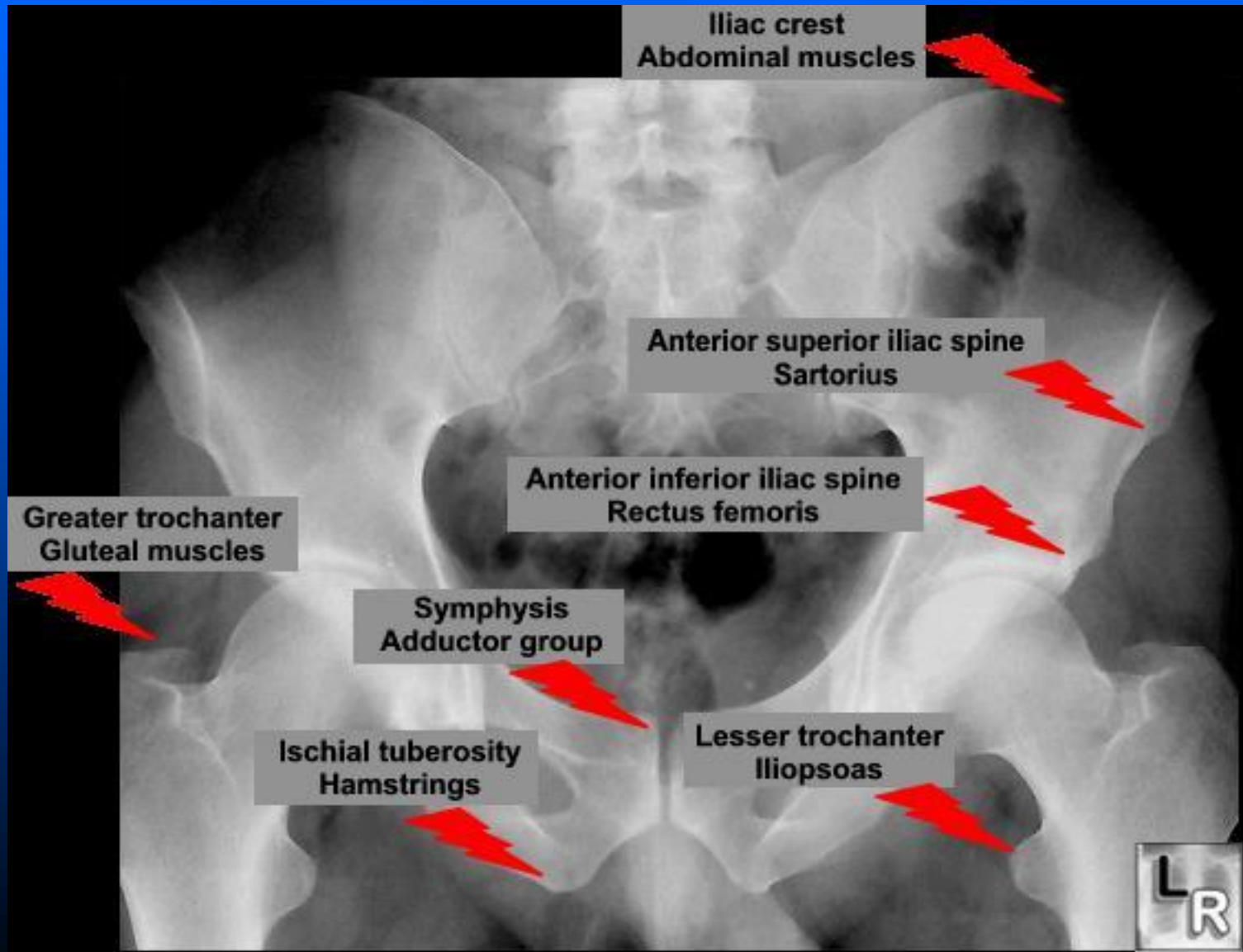
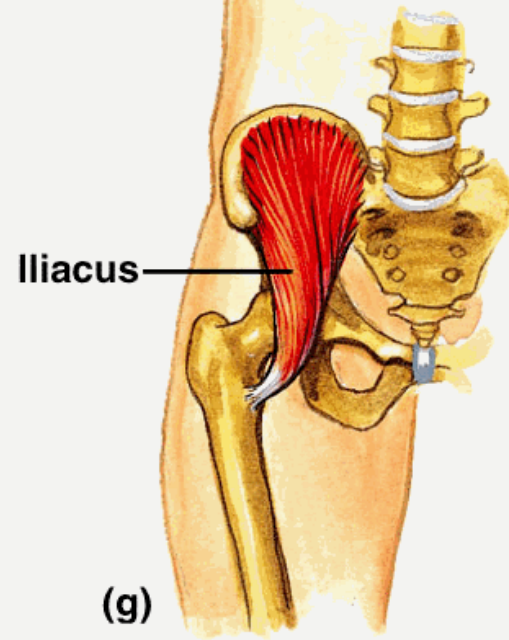
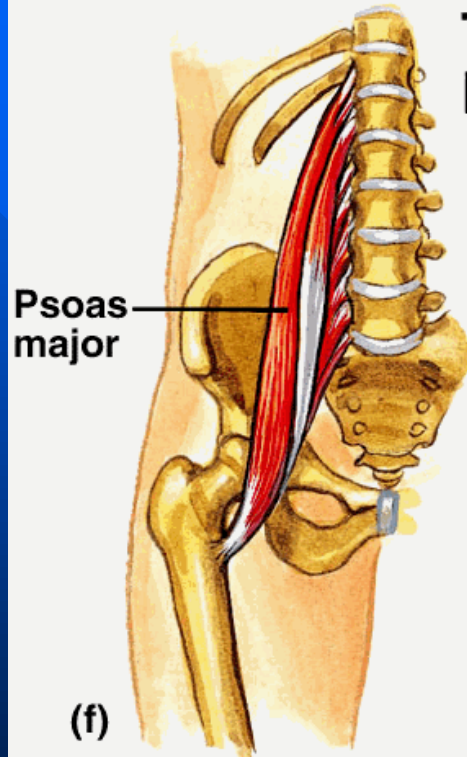


