

Case Study – MR H 20 yo Male – Thoracic back pain

Subjective.

Mr H presented complaining of 10 year history of thoracic back pain, insidious onset, multiple musculoskeletal injuries but none to spine. Pain is described as constant ache, aggravated by scrum in rugby otherwise stays consistent, no reported easing factors.

Socially Mr H is working as a personal trainer, able to continue his job. He plays elite level rugby for England U21 Deaf Squad and travels extensively for this. He trains twice a week with matches on Saturdays. He completes his own gym program twice per week. He avoids deadlifts as he thinks they will increase his pain.

Any further subjective questions?

No early morning stiffness, no interrupted sleep, no radiculopathy, no P+N/Numbness in upper or lower limbs, no bladder and bowel symptoms.

Past Medical History includes partial deafness (congenital), Multiple patella dislocations, elbow dislocation, #metatarsal, feels well in himself, recently started anti-depressant due to anger issues. No other medications.

What Objective Testing would you like to do?

Objective

Mr H is 6'2", muscular, and slightly kyphotic. He has striae in various areas of his body such as shoulders, upper arms and stomach.

Beighton score is 7/9 (2x elbows, 2x thumbs, 2x MCPs and lumbar spine)

Spinal range of motion is full but pain is reproduced with lumbar extension, left side flexion, thoracic rotation and thoracic extension. Full pain free hip range of motion.

Strength 5/5 globally upper and lower limbs, normal sensation, normal reflexes. SLR negative.

Pain to palpation globally to thoracic spine musculature.

N.B. significant scapular motion differences between right and left shoulder. Asymptomatic.

Differential Diagnosis?

Plan?

Follow up 2/52

Back pain completely resolved in 5/7 of graded deadlifts, now lifting 75% bodyweight with no issue. No pain after matches now.

Yesterday in training, shoulder injury.
?subluxation

Follow up 4/52

Continues with no back pain, lifting 100% bodyweight with deadlifts

Rotator cuff irritation from shoulder injury limiting overhead activities