

# Ethical Dilemmas Sports Medicine

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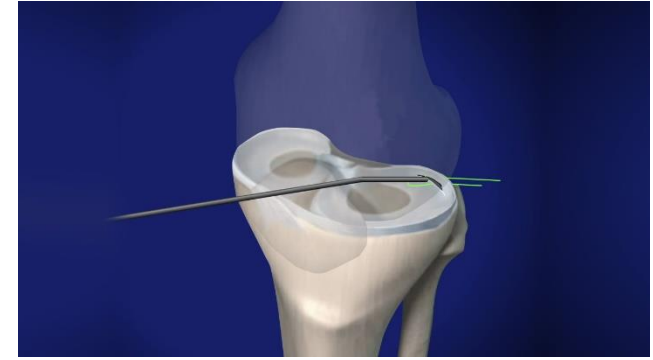
# Four Principles of Medical Ethics

- Autonomy
- Beneficence
- Non Maleficence
- Justice



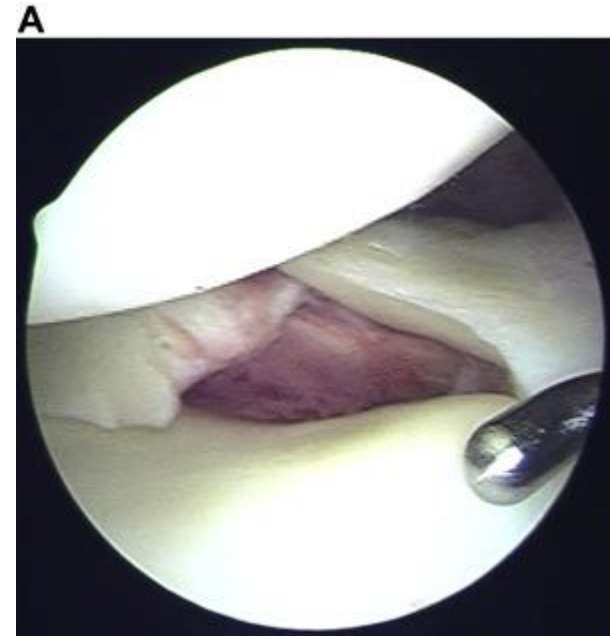
# Three Common Scenarios in Sports

- In season repairable meniscus tear
- In season first time shoulder dislocation
- In season ACL tear lineman



# Case 1: 17 y.o. college hopeful wrestler

- Mid season radial tear lateral meniscus
- Father is obstinate against repair
- Mother is nurse and supports what is best
- What do you do???????



# Considerations

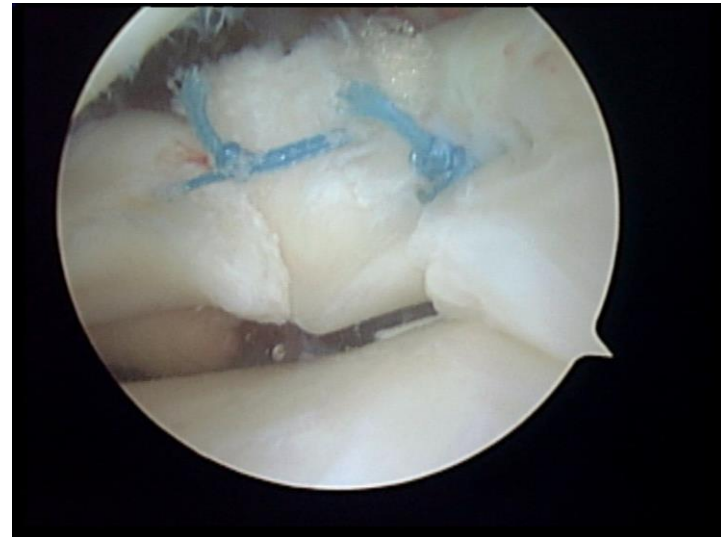
- Lateral meniscus the 'lifeblood' of the knee
- Almost certain DJD with excision
- Some experience instability with excision
- Medicine is 'not a popularity contest' with parents

