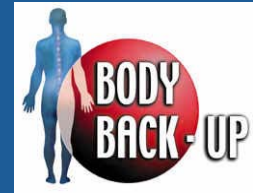


Sports Injury Patient Case Study



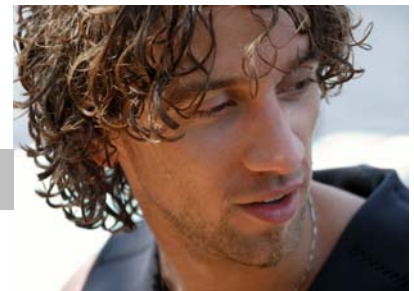
Osteopathy &
Sports Injury Clinic

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Male Aged 24 - Areas complained of: Intermittent Left Medial Knee Pain on running.

Relevant History

- Onset one month ago for no apparent reason.
- Football tackle led to problems with the outer aspect of his left knee.
- Examination with Physiotherapist and ultrasound treatment - no great improvement



Findings

Imbalance of left inner and outer thigh muscle groups which has led to inflammation at the muscle insertion point around the knee cap.



General observations

- Neck and Upper Back stiffness
- Tension in Neck and Upper Back musculature
- Dropped Foot Arches Bilaterally
- Stiffness in Left Wrist

Background history & treatment to date

2004 Road Traffic Accident – hit left knee on fascia. Also suffered whiplash
2005 Left scaphoid fracture – fell onto outstretched hand.
Treatment Residual stiffness treated by Chiropractor with some benefit.

Action Plan

- Address Left knee symptoms immediately
- Address Neck symptoms immediately
- Arch supports to improve shock absorption in football boots—??????????



Proposed Treatment Programme - 3 Sessions

- Reduce tension on knee by correction the imbalance in his thigh musculature using soft tissue deep release.
- Improve neck and upper back function using manipulation.

Advice for Patient

- Develop daily stretching routine.
- Consider arch supports for daily footwear as well as for football boots.

Progress & Review of Case

- Mr X attended three treatment sessions which have relieved his symptoms and improved his overall spinal function and flexibility.
- He has been discharged and advised to return 4/5 months into the season for a check up appointment and any treatment as needed.

Private Healthcare Insurance & the General Osteopathic Council

- Our Osteopaths are registered with all the major Healthcare Insurance companies.
- **BUPA, AXA/PPP, Simply Health, Cigna, BCWA, Prime, Healthfirst, Norwich Union.**
- In recent years there has been an increasing awareness and acceptance of Osteopathy as an integral part of health care by the public and mainstream medicine, and by the government.

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