Hip Pain in a College Lacrosse Player

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Abstract

Hypothesis: This Division III lacrosse player is a 22-year-old athlete who requires a total hip replacement due to a staphylococcus infection. The following information will explain the mechanism of injury, clinical assessments, radiographic findings, diagnosis, treatments and return to play to provide additional information to this athlete’s unique injury.

Mechanism of Injury: Typically this occurs in an elderly patient from death and decay of the bone that occurs with age. In this case a bacterial infection entered the blood stream due to an untreated wound. The bacteria started to attack the femoral head and necrosis occurred. As the necrosis occurred the pain became more intense and the athlete range of motion continued to decrease.

Clinical Examination: Prior to the athlete reporting to the athletic training room he went to his physician at home when he first started experiencing pain over the summer. The athlete stated that the physician took images and completed an evaluation, but ultimately stated there was nothing he could do for him. The athlete came to the training room on the start of the semester in search of a second opinion. The athlete was determined to be on track in the rehabilitation process.

Rehabilitation and Results

Following surgery the athlete started rehabilitation immediately. When athletes begin immediate implementation of closed kinetic chain exercises while still it the hospital was found to have an effect on decreasing the amount of time the patients needed to spend there (Abbas, Darher, 2017). The cleaning and care of all surgical wounds was extremely imperative during the recovery process in order to avoid a chance of revision. One of the major concerns when it comes to revision of hip replacements is infection, and a previous infection site stayed free of infection. At this same follow up, the athlete was determined to be on track in the rehabilitation process.

Discussion and Summary

Hip replacements in you athletes are very rare due to the size of the Division III lacrosse player. The uniqueness of this athlete was the need for a total hip replacement in an athlete at such a young age. This athlete will never return to college athletics, but it is the belief that he will return to an active and healthy life style. It was found that patients undergoing a total hip replacement, were able to maintain a moderate activity level by one-year postoperative appointment (Bauman, S. et. Al. 2007). This is the main rehabilitation goal when it came to this athlete, along with minimizing the chance for any need of revision.

References


Conclusion

This injury process was accurately assessed similarly during the injury of the Division III lacrosse player. The uniqueness of this athlete was the need for a total hip replacement in an athlete at such a young age. This athlete will never return to college athletics, but it is the belief that he will return to an active and healthy life style. It was found that patients undergoing a total hip replacement, were able to maintain a moderate activity level by one-year postoperative appointment (Bauman, S. et. Al. 2007). This is the main rehabilitation goal when it came to this athlete, along with minimizing the chance for any need of revision.