# Guides for Decision Making

- Autonomy: MUST inform patient and parents of consequences of lateral meniscectomy
- Beneficence: 'Mission' is long term well being of patient
- Maleficence: Primum non nocere

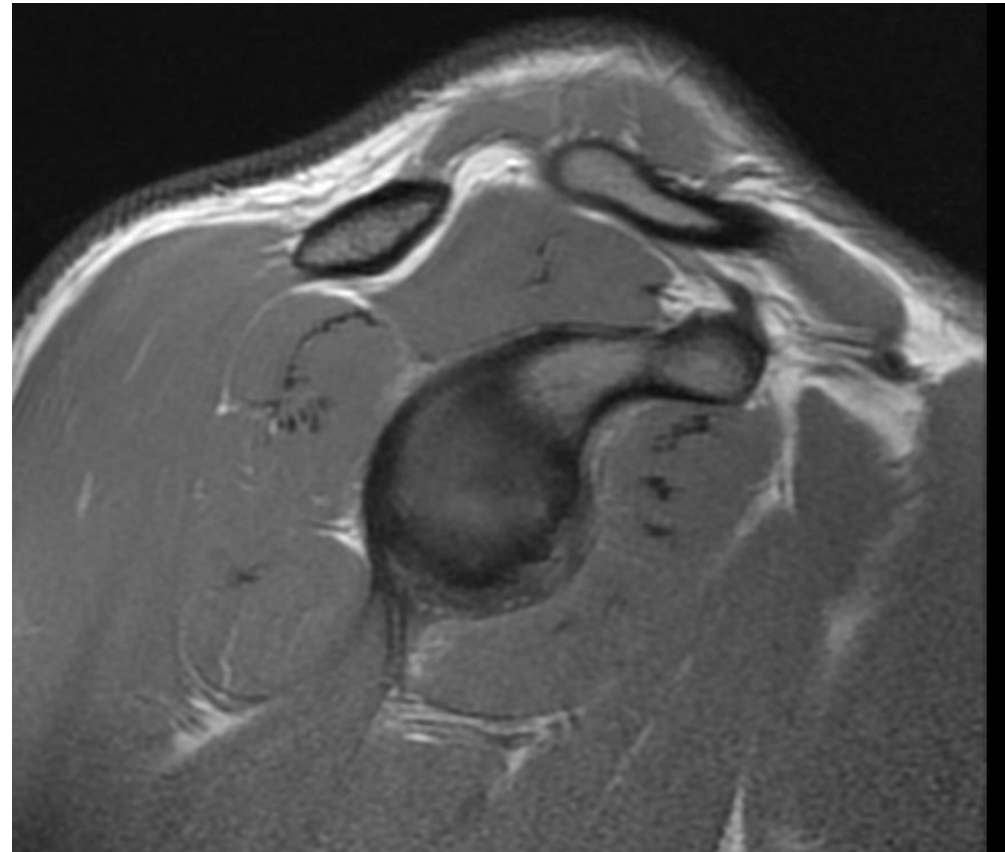
# Result: Repaired

- Took the 'heat' from dad
- Successful repair
- Competed, earned partial scholarship college wrestling
- RE-TORE
- RE-REPAIRED



# Case 2: Pre Season First Time Shoulder Dislocation 21 y.o. Linebacker

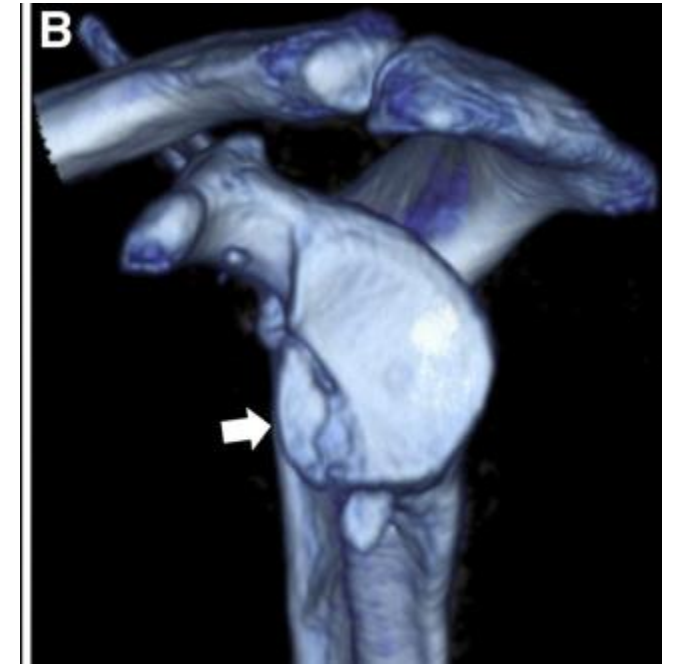
- Captain of team
- 'I aint gonna redshirt'
- Minimal symptoms

