OMT in Sports Medicine April 2022

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Former director of the manual medicine

for the OSU Sports Medicine Fellowship at the Stillwater Campus 1996 to 2005



I would like to dedicate this lecture in memory of Ken Smith, D.O.

The first osteopathic physician to serve as the team physician for the Oklahoma State Cowboys in Stillwater

• Along with Tom Allen, D.O. and myself, started the sports medicine fellowship at OSU and it continued until Ken left the team physician position in 2005.

OSU side lines the three amigos

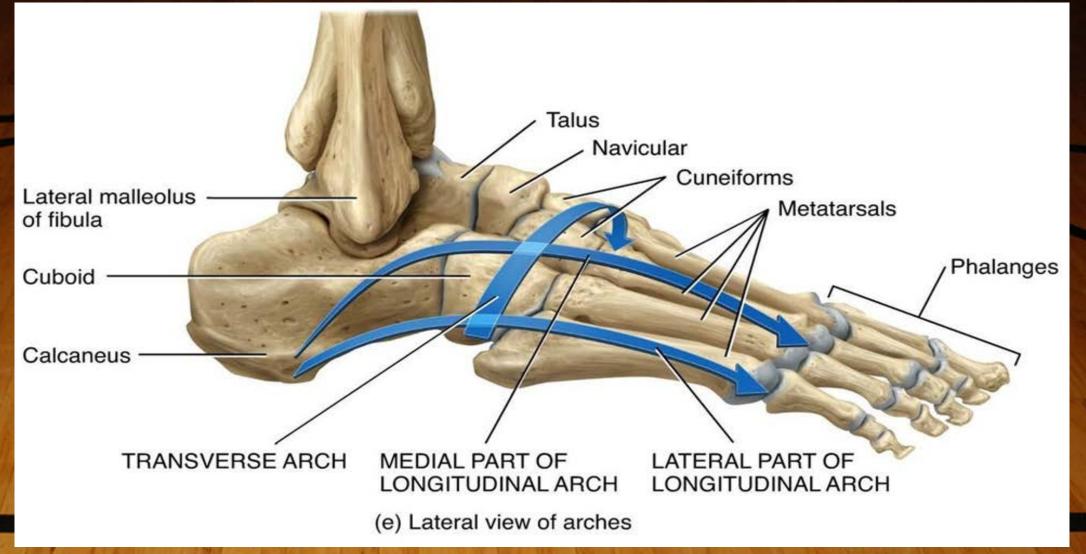
I have no conflict of interest and will not use off label recommendations of medication during this lecture

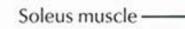
- To be able to visualize an issue an athlete has by and through observation
- To improve an athlete's performance through assisting the body to reach its best level of function and movement
- The objective of this lecture is to enable the ability to diagnose and treat musculoskeletal issues in the athlete



Quit whining. It's just a satchel for carrying them. No one's going to call it a "man purse".

