

## Case # 4429: Hip

High School long distance runner entered the office reporting sharp pain in his left hip that radiated into his lower back. The patient was a junior and was competing for the state title in cross country. This patient was unable to run his normal mileage in practice due to the pain. He eventually had to stop running due to the pain began to grow worse as time continued.

The patient had treated with two other sports injury doctors who told him that he had to cut his mileage down and that he may have to take the year off to rest.

He was treated for approximately 5 treatments and he was able to continue to run without any pain. He was advised to go through a series of rehabilitation to strengthen the area.

The patient went on to not only compete at a high state level he ended up getting a scholarship to a prestigious Ivy League University.