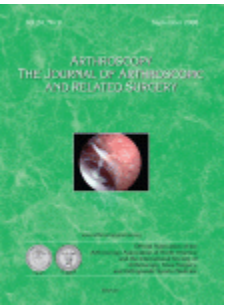




# Considerations

- Bone loss: predicts recurrence
  - Don't let sun set on a bony bankart
- Exam: apprehension vs pain
  - higher or lower degrees abduction





# Bony Apprehension

Bushnell

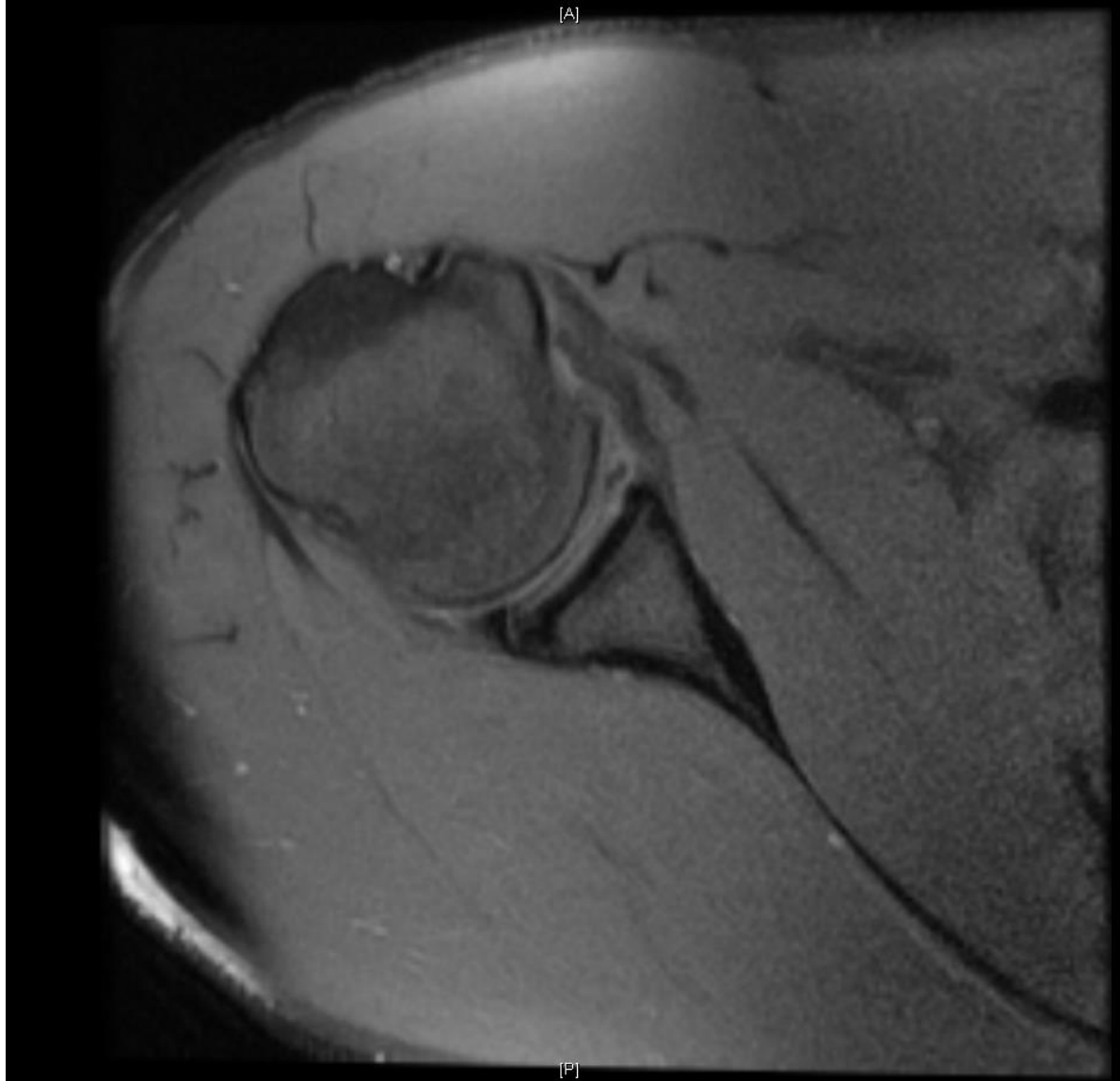
- Better than Xray
  - 25% Glenoid Loss
  - Engaging Hill Sachs