Start at the Feet and go up





Fibularis (peroneus) longus muscle-

Fibularis (peroneus) brevis muscle-

Calcaneal (Achilles) tendon

Common tendinous sheath of fibularis (peroneus) longus and brevis-

Subcutaneous calcaneal bursa -

(Subtendinous) bursa of calcaneal tendon

> Superior and -Inferiorfibular (peroneal) retinacula

> > Calcaneus

Extensor digitorum brevis muscle-

Abductor digiti minimi muscle-

Lateral view

Extensor digitorum longus muscle

Superior extensor retinaculum

Tendinous sheath of tibialis anterior

Lateral malleolus and subcutaneous bursa

/Inferior extensor retinaculum

Tendinous sheath of extensor digitorum longus and peroneus tertius

> Tendinous sheath of extensor hallucis longus

Look at what can hurt

Fibularis (peroneus) longus tendon

Fibularis

brevis

tendon

Fibularis (peroneus) tertius tendon (peroneus) Tuberosity of 5th metatarsal bone



Medial view

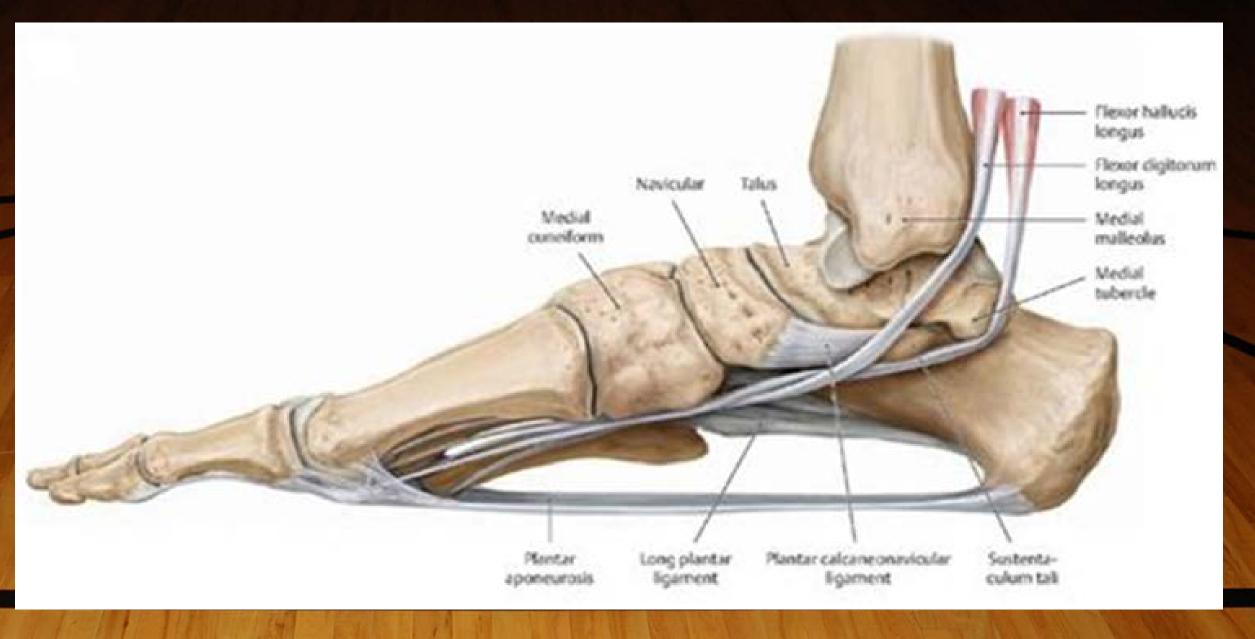
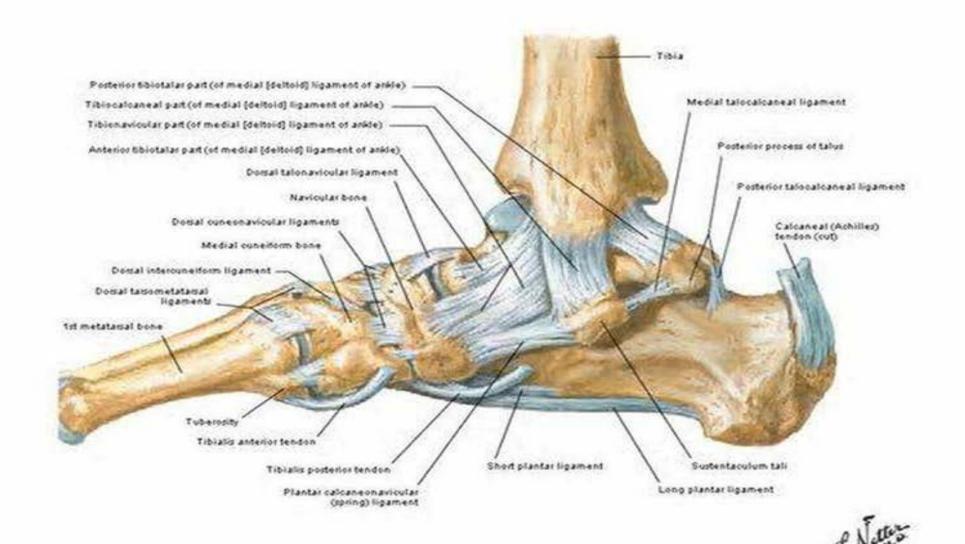


Plate 509B

Ligaments and Tendons of Right Ankle Medial View



AS A DISCIPLE, IT WASN'T EASY TO SNEAK AWAY FROM JESUS FOR A DAY OF GOLF. Can't join you today, Lord.) Got a cold. You're healed. rats.

rendons and rigaments of the knee

The knee is the largest and most functional of all human joints, with many asymmetries of design and function. The ligaments, especially the anterior cruciate ligament Fibular (ACL), form a collateral complex structure ligament that holds the upper Lateral and lower bones meniscus together and guides the knee when in motion. Nerves are Transverse embedded in the ligament ligaments and signal stresses on the knee. Rear view of the right knee

> Medial meniscus Tibial collateral

Posterior cruciate ligament (PCL)

ligament

Tibia

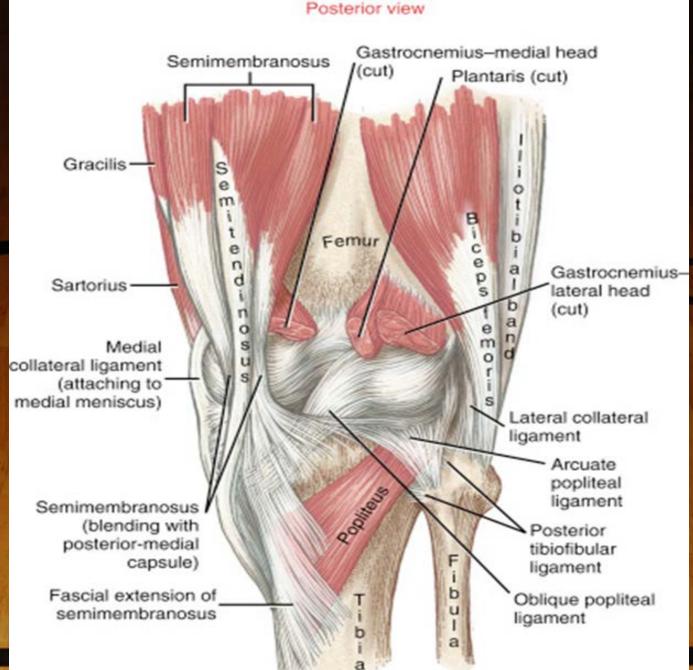
Note: Veins, nerves and some muscles are not shown to preserve clarity of the knee area.