Avulsion Injury



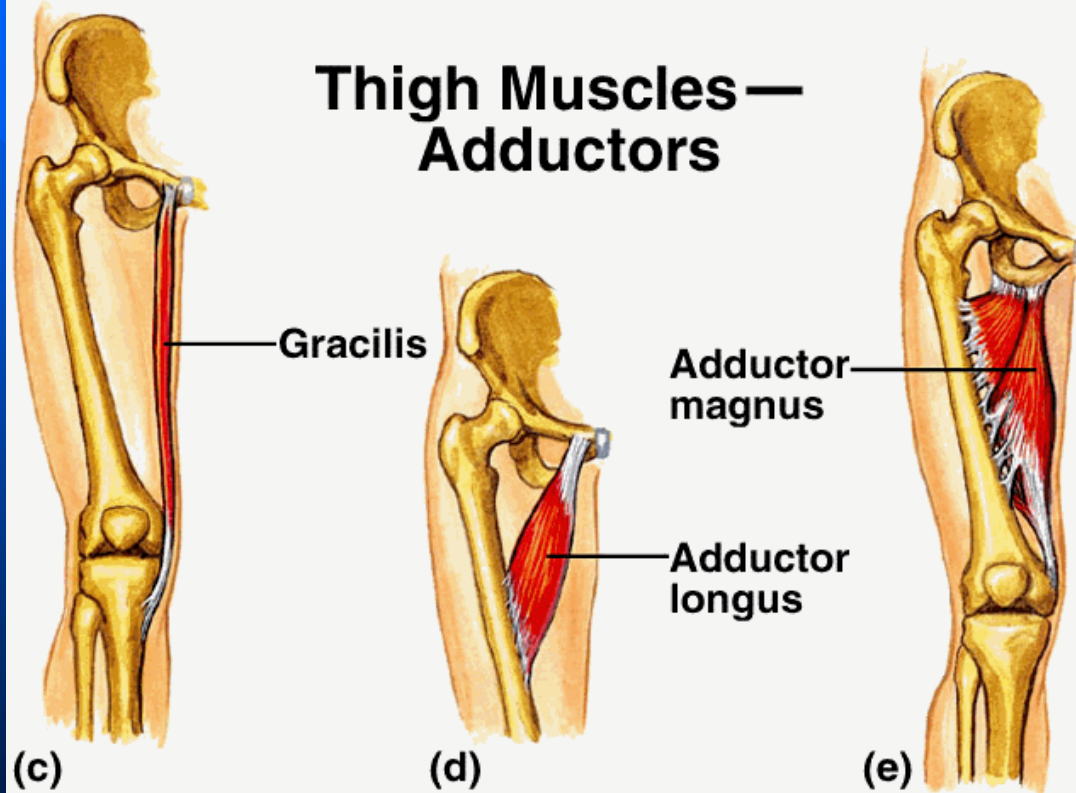
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Thigh Muscles — Flexors



