



## Lower Extremity Dysfunction in Athletes:

### A movement and manual therapy approach

2017 North Carolina Physical Therapy Association Fall Conference

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A 19 y/o female collegiate cross country runner presents with right anterior hip pain for the past 5 months that begins after 1 mile and is worse during the final 100 yard kick. She has taken one month off from running and performed posterior chain strengthening exercises such as straight leg deadlifts, supine bridges, and lunges. She reported some soreness after but no pain while performing these exercises. She attempted to return to running last week with no change in symptoms.



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Your patient is a 21 y/o college linebacker who is 10 weeks post-op right ACL reconstruction with patellar tendon autograft. He has been progressing as expected. However, over the past 3 weeks he has been complaining of persistent superior patellar pain when squatting below 90 degrees and medial knee pain with lunges.



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A 16 y/o softball catcher presents to you 3 months after a right ankle inversion sprain from sliding into a base. Her main complaint is anterolateral ankle pain with heel raises, pain when running during terminal stance, pain going down stairs, and pain in her catching stance.