Fernu

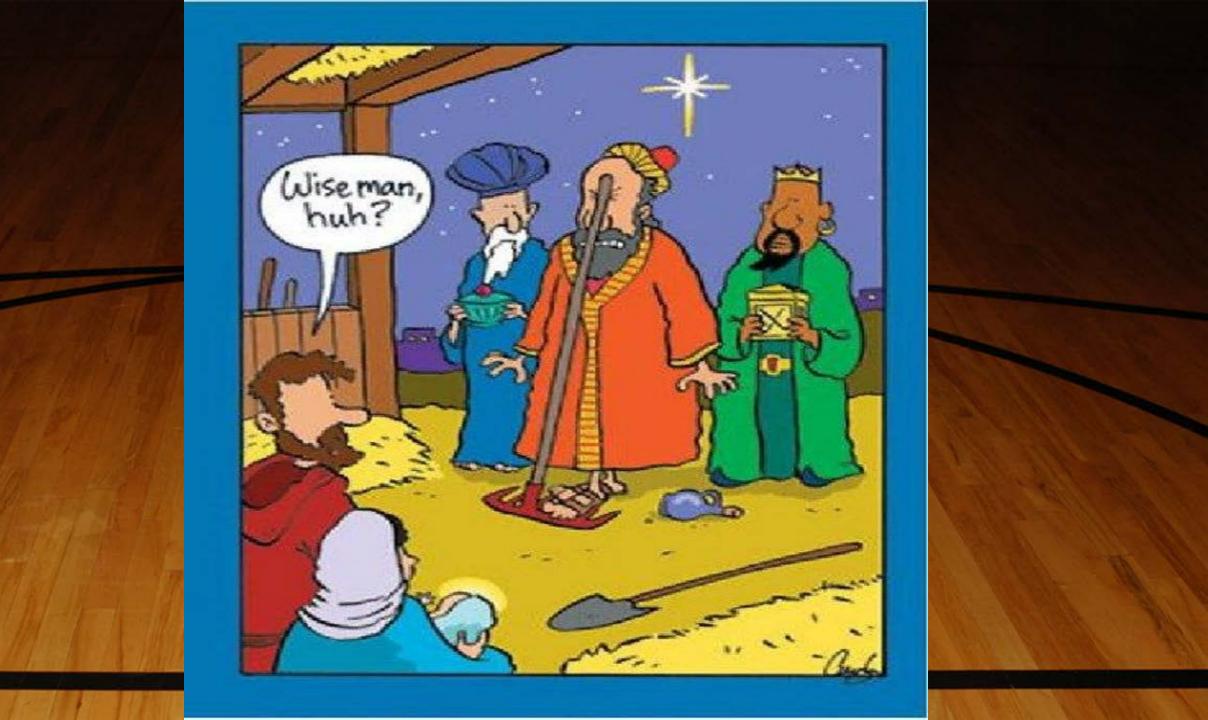
Front view of the right knee

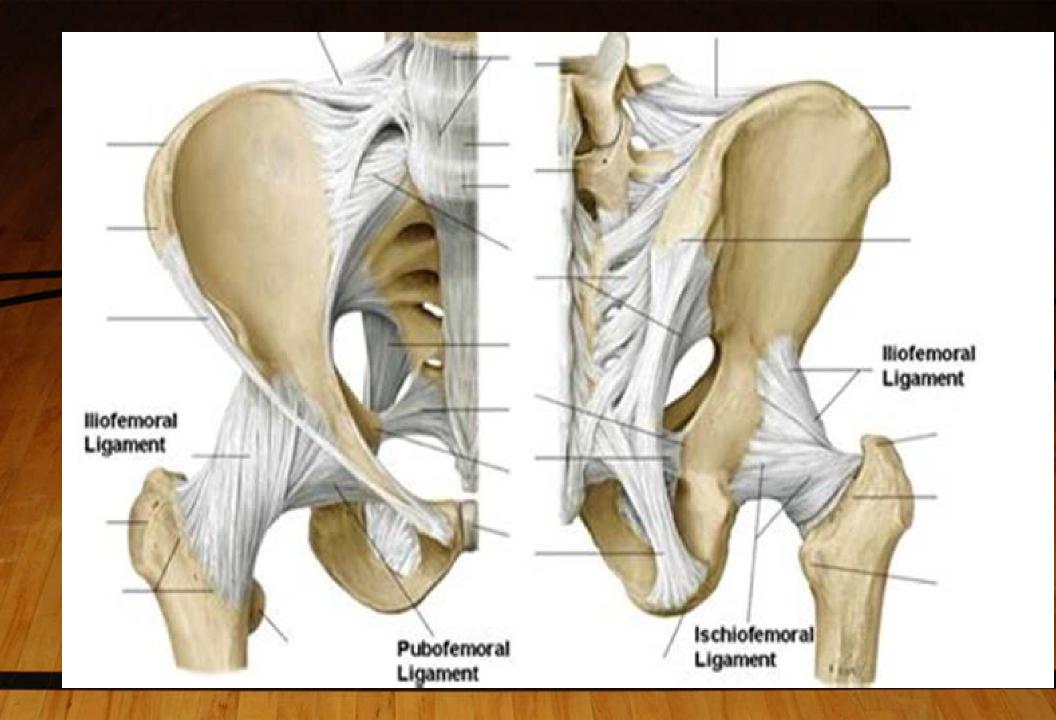
Anterior cruciate **Overuse injuries such** ligament (ACL) as patella tendinitis and chondromalacia Patella affect the kneecap Articular cartilage Posterior cruciate ligament (PCL) Medial meniscus Tibial collateral ligament Meniscuses are the most common sites of athletic injuries The ACL bears the brunt of knee pivoting under load Popliteus tendon (cut) Fibular collateral ligament Lateral meniscus Fibula Sources: "Anatomy and Biomechanics of the Anterior Cruciate Ligament" by Dr. Scott F. Dye and Dr. W Dilworth Cannon Jr.: "Atlas of Human Anatomy" by Dr. Frank Netter.