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Thigh Muscles— Adductors



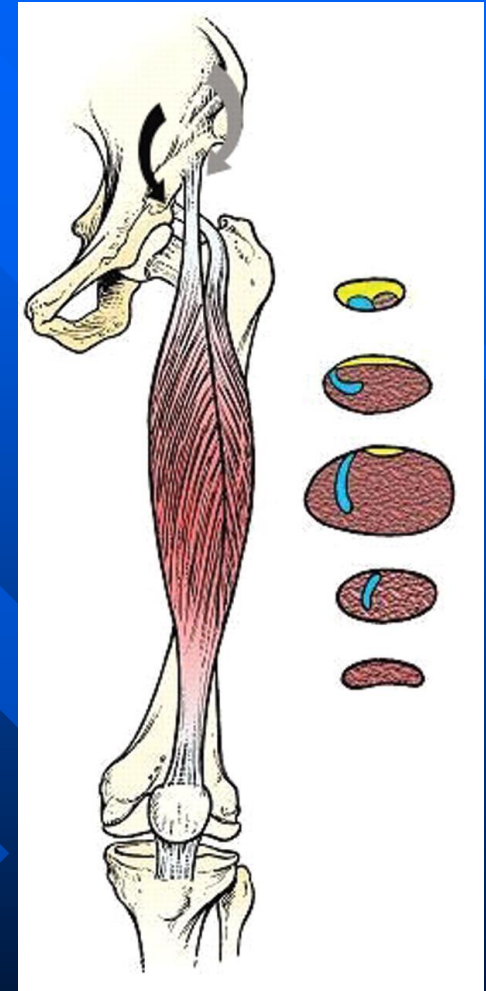
Rectus femoris

■ Direct head

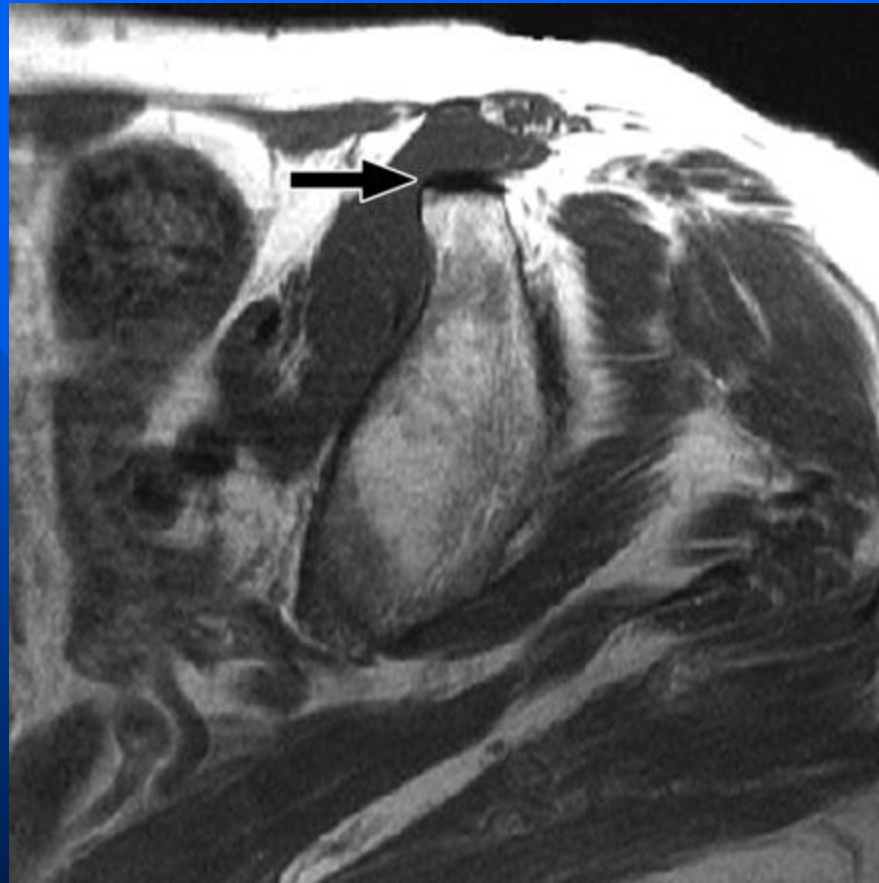
- originates from anterior–inferior iliac spine (*gray arrow*) and blends with anterior fascia.

■ Indirect head (reflected head)

- originates more posteriorly from acetabulum (*black arrow*) and dives into rectus femoris muscle belly

