

Spring 4-2-2021

Brachial Plexus Injury in 16 Year Old Football/Soccer Player

Becca Goldman
rebecca.goldman25@gmail.com

Follow this and additional works at: <https://kb.gcsu.edu/grposters>



Part of the [Kinesiotherapy Commons](#), and the [Other Rehabilitation and Therapy Commons](#)

Recommended Citation

Goldman, Becca, "Brachial Plexus Injury in 16 Year Old Football/Soccer Player" (2021). *Graduate Research Posters*. 21.
<https://kb.gcsu.edu/grposters/21>

This Poster is brought to you for free and open access by the Graduate Research at Knowledge Box. It has been accepted for inclusion in Graduate Research Posters by an authorized administrator of Knowledge Box.

BRACHIAL PLEXUS INJURY IN 16 YEAR OLD FOOTBALL/SOCCER PLAYER

Becca Goldman

School of Health & Human Performance

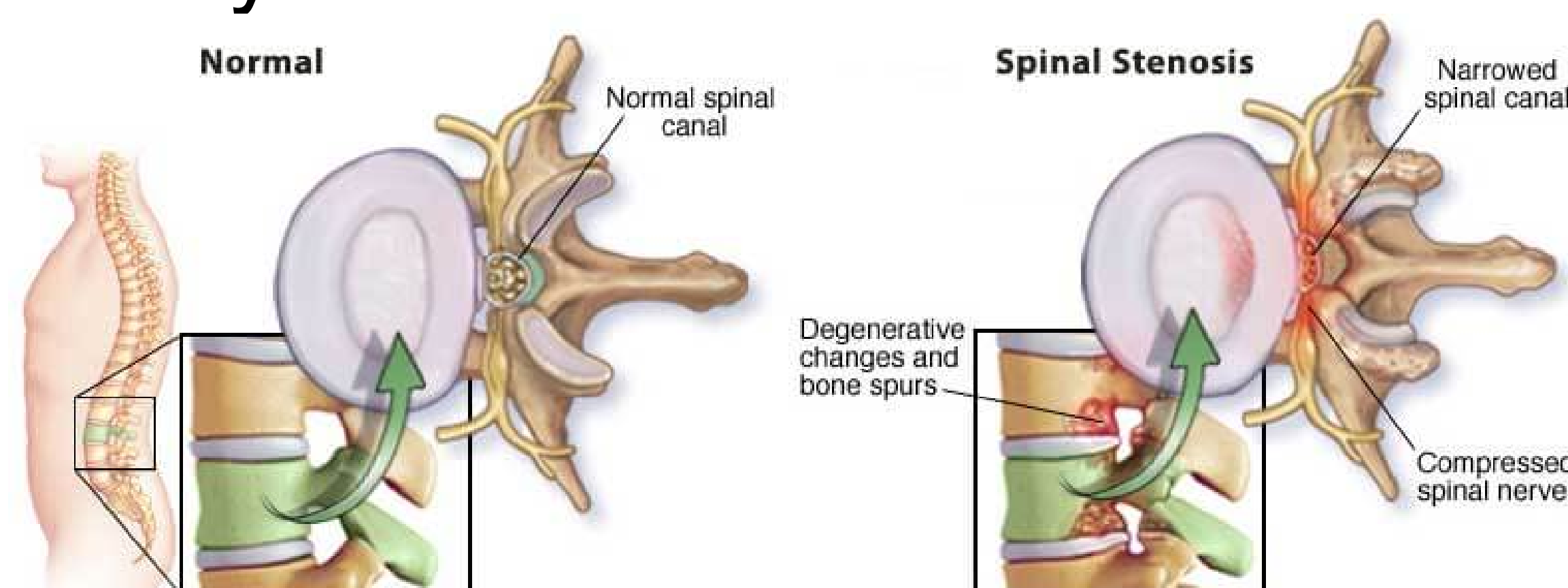
Georgia College & State University, Milledgeville, GA

Objective

- To present the case of a 16-year-old soccer/football player with a brachial plexus injury.

Patient Background:

- 5'7" 190lb. Caucasian defensive end/offensive lineman in football and midfielder in soccer
- Patient had pain and difficulty performing bench press during weight lifting.
- Pt displayed atrophy in the shoulder region, upper trapezius region, and pectoralis region on the right side.
- The athlete reported symptoms related to a "stinger injury". Reported feeling these symptoms up to 5 to 6 times a day.