JOHN BLANCHARD / The Chronicle

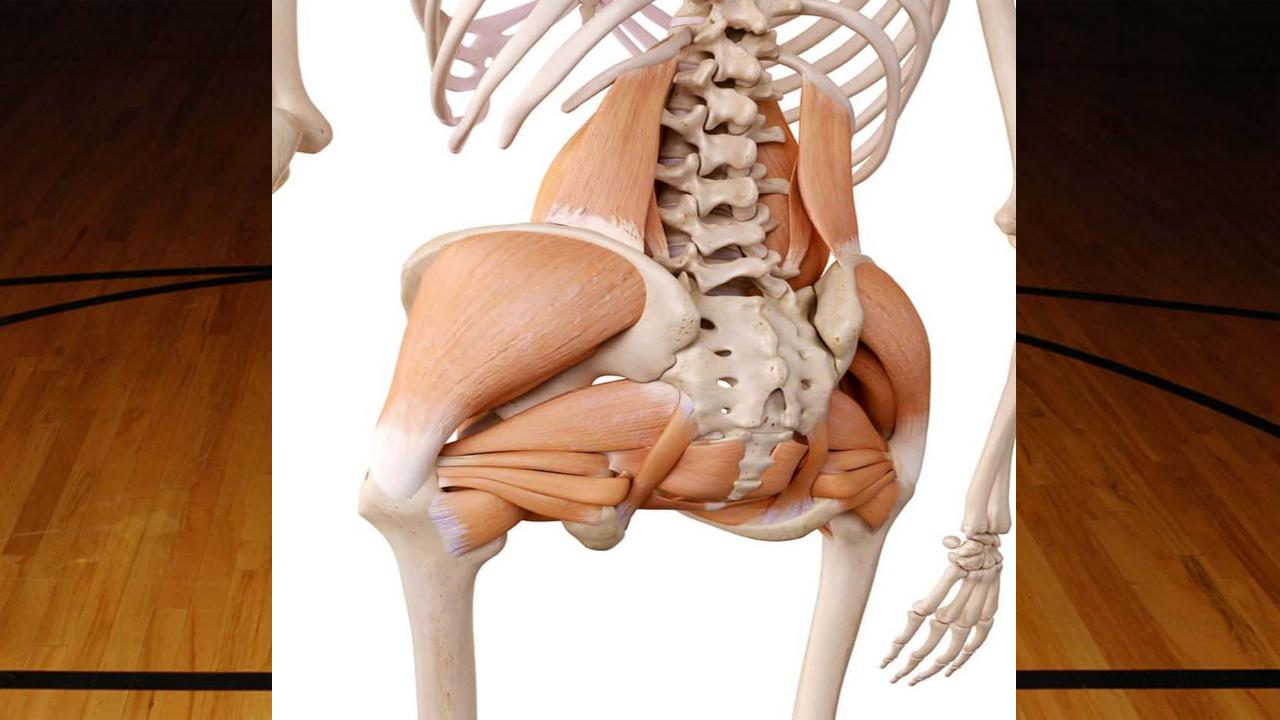




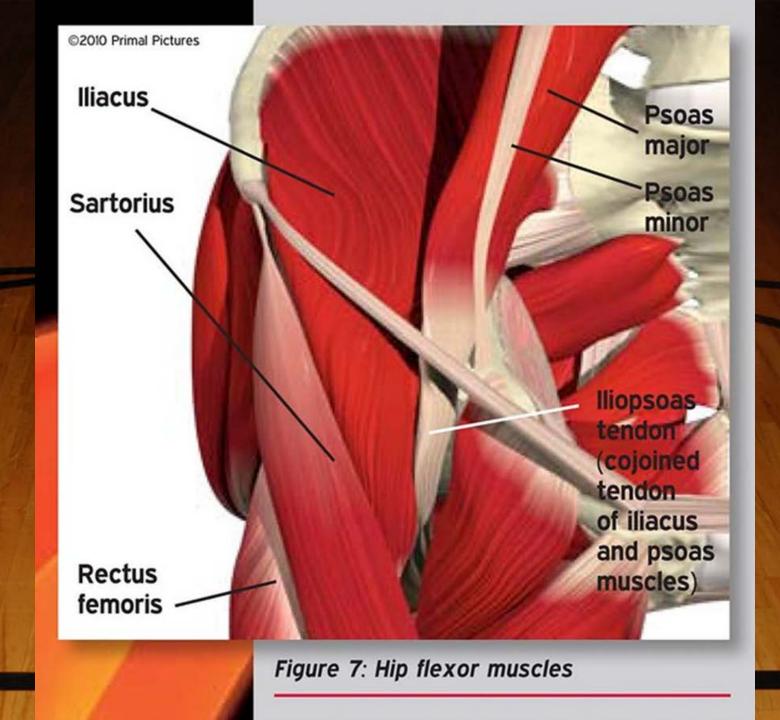




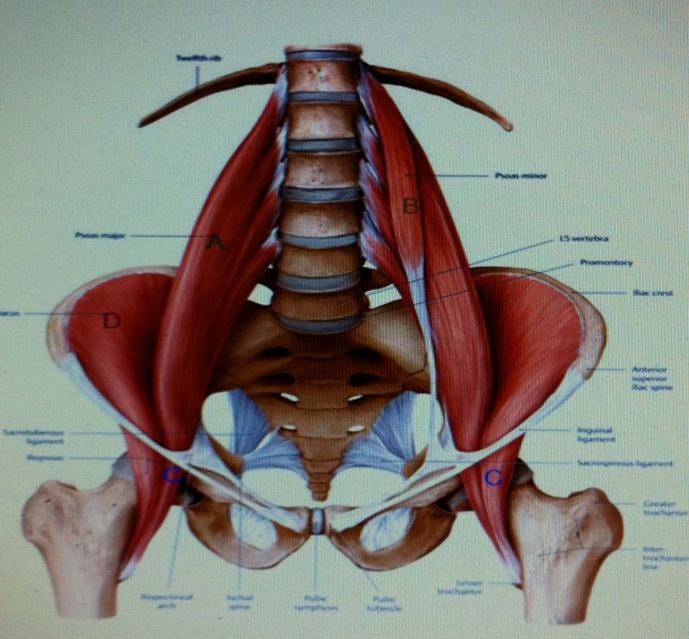