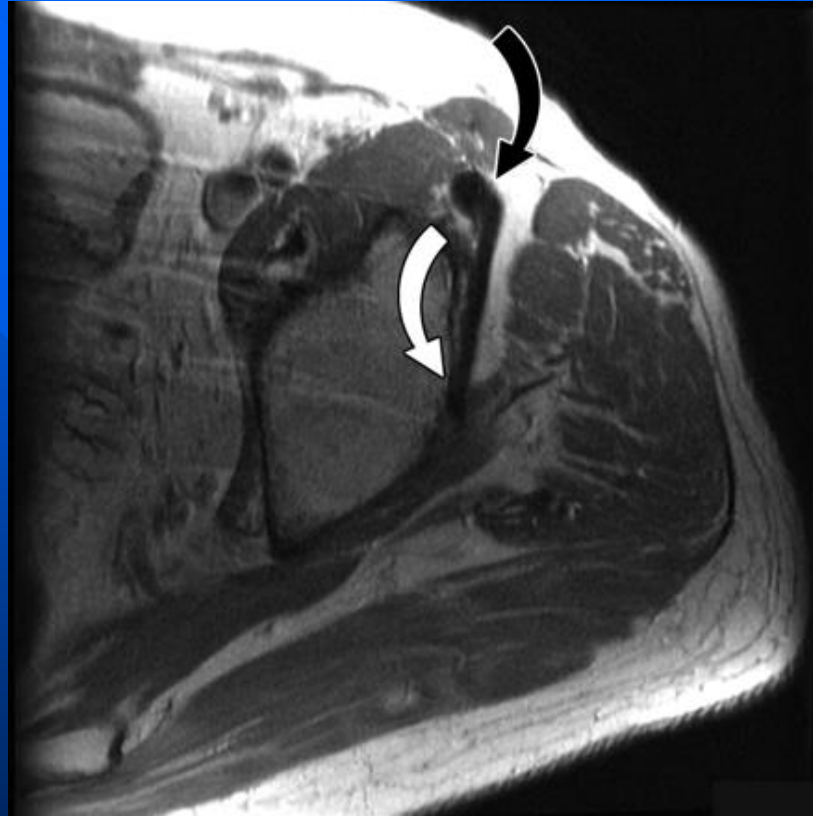


Rectus femoris



Shows origin of direct head (*arrow*)
is off anterior–inferior iliac spine.

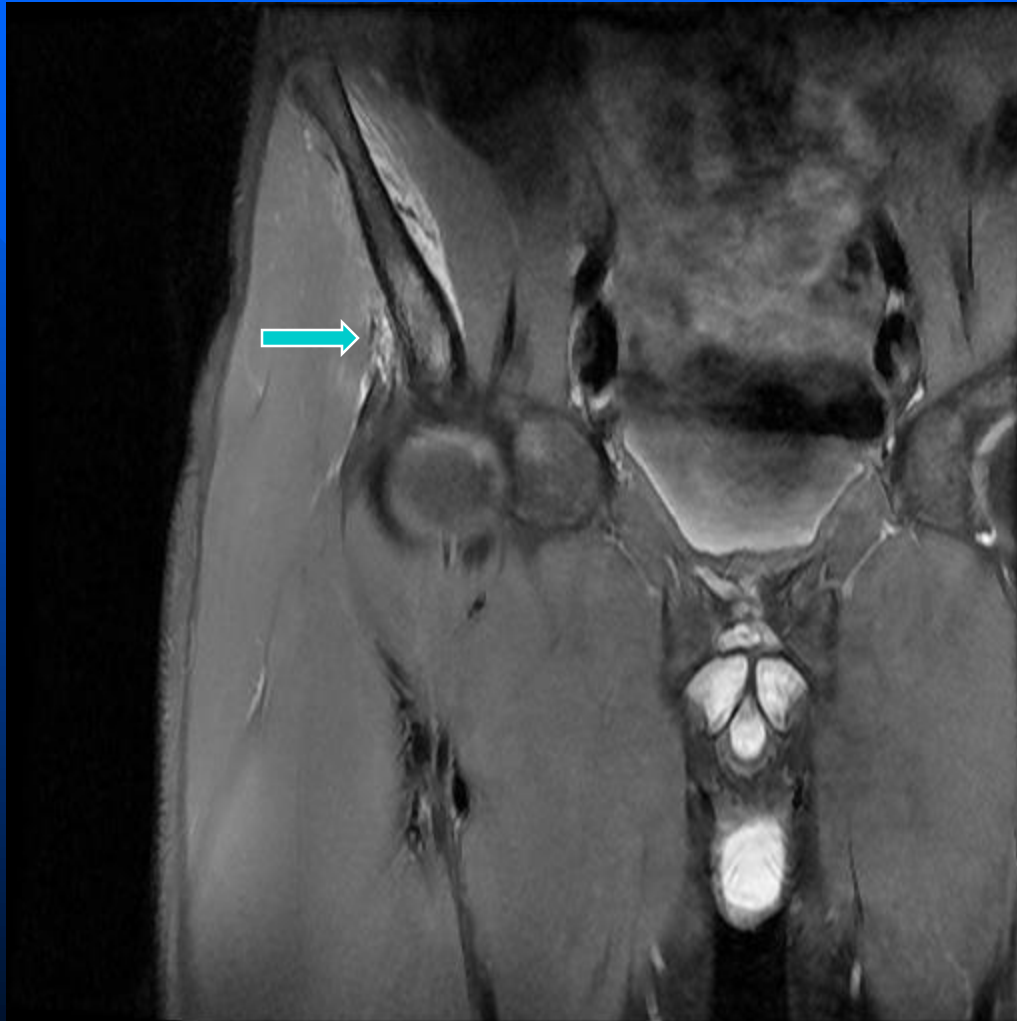
Rectus femoris



Indirect head as it originates, slightly more distally (*white arrow*), from superior acetabulum and joins direct head to form conjoined tendon (*black arrow*).

