



FA Impingement Treatment Case Study

Subject: Kristy is a 21 year old female. She has severe ipsilateral hip pain with FA impingement and is slated for a surgical repair.

Background: Kristy says her hip dysfunction and pain has been on a progressive decline over the last 24 months. Kristy says that her pain was confusing and non-descript as there was no triggering event. She explained how her severe hip pain no longer permitted her participating as a division I lacrosse player. And has actually elevated in severity to the point that she couldn't walk without a noticeable limp and any extended period being seated followed with excruciating, knifing pain at the FA joint. Kristy pursued recommended medical treatment including multiple rounds of physical therapy, Chiropractic treatment, orthopedic evaluation and a reasonable time of rest. The lack of results with rest and conservative care led Kristy to reach out to our clinic after a family recommendation.

Baseline: By the time that Kristy came to Pittsford Performance Care, she was already scheduled for an FA decompression surgery. She reluctantly decided to accept the surgical recommendation after multiple orthopedic surgeons shared similar opinions.

On the first day of treatment at Pittsford Performance Care, Kristy presented with:

- Flexor dominant posture on the left hemisphere
- Left hand internally rotated compared to the right
- Left ASIS elevated compared to the right
- Hyper-reflexive on the biceps and patellar on the left
- Pupillary light reflex on the left fatigues in ½ time compared to right
- Tongue deviation to the left
- Severe fatigue during erect standing posture
- Climbing stairs elevates hip pain to 8/10
- Lower extremity training is no longer performed due to pain.

Protocol: In July of 2014, Kristy received balance and muscular performance assessment which included cortical balancing, muscular activation, inspiration training, and ARPwave rehabilitation .

Outcomes: After 1 week of treatment, Kristy demonstrated:

- Decrease in flexor dominant posture.
- Left hand symmetrical to the right.
- Left ASIS appearing closer to right.
- Patellar and biceps reflexes symmetrical right to left.
- Tongue deviation still noticeable to the left.
- Patient describes fatigue to have improved 75% during erect standing posture.
- Climbing stairs pain free; sprinting pain free; full speed cutting and change of direction pain free.
- Kristy stated she was experiencing the deepest sleep she has had in years with no night pain.
- Kristy called and cancelled her upcoming surgery.

Greater Boston Performance care has been a true blessing in my life! The staff, especially Dr. Rob Luckey was extremely helpful in healing me. I would totally recommend anyone to go to PPC! I brought my boyfriend to PPC with me to get treatment done as well, we both play sports and we both were going through some injuries which were really putting our athletic career on hold. After a week of Dr. Rob's treatments, I felt like a whole new person. Not only was I feeling better, but I also no longer needed surgery which would have put me out of sports for 6 plus months. I feel like a whole new person, and it's absolutely amazing how talented the staff is at PPC. So many different techniques which I would never have thought of doing. I had a labrum tear in my hip, and was opted to get surgery. Most amazing feeling ever to know that I no longer have to go through that. Thank you Dr. Luckey and staff, I really am beyond thankful for all your support and treatments. You all have changed my life around, and I'm now able to continue my athletic career! I am moving up north for many reasons, but mainly just so I can go to Greater Boston Performance care.

-Kristy Garrison, Orlando, FL