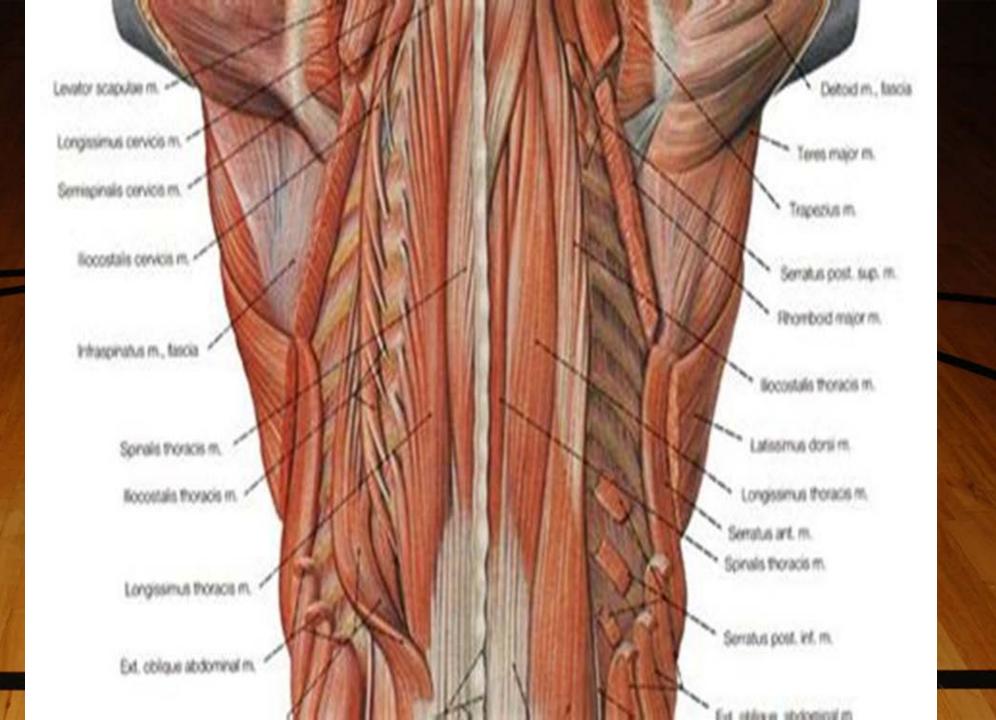


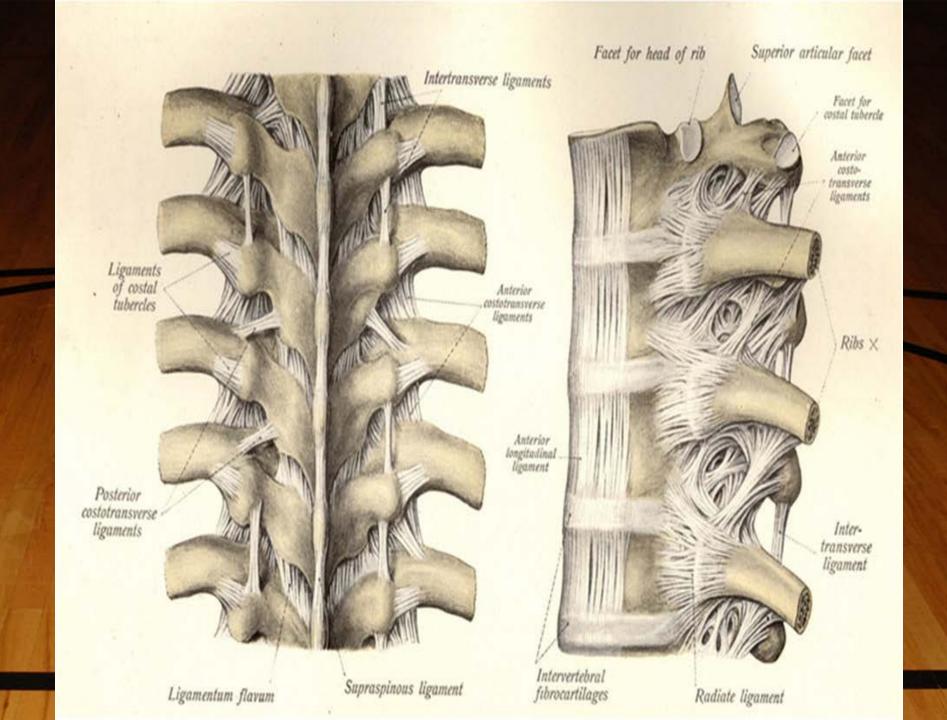






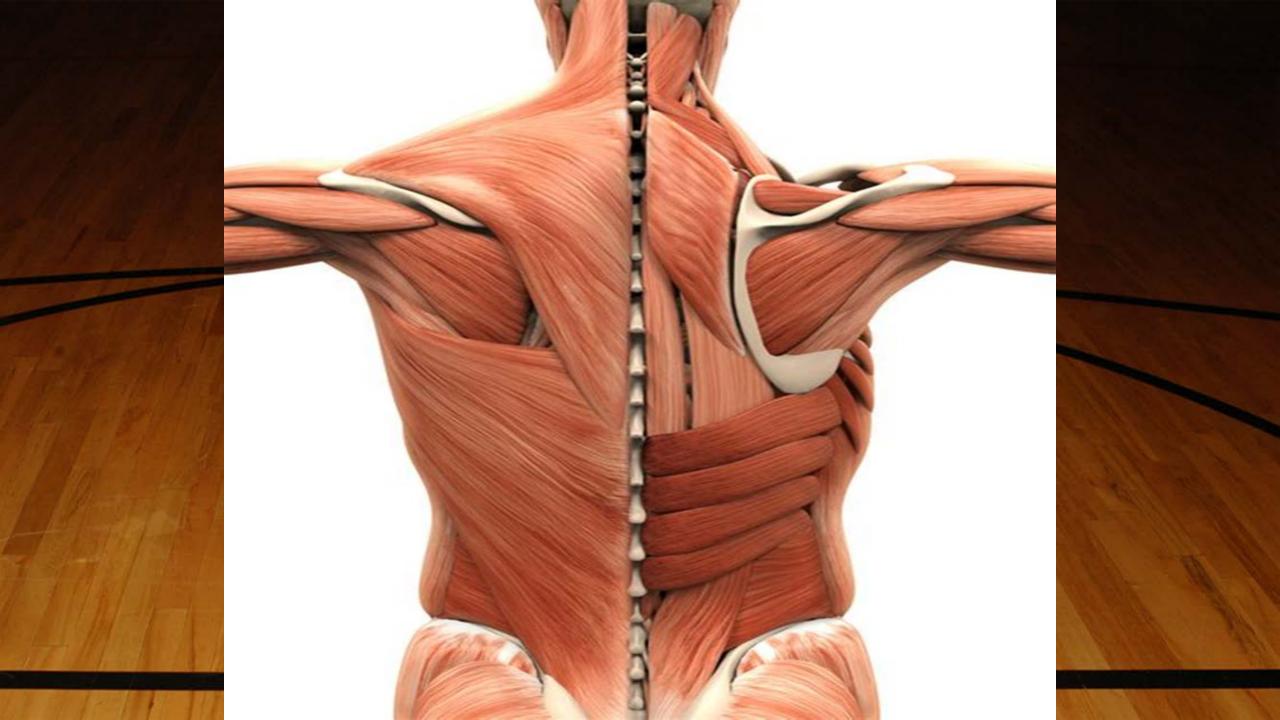