Rectus femoris (partial tear)

Direct Head



Rectus femoris Avulsion

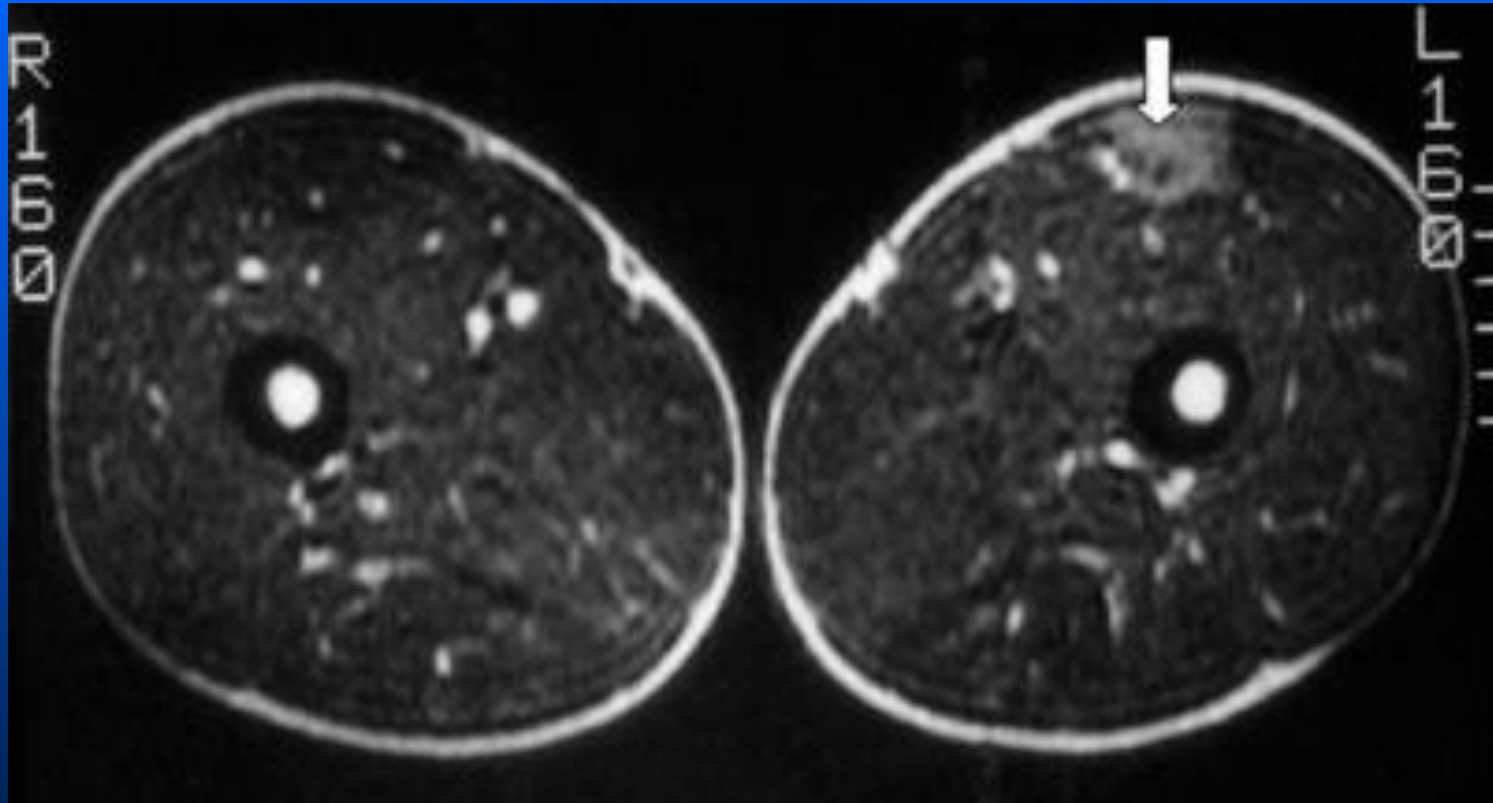
- *Avulsion of the apophysis at the direct head of the rectus femoris (arrow) with associated marrow and soft tissue edema (arrowheads).*
- *Note the normal AIIS and rectus femoris tendon on the right (blue arrow).*



