



Knee injury can't stop this future soccer STAR

Soccer was not just a sport to Nicole, but rather something she loved. She became an avid soccer player before she can remember, but later began having right knee pain in the summer of 2008. At the age of 15, she began feeling pain in her right knee while playing soccer. She would then rest her knee to let the pain subside. However, when Nicole started playing soccer again the pain would not only return, but the intensity of pain increased.

Nicole and her parents went to see someone that specializes in orthopedic care for pediatrics and young adults. Nicole visited Dr. Christine Quatro at Varsity Orthopedics in September 2008 for the first time and was immediately impressed with Dr. Quatro's welcoming spirit and professional manner.



After being evaluated by Dr. Quatro, physical therapy was advised to try to help relieve the pain and strengthen her right knee. Nicole's treatment plan included her to rest her knee, no soccer or physically demanding activities, and attend physical therapy during summer 2009.

After multiple weeks of physical therapy, she returned to soccer practice at the beginning of the school year. However, within two weeks of returning to soccer the pain in Nicole's right knee had returned – only worse.

She went back to Dr. Quatro at Varsity Orthopedics, in which Dr. Quatro advised Nicole and her parents the options of returning to physical therapy or electing to have corrective surgery.



Before electing surgery, Dr. Quatro emphasized to Nicole and her parents that it is important to exhaust all non-surgical methods that can help Nicole return to activity and play soccer before exploring more invasive treatments.

After weighing the options and getting expert advice from Dr. Quatro, Nicole and her parents decided surgery was the best option. Dr. Quatro spent all of the necessary time to make Nicole and her parents comfortable with moving forward with surgery.

The surgery was an outpatient procedure at Texas Pediatric Surgery Center in North Richland Hills, Texas in September



2009. Nicole was in and out of the surgical center in approximately four hours.

Dr. Quatro took all the time necessary after the surgery to make Nicole's parents feel comfortable and answered all of their questions. Nicole and her parents felt Dr. Quatro was very responsive to their needs and concerns and they never felt rushed.

Two weeks after the surgery, Nicole began her customized physical therapy treatment plan. She attended several weeks of therapy at Varsity Physical Therapy center in Southlake until January of 2010. Today, Nicole is back to playing soccer – without pain – and she feels she is fully recovered. Nicole believes the surgery and physical therapy "really worked, I am able to do all of the activities I want to do – just building up my endurance now."

Nicole still does stretching exercises learned at Varsity Physical Therapy before soccer practice and games. Some other activities Nicole enjoys are listening to music, hanging out with friends & watching movies.