

SAVING A TORN MENISCUS

Advanced repair saves sports career

Last summer, Calvert Hall varsity soccer player Elliott Crompton aggressively jumped up for a header during a scrimmage and, as he came back down, “something weird happened” in his knee. “No big deal,” he thought, and kept playing.

But the next day, he called his mom at work to say, “I can’t move.” He was seated at his computer with his knee locked.

His mother rushed home and somehow got Elliott over to see Calvert’s sports trainer Chris Zinn. After

getting Zinn’s assessment, Elliott and his mom decided to make an appointment with orthopaedic surgeon Dr. Alvin Detterline, also the team’s physician.

The diagnosis was a pretty common sports injury – a tear to his lateral meniscus, the outer cartilage cushioning the knee.

With Detterline’s guidance, Elliott made a very important decision; he chose treatment with a lengthier recovery but the best possible result. Instead of removing the meniscus, Detterline performed an intricate

operation. In the hands of an expert, this gave Elliott’s knee many playing years.

“There are a fair amount of athletes who don’t want to take the time to recover,” said Detterline, who trained at the Cincinnati Sports Medicine and Orthopaedic Center with Dr. Frank Noyes, a world pioneer in the field. “But in our practice, we see patients in their 20s with arthritis due to injuries for which the meniscus was removed.”

For Elliott’s repair, “I used an inside-out technique, passing seven stitches from inside the joint to outside the joint, forming a U shape around the meniscus,” explained Detterline. He also moved the meniscus back into place while



Dr. Detterline (left) talks with Chris Zinn of Calvert Hall.

viewing his work through an arthroscopic camera.

“I wanted to give Elliott the best chance to heal,” said Detterline. “No one wants a knee replacement when they’re 35.”

After a season off, Elliott

is back on the field. “His rehab went very well and was very comprehensive,” said Zinn. “Dr. Detterline’s first and utmost response is the health and safety of our athletes, which is a most attractive quality.”

The Need for Good Knees: Treating Knee Injuries & Pain

Thursday, October 8, 7 p.m.

Presented by Dr. A. J. Detterline

Call 410-337-1479

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