- *Sagittal avulsion injury with complete disruption of the direct head (arrow)*
- *partial tearing of the indirect/reflected (arrowhead) head of the rectus femoris.*

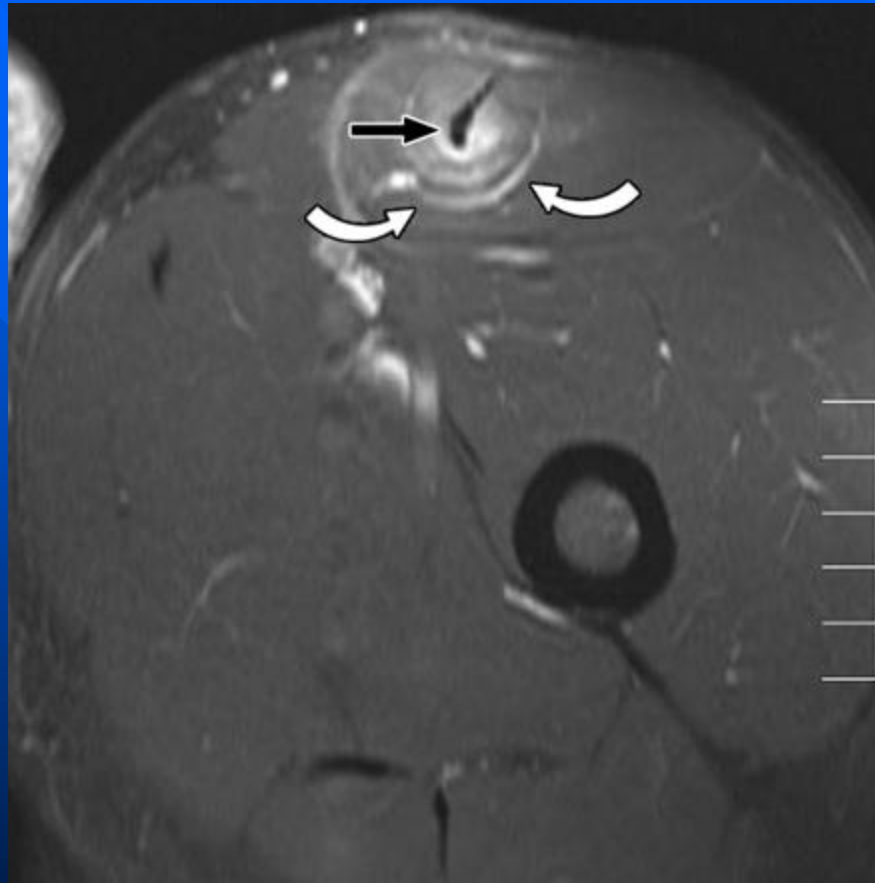


Rectus Femoris Strain, my look like tumor



Unlike other tears may not be acute onset. Seen in runners

Rectus femoris Tear

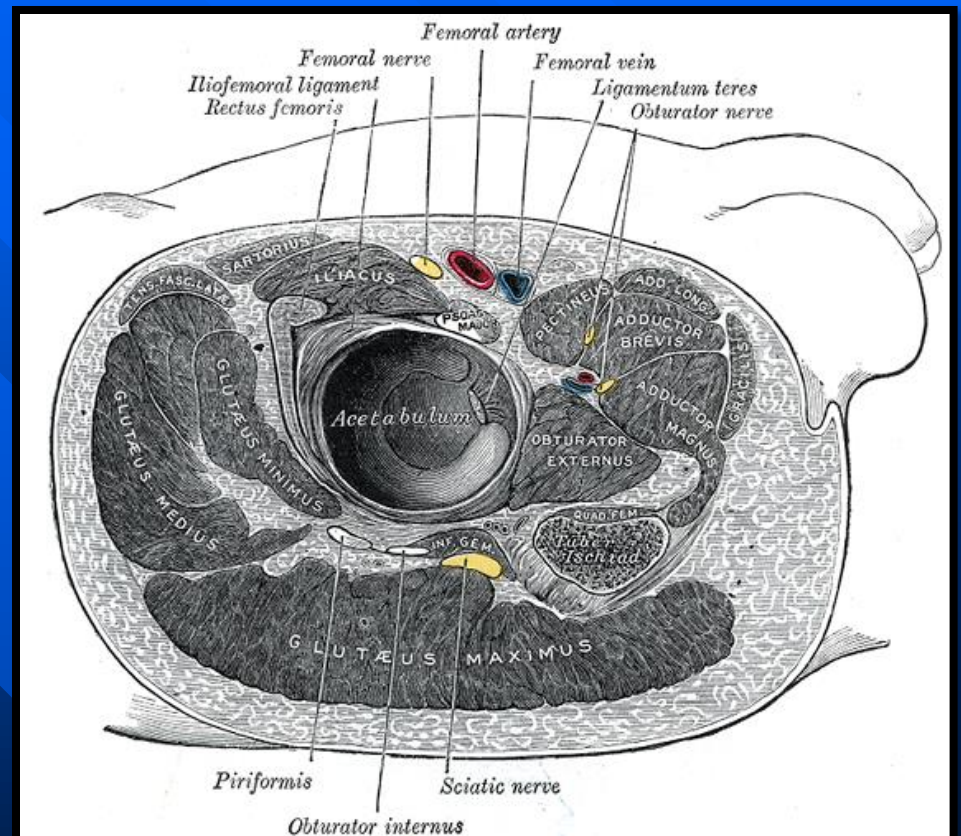
