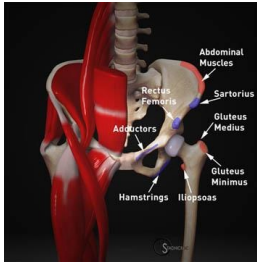
Superficial Muscles	Deep Muscles
Rectus abdominis	Transversus abdominis
External oblique	Iliopsoas
Inguinal ligament	Gluteus medius
Tensor fascia latae	Pectineus
Gracilis	Adductor longus
Sartorius	Adductor brevis
Rectus femoris	Adductor magnus
Iliotibial band	Vastus lateralis
	Vastus medialis



Proximal Tendon Site
Central Muscle-Tendon Site
Distal Muscle-Tendon Site

3

Federatie Medisch Specialisten



Abdominal Muscles
Rectus Femoris
Sartorius
Gluteus Medius
Gluteus Minimus
Hamstrings
Iliopsoas

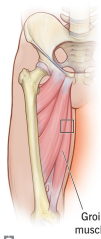
4

Federatie Medisch Specialisten

Muscle strains

MUSCLE STRAINS

Grade 1 Grade 2 Grade 3

Grade 1
Grade 2
Grade 3

Groin muscles

Copyright © 2024

5

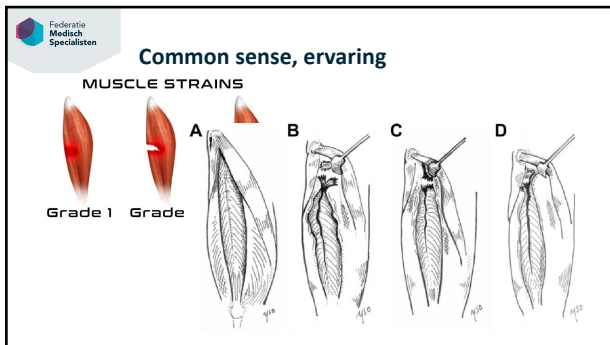
Federatie Medisch Specialisten

Lies, quadriceps, kuit

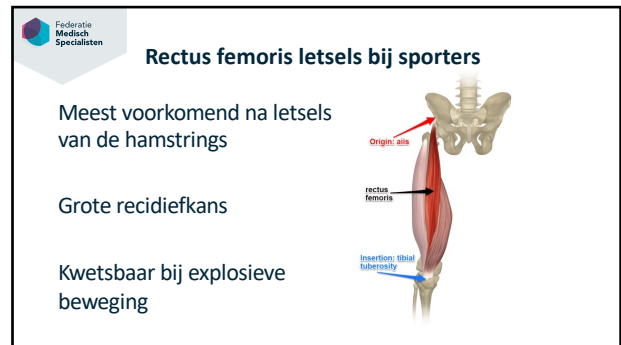
Operatie zelden nodig (de natuur is mild)
quadricepspees/patellapees en achillespees uitgezonderd

Geen goede studies beschikbaar
alleen case series

6



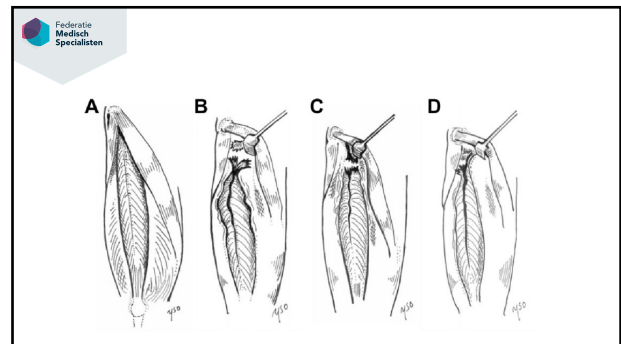
7



8



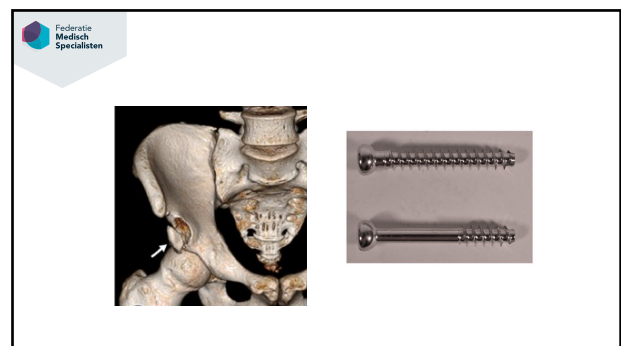
9



10



11



12

 **Advies werkgroep**

Overweeg vroege operatieve behandeling (binnen 4 weken) van rectus femoris rupturen bij (top)sporters met retractie op MRI

13

 **En verder**

Samen beslissen



14

 **Bedankt voor uw aandacht**

15