

Torn Lateral Meniscus and Complications in Male Collegiate Soccer Player

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Introduction

In this report, the athlete reported to the athletic training room complaining of a painful locking and catching in his right knee. After returning for the summer the athlete presented with sharp pain during activity, pain and swelling over the medial joint line, and tested positive for McMurray's and Appley's test. Over time the athlete developed chondromalacia of the lateral femoral condyle, delamination of the lateral femoral condyle and a mild subcondral stress marrow reaction.

Abstract

After suffering a lateral meniscal tear a male collegiate soccer player went through a series of complications lasting nearly a year and a half post surgery. The athlete left the athletic facilities for the summer. Upon his arrival back the athlete presented with a series of different issues after a summer of unsupervised medical assistance. It was not until a year and half of rehab with several different medical professionals that the athlete could return to play pain free. This case study suggests the extreme importance of a well-established rehabilitation for meniscal tears.

Purpose

One domain of athletic training is rehabilitation. This case report demonstrates the importance of rehabilitation in meniscal injuries and the significance it has on preventing secondary injuries. Facilitating a well established rehabilitation protocol can help reduce the occurrence of secondary injuries.

Treatment

Immediate treatment included compression and elevation. Athlete was removed from all soccer activities until cleared by physician. Athlete received a partial lateral meniscectomy, an extensive synovectomy involving all three compartments and chondroplasty of the menoaal sulcus. Rehabilitation began the following day after surgery. Supervised rehabilitation ended four weeks post-op when athlete left for summer.

Differential Diagnosis

- Anterior cruciate ligament sprain
- Iliotibial band friction syndrome
- Osteochondritis Dissecans
- Lateral collateral ligament sprain

Background

- 19-year old
- 5'10" and 190lb
- Right foot dominant
- Sophomore, NCAA Division I collegiate soccer forward
- No relevant past history of injury

Implications

- Chondromalacia of lateral femoral condyle
- Delamination of lateral femoral condyle
- Mild subchondral stress marrow reaction without fracture.

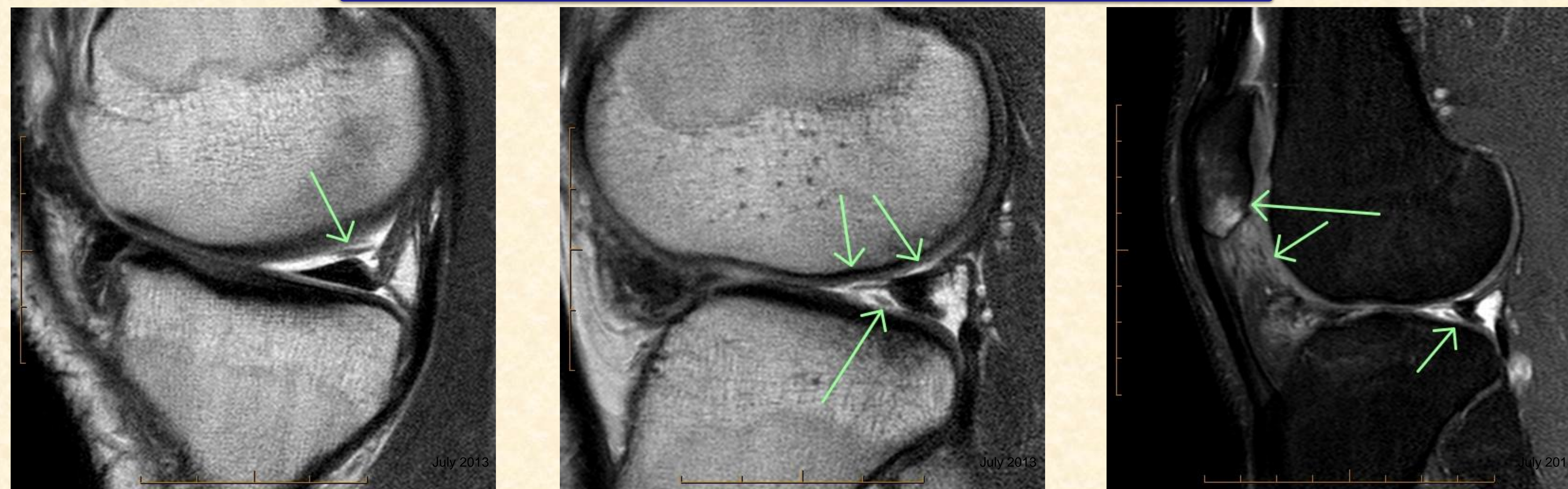
Clinical Evaluation

- Painful locking and catching during soccer activities
- Local joint effusion
- Point tenderness over lateral joint line
- Positive McMurray for pain, locking and catching

Conclusion

This case report presents a severe case of secondary injuries due to a lack of rehabilitation and medical supervision. Rehabilitation administered by a certified athletic trainer may decrease the risk of secondary injuries in meniscal injuries.

After 3 Months of Unsupervised Rehabilitation



Diagnosis

Treatment and Rehabilitation

Return to Play

After 6 Months of Supervised Rehabilitation