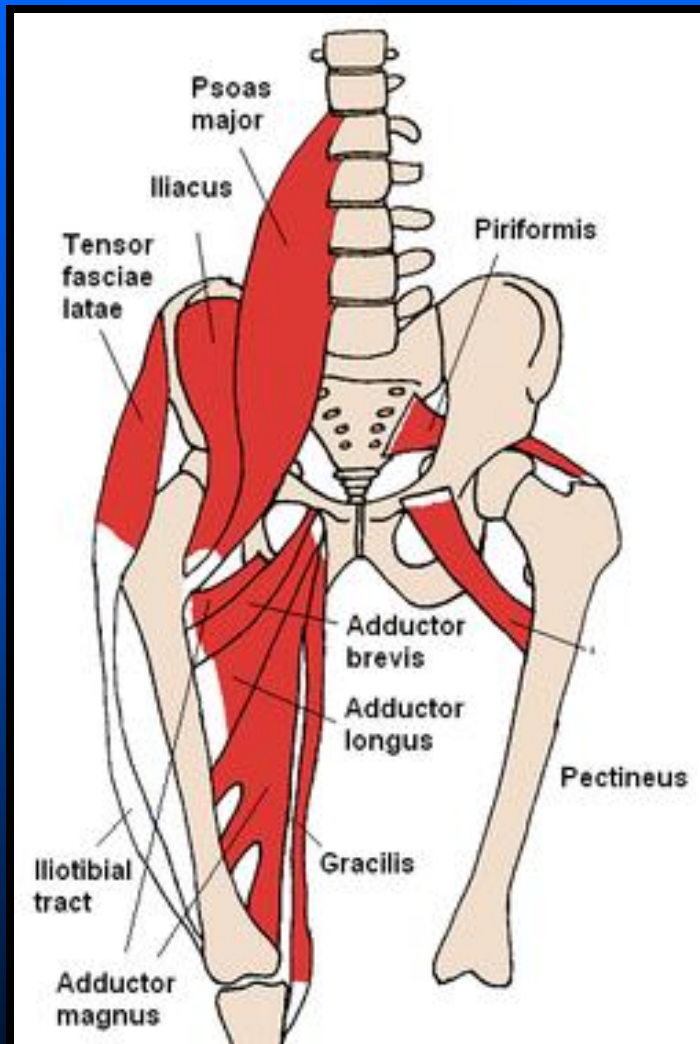


Bull's-eye sign depicts halo of increased signal (*white arrows*) around deep tendon (*black arrow*).

Strain

- 1 and 2 have edema in muscle.
- Type 2 hematoma around myotendinous junction
- Type 3 is complete tear
- Note:
 - Muscle soreness may look like strain, but typically delayed onset not acute