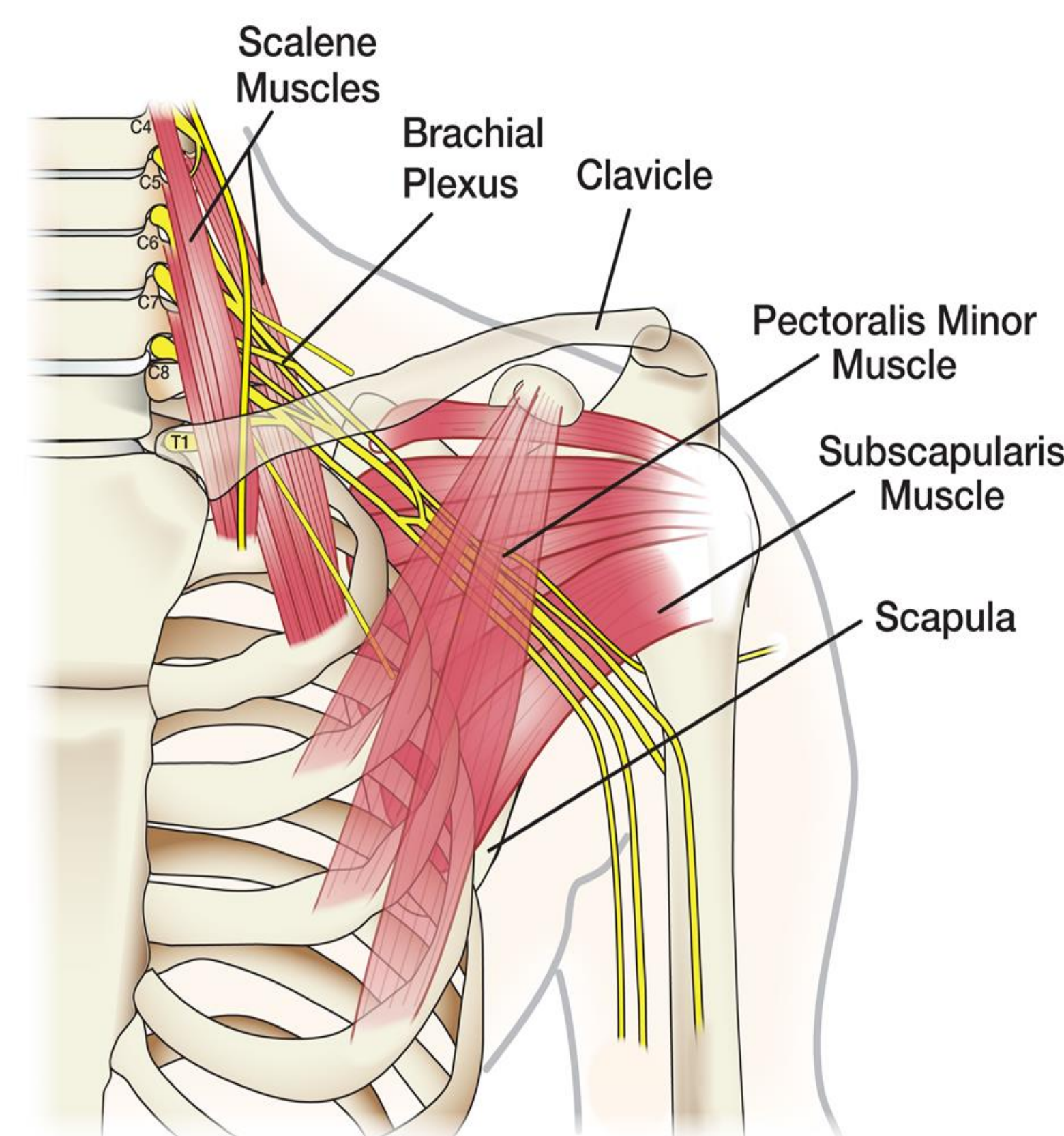
Physician Treatment

December 2017:

Diagnosed with brachial plexus stretch injury and spinal stenosis at C3-C4.

January 2017: Physician prescribed anti-inflammatories to control pain.

Athletic Trainer's Treatment



January 2017 to May 2017

- Traction to cervical spine to increase space between cervical vertebrae.
- Strengthening of trapezius, pectoralis, deltoids, and rotator cuff muscles.
- Modifications made to the athlete's weightlifting techniques to compensate for lack of strength and to protect cervical spine.

Uniqueness:

A brachial plexus injury is said to affect 50-65% of American football players at least once in their careers. However, spinal stenosis in adolescents is very rare and generally affects individuals 50 and older.

Conclusion:

- Diagnosis:
 - Diagnosed with brachial plexus stretch injury and spinal stenosis of C3-C4
- Outcome:
 - Able to return to football and soccer.
 - Athlete given Kerr Collar to wear during football to protect cervical spine and moved to just offensive lineman to avoid certain positions or motions at the neck that typically occur in the defensive end position
 - Instructed to abstain from headers during soccer.
 - Pt reported minimal to no symptoms after rehab was complete.