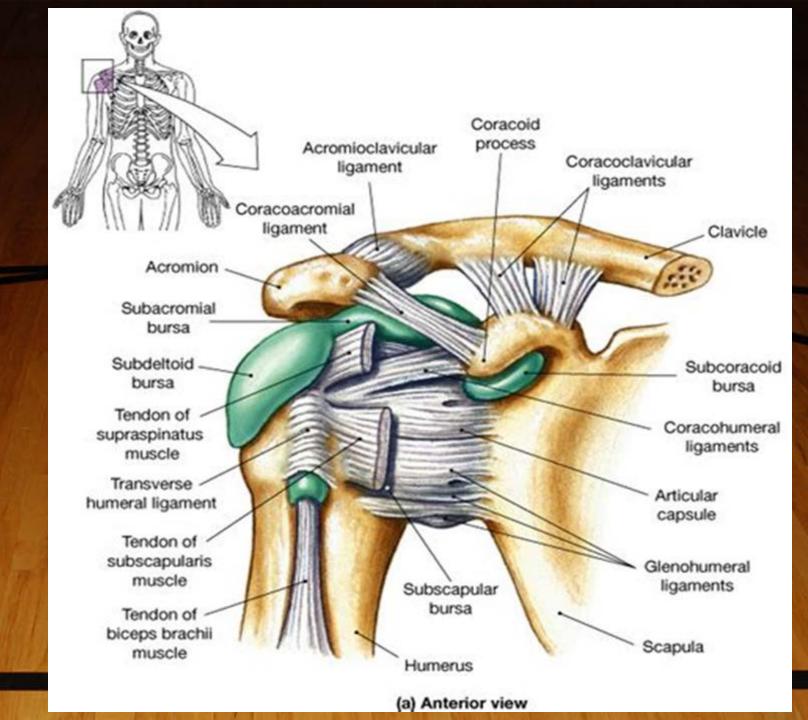


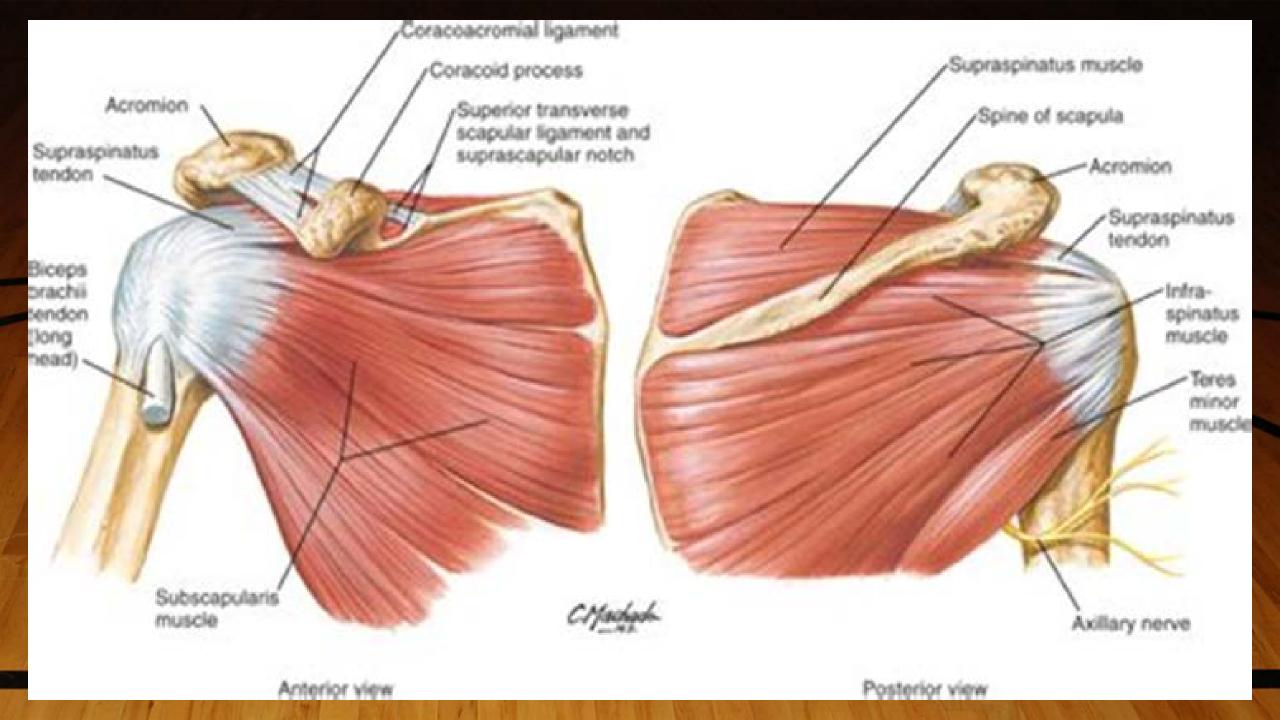
I am currently trying to eat healthy.