# Considerations

- Recurrence and GH arthritis
- Bracing???
- ‘do you trust your shoulder?’



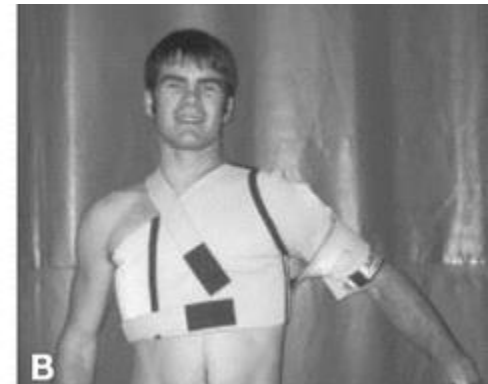


# Buss Non OP Rx for 'In Season Athletes' w Anterior Instability

- 30 athletes anterior instability during season
- 26 able to return and complete season
- Avg. 10.2 days missed
- 37% additional instability episode



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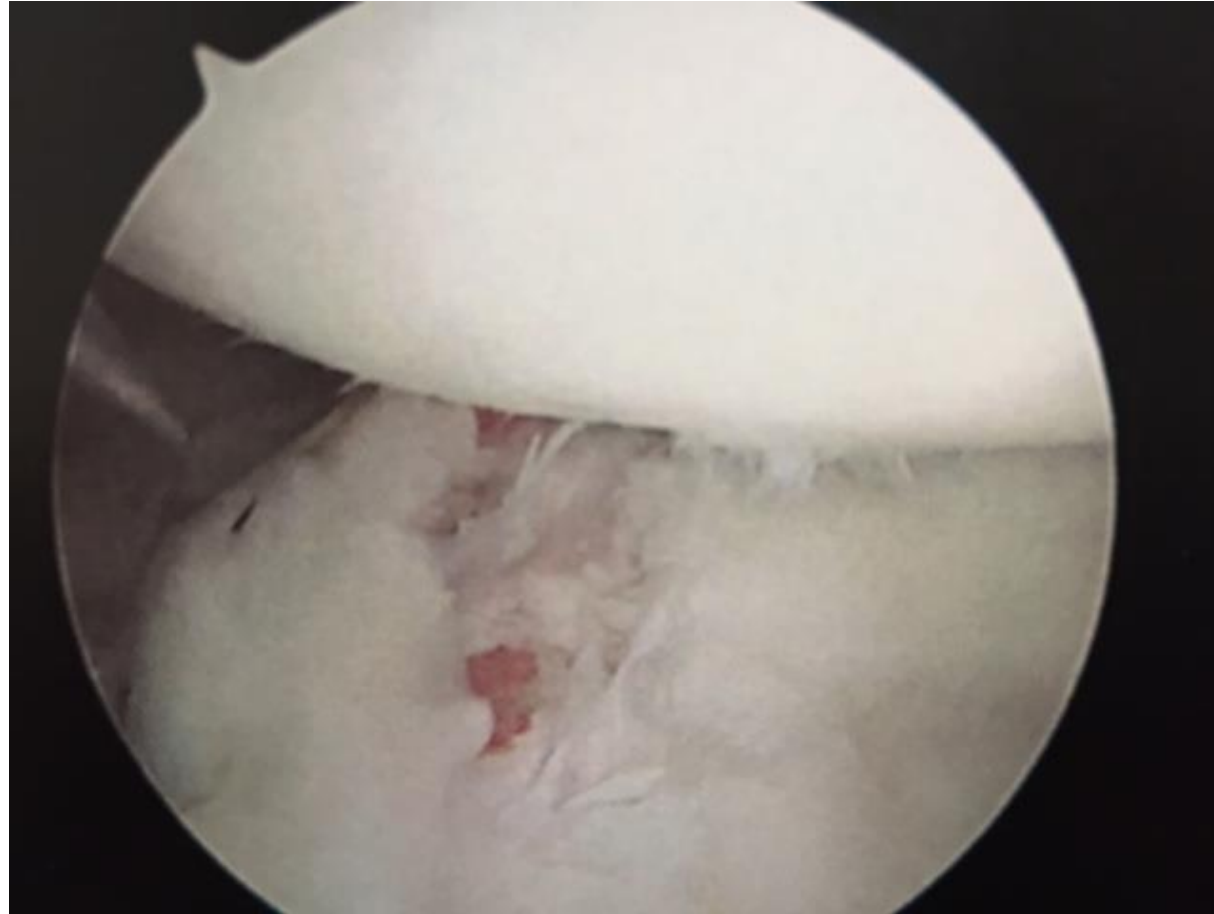