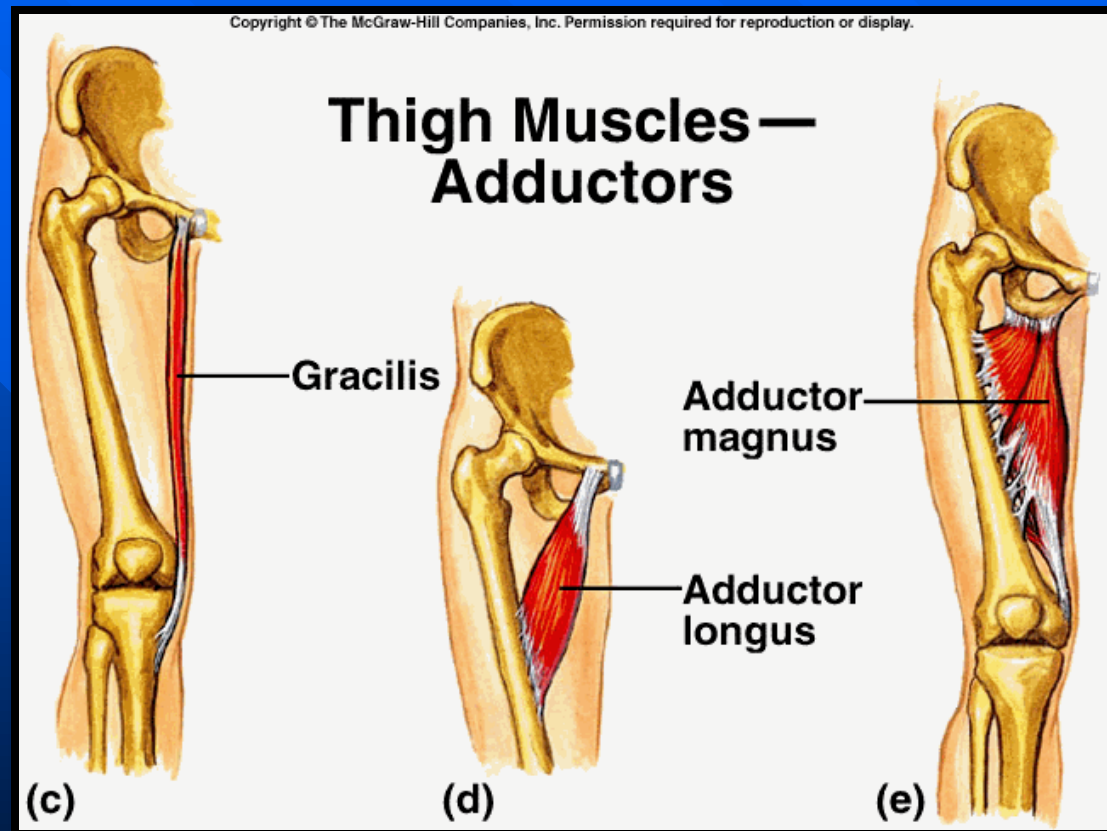
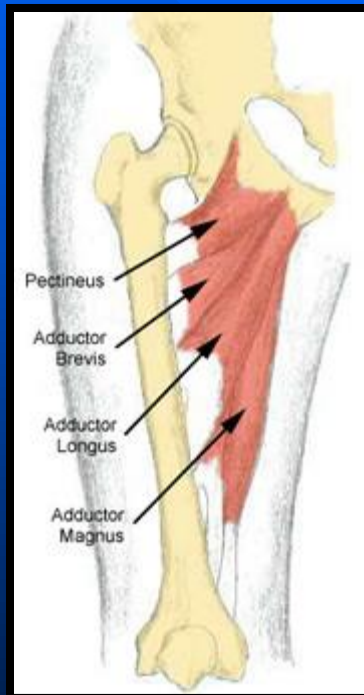
Hip Adductors



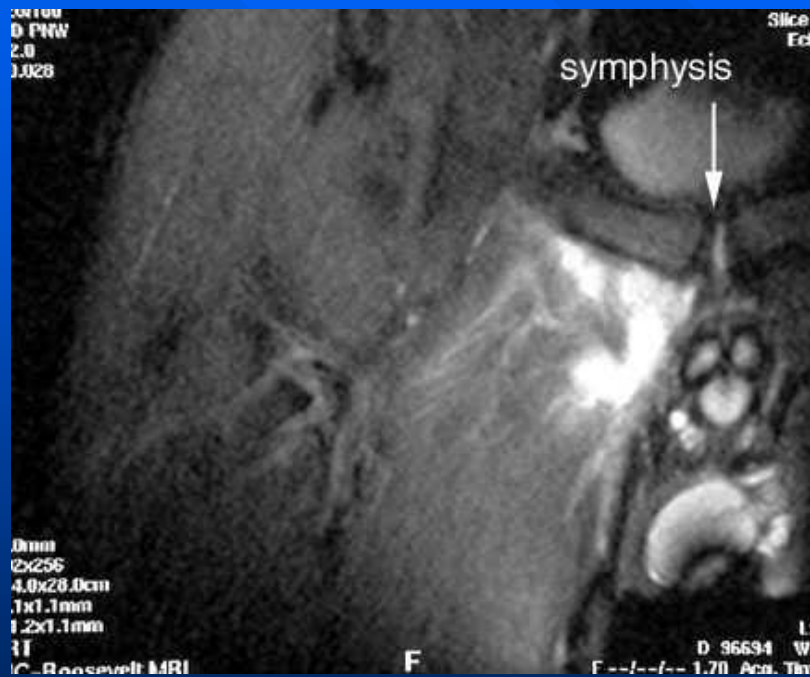
Hip Adductors

- Adductor brevis
- Adductor longus
- Adductor magnus
- Adductor minimus
- The pectineus and gracilis are so called functional adductors of the thigh, and are also part of the medial compartment of thigh, they are not considered part of the adductor group

Hip Adductors



Avulsion of adductor/pectineus muscle insertion on the pubis



Adductor insertion avulsion syndrome (Thigh splints)

- proximal to mid femur
- activity-related groin pain that is relieved with rest