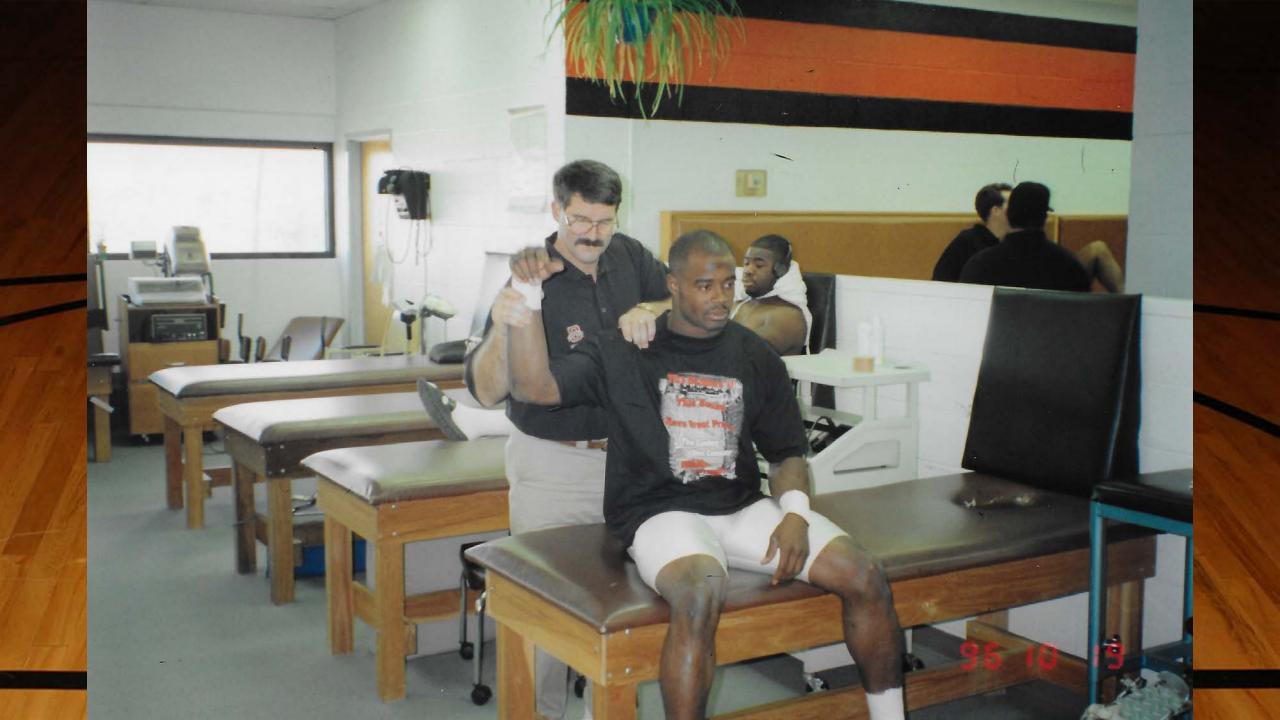
I don't put salt on my Ice Cream
I eat only decaffeinated Pizza
I drink only fat free Beer

