Low back pain (LBP) in young athletes who participate in sports requiring repetitive flexion/extension/rotation of the spine is common among females, especially during periods of rapid growth (1). Information collected by Oliver and Plummer on ground reaction forces, kinematics, and muscle activation during the windmill softball pitch indicates how crucial strength and conditioning of the gluteal muscle group is to prevent injury during this movement pattern (5).

**Purpose**
This case report describes the examination, evaluation, and PT interventions for a female high school softball pitcher with hip and core weakness, and bilateral hip hypermobility leading to low back and hip pain.

**Patient History**
15 y/o female softball pitcher with 1.5 year history of low back pain and recent onset of hip pain. 9/10 pain with activity, 6/10 pain at rest. Patient hopes to return to pitching with little to no symptoms within 7 weeks of start of care to participate in an elite adolescent softball tournament in Europe.

**Impairments**
- Decreased strength of hip and core
- Decreased ROM
- Decreased balance
- Pain in left hip and low back

**Short Term Goals (3-4 weeks)**
Independence and compliance with HEP to improve ROM, basic strength, and symptoms management

**Activity Limitations**
- *ADLs (sitting, walking)*

**Participation Restrictions**
- Unable to participate in recreational activities
- Unable to sit through a full class period

**Long Term Goals (7 weeks)**
Independence with a full home and gym hip and core strengthening and mobility program

**Interventions**
60 minute sessions, 2 days a week, for 7 weeks, 13 visits of physical therapy

**Outcomes**

<table>
<thead>
<tr>
<th>Movement</th>
<th>Side-to-Side</th>
<th>Right</th>
<th>Left</th>
<th>Right</th>
<th>Left</th>
</tr>
</thead>
<tbody>
<tr>
<td>Step Up Down</td>
<td>Planks</td>
<td>Side Planks</td>
<td>Lat Pull Downs</td>
<td>Scaption</td>
<td>Belly Press</td>
</tr>
</tbody>
</table>

**Discussion**
The time constraint the patient and her mother placed on her rehabilitation due to her softball tournament likely had a negative effect on patient outcomes. Unfortunately, he patient did not return to therapy after the tournament, which limited the ability to use outcome measures to report progress.

**References**