



# Ruptured Quadder: My Experience with Bilateral Quadriceps Tendon Rupture

*Steven Gartner*

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## **Ruptured Quadder: My Experience with Bilateral Quadriceps Tendon Rupture** Steven Gartner

This is my personal story about my experience with suffering two instances of a very serious leg injury know as Bilateral Quadriceps Tendon Rupture or Tear. In 2007 I fully ruptured my right quadriceps tendon from a jet skiing accident. Fast fast forward 6 years later to 2013 and I did the unthinkable - I ruptured both of my quadriceps tendons while skiing resulting in the dreaded bilateral quad tendon tear. I wanted to write this book so that I can share my experience with others who have or are currently going through this rare injury. Follow along as I discuss how I dealt with every day to day life, my rehabilitation and recovery, as well as some tips that I learned along the way from dealing with this injury on two accounts.

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