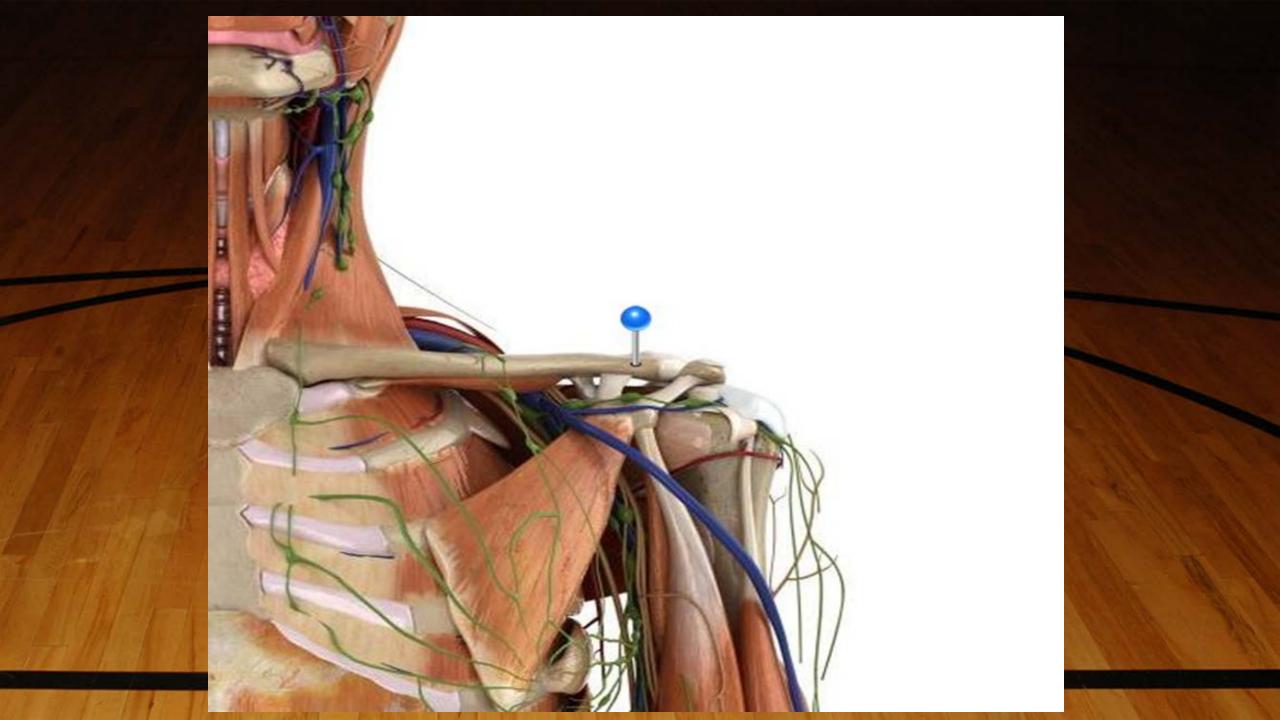




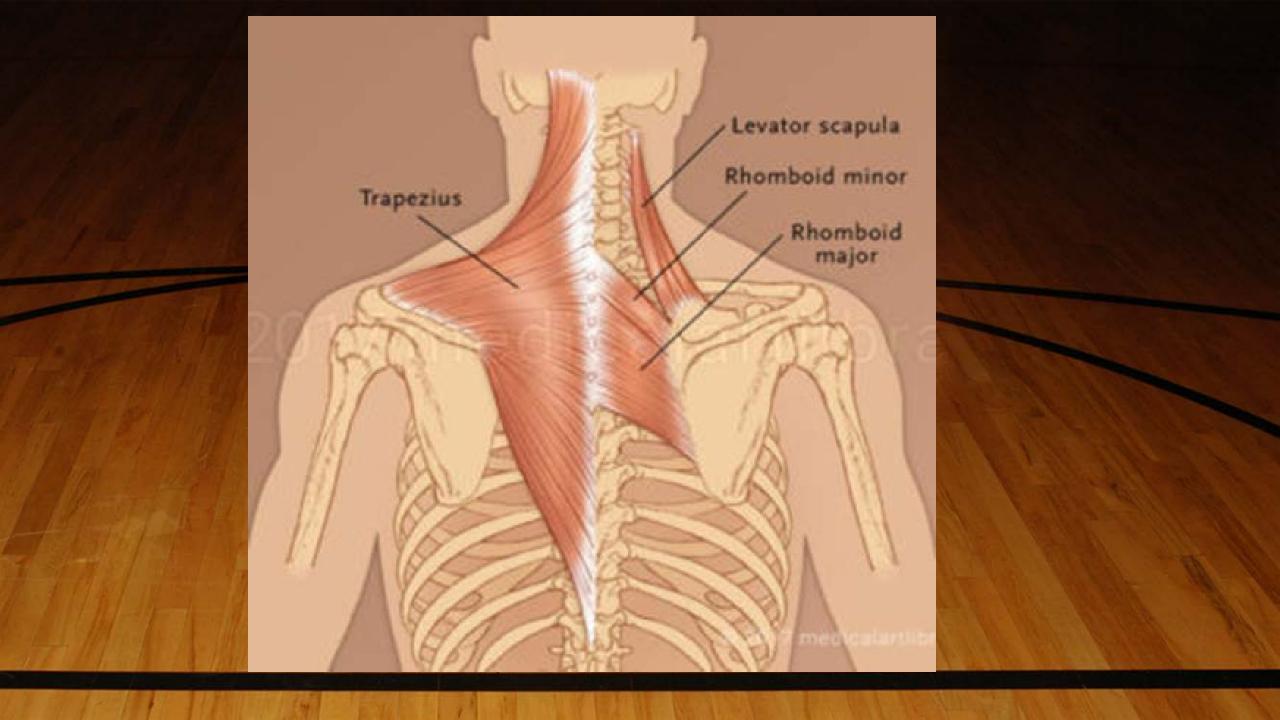










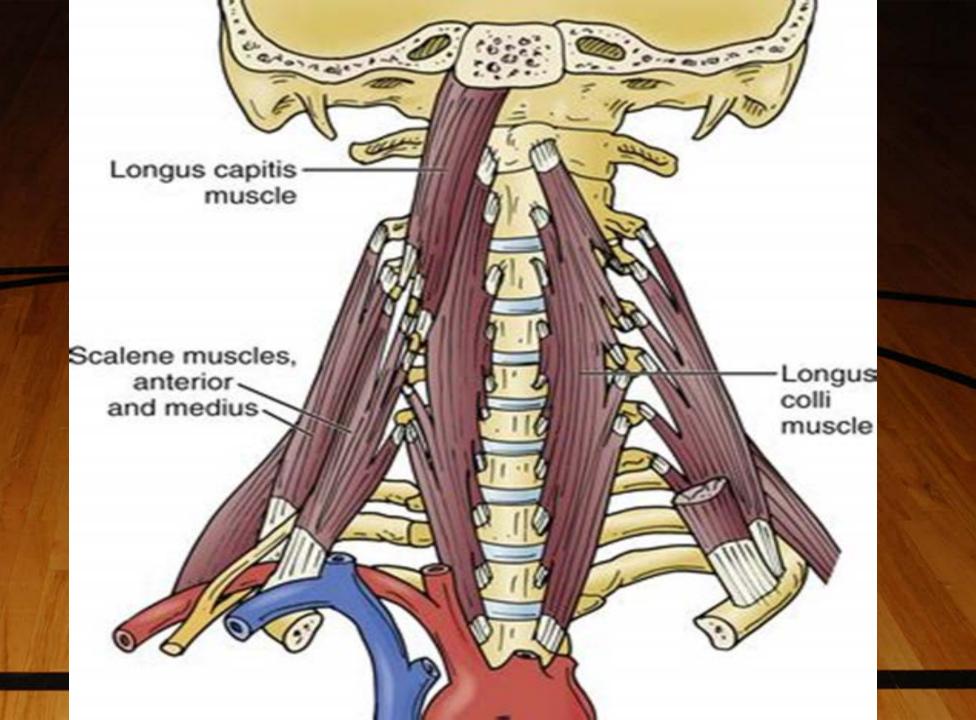




- 2019 We are told to stay away from Negative People
- 2020 We are told to stay away from Positive People
- 2021 We are told to stay away from People period









Any Questions

If not, it has been a pleasure to share some of my memories and hopefully a pearl or two that you can use to help the athletes in your life.

There is no good way to win a fight with a skunk