

Common Musculoskeletal

Injuries: EVALUATION AND TREATMENT

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WHEN IN DOUBT, PULL THEM OUT!

ADULT INJURIES ARE NOW PEDIATRIC PROBLEMS

- INSPECT
- PALPATE
- ROM
- STRENGTH
- NEUROVASCULAR
- IMAGING
- LABS



UPPER:

- SHOULDER
- ELBOW
- WRIST

"LITTLE LEAGUE SHOULDER"

- NO THROWING 4-6 WKS OR PITCHING 3-6 MTHS
- RETURN TO THROW PROGRAM



P.T. WRITE WHAT NEEDS TO BE IN IT

BACK:

SPONDYLOLYSIS

INJURIES AS A CHILD LEAD TO INJURY AS AN ADULT



LOWER:

- KNEES
- SHINS
- ANKLES



"SPUNTS" VS "STRESS" VS "SYNDROME"

- ONE-LEGGED HOP TEST (WON'T HURT IF "SPUNTS")
- REST
- CHANGE SHOES



"ANKLE SPAIN"

- OTTAWA ANKLE RULES
- COMPRESSION
- GET TO MOVEMENT ASAP

"OSTEOCHONDRITIS"

- UNEXPLAINED PAIN
- ALWAYS REFER
- STABLE OR UNSTABLE



"BRUISED APPLE"

"ANTERIOR KNEE"

- THERAPY FOR HIPS, KNEES AND CORE



"OSGOOD SCHLATTER"

- RAPID GROWTH
- KNEE BRACER

SEVER'S AND ISELIN'S

- 8-13 YO
- TRACTION AT 5TH META TAR.
- 9-12 YR OLD
- RAPID GROWTH
- RICE
- NSAIDS

"AVULSION FRACTURE"

- REFER!
- PT W/ ROM

"BUCKLE FRACTURE"

- 2-3 WKS IN BRACE
- CAST FOR COMPLIANCE

"LITTLE LEAGUE ELBOW"

- MRI
- ICE
- NSAIDS
- NO THROW 4-6 WKS

"GYMNAST WRIST"

- HARDER TO CONTROL STOP 3-6 WKS + 3-6 MTH REST

"AC JOINT INJURY"

- X-RAY
- SUNG FUNCTION BY 6 WKS
- ACTIVE AT 12

IT'S THE PEOPLE WHO ARE "GOOD"

NOT A ONE BETTER THAN OTHERS

EDUCATION! SPORTS SHOULD BE FUN!