

Sports Medicine Fitness Specialist Course
FINAL QUIZ #4 Case Studies

Case #1: The Kite Surfer

(Questions #1-#5)

A 22-year-old professional kite surfer comes in three months after injuring her right hip. She explains that she landed hard on a flat board during a competition, and although she was able to continue, she has developed near constant aching in the groin area of her right hip. She does not have any radiating symptoms to her lower leg. She denies having any mechanical symptoms of catching, locking, or previous hip pain. She is currently taking ibuprofen 200mg daily for pain relief.

Case #2: Mike

(Questions #6-#10)

After six months of aching pain over his left lateral deltoid, Mike comes to see you for exercises to “fix” his pain and loss of strength. You have seen him before for hip and knee osteoarthritis, and he has been able to control the lower extremity pain with exercises alone. He describes that his shoulder pain seems to be worse when he tries to reach overhead and when he sleeps. He is taking Tylenol which does help, but he is very frustrated with his loss of strength.

Case #3: The Teenage Basketball Player

(Questions #11-#15)

A 16-year-old basketball player comes in for performance maximization. He is hoping to make his high school team but isn't sure he will be able to. He describes his diet, and he is not getting enough vitamins, iron or protein. He describes his strength training routine to you—he is focusing on an upper body routine without addressing most lower leg muscle groups or balance work.

Case #4: A Professional Triathlete*(Questions #16-#20)*

A 26-year-old professional triathlete comes to see you because he has started to feel extremely run down and exhausted. He notes that his sleep has also been worse, his stress level is high due to some upcoming competitions, and he feels like his heartrate isn't responding the same way to his usual work outs. He does not have any cardiac symptoms of chest pain or shortness of breath, and his coach recently requested that he have the following laboratory tests completed, with the results noted:

- *CBC*: normal
- *Calcium*: normal
- *Creatine kinase*: normal
- *Total iron*: low
- *Vitamin D*: low

Case #5: A friend's sister's 17yr old son*(Questions #21-#25)*

Your friend sends you a text about her sister's 17-year-old son who fell at a ski race over the weekend. She describes that he twisted his knee, was unable to continue skiing, and that his knee swelled to the size of a cantaloupe overnight. He was seen at the emergency room immediately after the accident and x-rays were taken, he was put on crutches and given a knee brace, and told to take ibuprofen and follow up with orthopedics.