

## **Study of Multiple Pathologies of Knee and Lower Leg**

KRISTEN J. CHAPMAN

Health, Human Performance, and Recreation; Baylor University; Waco, TX

---

*Category: Undergraduate Student*

### ABSTRACT

**CASE HISTORY:** The patient is a 20 year old female collegiate soccer player with a history of ACL rupture, torn lateral meniscus, articular cartilage damage, a grade two hamstring tear, and patellar tendonitis in that all presented in the left leg between 2014 and 2016. The patient is a forward for her college team and has been playing the sport of soccer since age five. The patient is currently cleared to play by her physical therapist but struggles due to pain and apprehension. **PHYSICAL EXAM:** The patient suffers from chronic swelling in the area. All standard special tests are negative and functional test are within normal limits with a slight strength deficit in left knee. **DIFFERENTIAL DIAGNOSES:** Patellar tendonitis, arthritis, plica syndrome. **TESTS & RESULTS:** Patient underwent imaging for her past injuries but non for her current injury. **FINAL DIAGNOSIS:** Patellar tendonitis secondary to compensatory patterns adopted by the athlete **DISCUSSION:** This case is unique because of the multiple severe injuries sustained by a single leg in the relatively short time period of two years and half years. The high level of competition in collegiate soccer that the athlete is expected to perform at also adds a unique factor to this case. **OUTCOME OF THE CASE:** The goal of this study is to find an intervention that allows the athlete to fully participate in sport while healing the effected structures. The techniques used in this study are gait training and neuromuscular reeducation. The athlete will begin exercises that retrain her leg with efficient biomechanics to perform skills such as running, loading, and cutting with minimal damage. **RETURN TO ACTIVITY AND FURTHER FOLLOW-UP:** Once the athlete can fully participate in practice without pain and apprehension she will be able to fully return to competition. Constant follow ups will be done with the team's certified athletic trainer.