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SPORTS
MEDICINE
PHYSICAL THERAPY

*Physical Therapy
for the Coastal Bend
Since 1990*

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Medicine for:

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and other physical therapy

*Over 100,000 Patient
Visits and Counting*



Physical Therapy for the Young and Young at Heart

400% Increase in Incidence of Pediatric ACL Ruptures

In an attempt to objectively evaluate the observation that there has been an increase in knee injuries among younger athletes, Theodore Ganley MD and colleagues performed logistic regression analysis on more than 2,000 records from a metropolitan children's hospital.¹ Using tibial spine fractures as the control, they tracked the incidence of meniscal tears and ACL ruptures since 1999. They found that these knee injuries are increasing at an alarming rate among high school and younger athletes. They theorized that the increase may be due to year-round participation in sports, improved diagnostic procedures, more sports specialization, sports at younger ages, and/or increasing hours of organized athletic exposure. Their findings suggest increased attention to the possibility of serious knee injury among young athletes.

Known risk factors for ACL injury among young athletes include **previous ankle sprain**, greater navicular drop, laxity at the knee, and decreased iliotibial band flexibility.^{2,3} When young athletes present to practitioners with lower extremity complaints or injuries, this offers an opportunity to prevent future injury including ACL rupture. For instance, timely referral for arch supports may be appropriate for young athletes with greater navicular drop plus lower extremity complaints. When lower extremity sprains, lower extremity pain, knee laxity, or reduced flexibility are present, a referral for sports physical therapy may be appropriate.



Proprioceptive training has been found to reduce the risk of non-contact, athletic ACL injury by 86%.⁴ Lower extremity sprains have a high risk of recurrence, and they predispose athletic patients to other injuries along the kinetic chain.^{2,5} Physical therapy assessment and treatment will address the established risk factors and work toward reducing the chance of recurrence and of more serious injury in the future.



Twenty-Five Years of Service

Fashions have changed. Our commitment hasn't. Since we started providing physical therapy to the Coastal Bend in 1990, fashions have changed, but our commitment to personalized, attentive care has not. With more than 100,000 patients served, South Texas Sports Medicine can deliver the experience and dedication your patients need.

*Please refer your patients to
South Texas Sports Medicine.*

References

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4. Caraffa A, Cerulli G, Progetti M, et al. Prevention of anterior cruciate ligament injuries in soccer – a prospective controlled study of proprioceptive training. *Knee Surg, Sports Traumatol, Arthroscopy*. 1996; 4: 19-21.
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