



CONCERNED PARENT...

17 Year Old Tennis Player with Arthritis?

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‘My 17 Year Old Daughter Has Arthritis?’

o CAN IT BE TRUE?

The short answer isYES. There are arthritic conditions that even teenagers can have.

- o This parent mentioned her tennis player daughter had seen an Orthopedist. That’s a great start. I’m in no position, especially not having seen this athlete to offer any definitive diagnosis for her.

o TENNIS SERVE-HAND WRIST PAIN

- o Common Injuries
 - Musculotendinous Strain, Tendonitis, Ligament Sprain
- o I’d recommend contacting the Ortho doctor to get some of your questions/confusions answered more thoroughly and to confirm not only the diagnosis but their suggested treatment

o BIG PICTURE

Why Did The Wrist Start Hurting...that’s the million dollar question - RIGHT?

- o She needs a biomechanical evaluation to assess what we call her Kinetic Chain, or her whole system
- o Other body parts underperforming can be at the heart of her wrist pain. Certainly the nearby shoulder, scapula, thoracic spine, neck need to be checked – but key areas are always the feet and hips too.

FIND THE REAL UNDERLYING CAUSE TO PREVENT THAT SAME INJURY FROM COMING BACK!

**GET A THOROUGH EVALUATION FROM AN
APPLIED FUNCTIONAL SCIENCE TRAINED PT.**



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