# Result: Played Entire Season with brace

- Surgery after season
- Bankart
- No appreciable Hill Sachs
- Kim Leison



# Repair Bankart

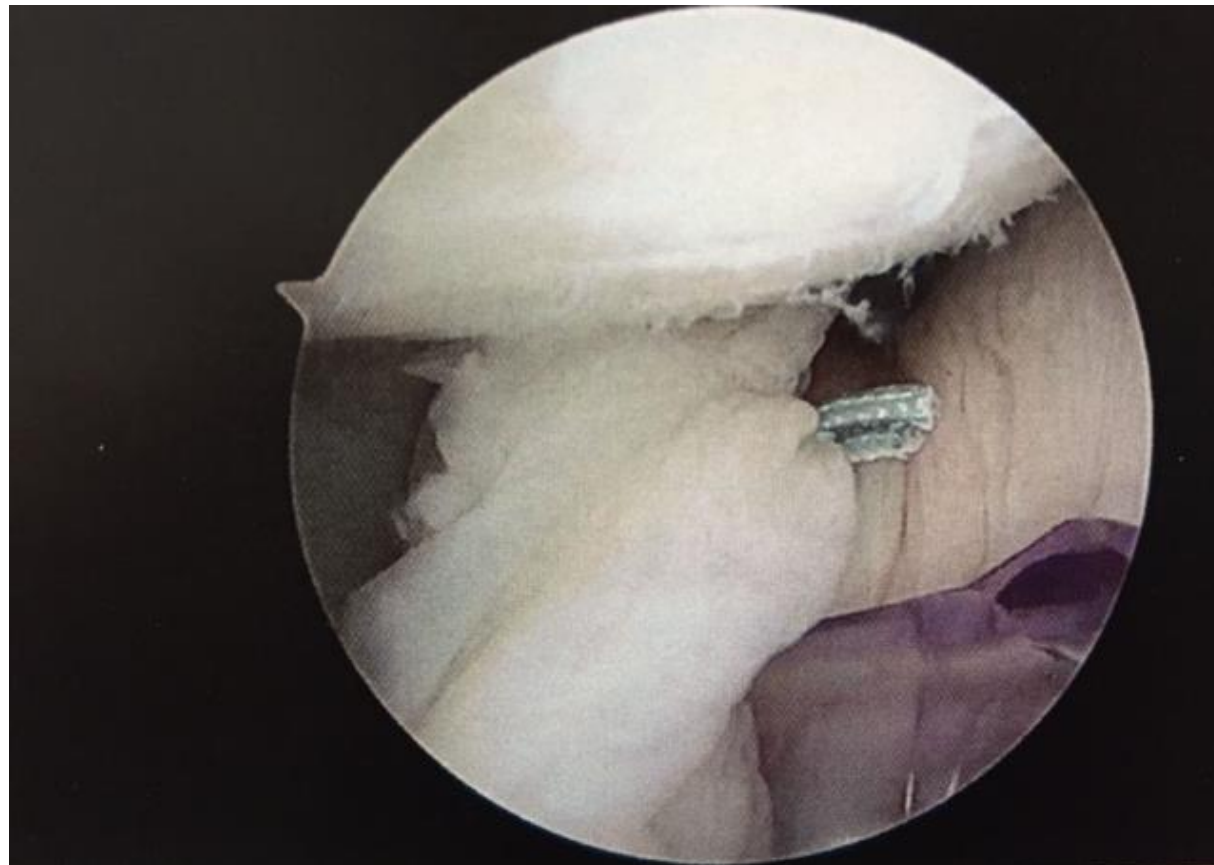


# Capsular Shift Horizontal Mattress





# Kim Repair



# Case 3: 17 yo high school senior

- Lineman
- Early season twisting injury
- ACL tear 'with some remaining fibers'
- 1 plus Lachman
- Recruited heavily for college
- 'I need football to get into a good school'



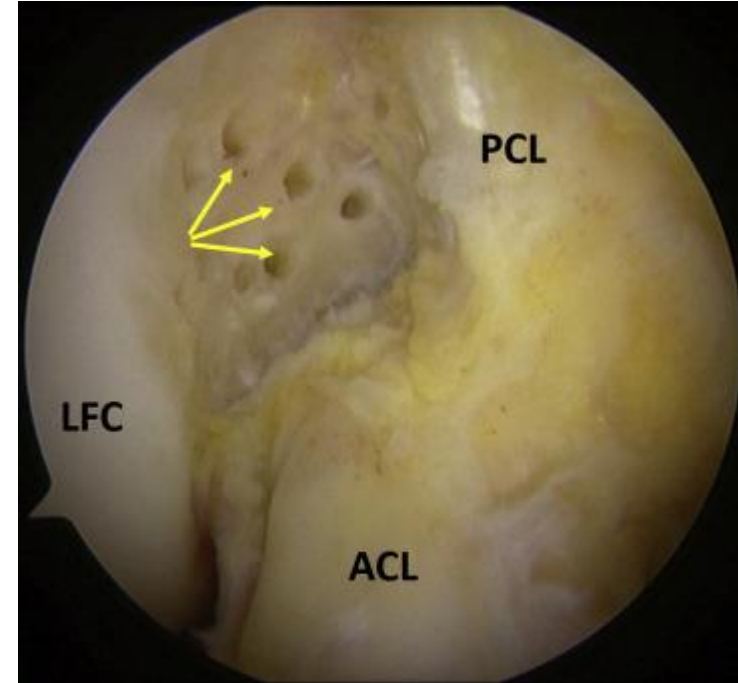
# Considerations:

- Position
- Degree of Lachman?????
- Bone Bruise?????
- Single Hop test
- Strength
- ‘its all about the menisci’  
repaired meniscus is not normal



# Considerations

- ‘Do you trust your knee?’
- Healing response?
- Treat as ‘partial acl’?
- Bracing
- Effusion?



# Result: Treated as partial ACL

- Closed chain strengthening
- 5-6 weeks healing
- Return to play with brace
- IVY League Starter with no further knee issues!!!!

# Conclusions

- Always consider the four pillars of medical ethics in decision making
- As stated, the *long term well being* of your patient is first and foremost
- It is OK to accept some ‘calculated risk’ as long as patient is aware
- “It is better to be respected than it is to be popular. Popularity ends on yearbook day, but respect lasts forever.” John Bytheway

- ‘there is no right way to do wrong and there is no wrong way to do right’

Joe Frazier

