

Patient Story – High School Athlete Returns to Sport After Knee Injury

A high school baseball athlete presented to our office after experiencing a sudden right knee injury while pivoting to throw during baseball activity. He reported that his knee “locked up” during the movement and he immediately noticed difficulty fully extending the knee. Walking caused minimal discomfort, but running and sports activity increased his pain and mechanical symptoms.

A comprehensive sports medicine examination was performed, including orthopedic knee testing, gait analysis, neurological assessment, range-of-motion testing, palpation, and radiographic evaluation. Examination findings revealed tenderness and swelling in the posterior knee region along with hamstring hypertonicity involving the semitendinosus and semimembranosus muscles. The patient also demonstrated a significant loss of knee extension due to pain and restriction.

Orthopedic testing for major ligament instability and significant meniscal injury was largely negative, helping rule out more severe structural damage. Radiographs of the right knee demonstrated normal joint alignment, preserved joint spacing, and no evidence of fracture, dislocation, degenerative change, or osseous abnormality.

Based on the examination findings, the working diagnosis included a medial collateral ligament sprain with associated quadriceps and hamstring strain patterns contributing to knee dysfunction and instability.

Treatment focused on reducing inflammation, restoring knee mobility, improving muscular stability, and safely progressing the athlete back to sport participation. His care included:

- Sports medicine evaluation and return-to-play monitoring
- Joint mobilization and extremity chiropractic treatment
- Progressive rehabilitation and strengthening
- Neuromuscular re-education
- Balance and proprioceptive training
- Functional strengthening and agility progression
- Sport-specific rehabilitation drills
- Activity modification and bracing support

A unique aspect of this patient’s care was the use of a graded sports rehabilitation and return-to-play progression specifically designed for a young athlete. Rather than simply treating pain symptoms, the rehabilitation program focused on restoring proper movement mechanics, dynamic knee stability, and sport-specific performance while minimizing reinjury risk. Coordination with the school athletic trainer also helped ensure continuity of care and safe progression back into baseball activities.



CHIROPRACTIC-SPORTS INJURIES-PHYSIOTHERAPY

2265 W. Fair Ave.
Lancaster, OH 43130

☎ (740) 494-1470

✉ DrHedges@peakperformss.com

🌐 www.peakperformss.com

As the patient progressed through care, his pain, mobility restriction, and knee dysfunction steadily improved. Treatment emphasized restoring full range of motion, strengthening the lower extremity kinetic chain, and safely reintroducing running, agility work, cutting movements, and baseball-specific activity.

Today, the patient is doing significantly better overall, with improved knee function, stability, and mobility. He was able to progressively return toward sports participation with continued emphasis on proper mechanics, strengthening, and injury prevention strategies to support long-term athletic performance.