Conservative treatments have included rehabilitation protocol for an FHL tendinopathy and subsequent repair in a skateboarding athlete has not been well documented.

Purpose
- To investigate a comprehensive PT protocol, including video feedback after an FHL repair in a skateboarding athlete.

Foundation
- Skateboarding injuries increased 378.9% between 1994-2008 as the sport gained popularity.2
- Michaelson and Dunn (2005) reported 100% of the patients receiving surgery for an FHL tear (n=23) had successful clinical outcomes.1
- Conservative treatments have included stretching, modalities, and short term immobilization.1
- Video feedback has been broadly researched in movement and sports performance,3 but not in post-surgical FHL patients.

Observations

<table>
<thead>
<tr>
<th>Range of Motion (degrees)</th>
<th>Initial Exam:</th>
<th>Discharge:</th>
</tr>
</thead>
<tbody>
<tr>
<td>PROM R ankle: DF: -16°</td>
<td>AROM R ankle: DF: 20°</td>
<td></td>
</tr>
<tr>
<td>PF: 52°</td>
<td>PF: 50°</td>
<td></td>
</tr>
<tr>
<td>INV: 11°</td>
<td>INV: 30°</td>
<td></td>
</tr>
<tr>
<td>EV: 14° pain</td>
<td>EV: 15°</td>
<td></td>
</tr>
<tr>
<td>MTP 1 flex: 20°</td>
<td>MTP flex: 30°</td>
<td></td>
</tr>
<tr>
<td>MTP 1 ex: 40° pain</td>
<td>MTP 1 ex: 45°</td>
<td></td>
</tr>
</tbody>
</table>

Strength (MMT)
- R ankle NT L ankle full
- R ankle full R MTP1 flex/ex full

Edema (cm)
- R: 53.5 L: 53.5
- R: 53.7 L: 53.7

Numeric Pain Rating Scale
- 6/10 at rest and with activity
- 0/10 at rest and with activity

Lower Extremity Functional Scale
- 22/80 =27.5%
- 53/80 = 66.25%

Conclusions
- This case report suggested that a comprehensive PT program that included stretching, strengthening, functional activities, and video feedback for gait training was beneficial in returning a former skateboarder back to full function after an FHL repair.

References

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