

An Ongoing Series

ReSTRAiN Yourself Before Diagnosing Strain

Katarzyna (Kasia) Hampton, MD¹; Livia Van Humbeeck, MS-1²

During the last 2 weeks on a deployment to a mountainous high-altitude terrain, one of your teammates decides to intensify his training in preparation of an ultramarathon. It is his third visit in 10 days for worsening right leg pain. On the initial 2 visits, you diagnosed musculoskeletal strain and advised the use of nonsteroidal anti-inflammatory drugs with activity modification.

During this visit, you note the following vital signs: heart rate, 50 bpm; blood pressure, 115/65mmHg; respirations, 18/min; SpO₂, 99% on room air, and temperature, 36.7°C (98°F).

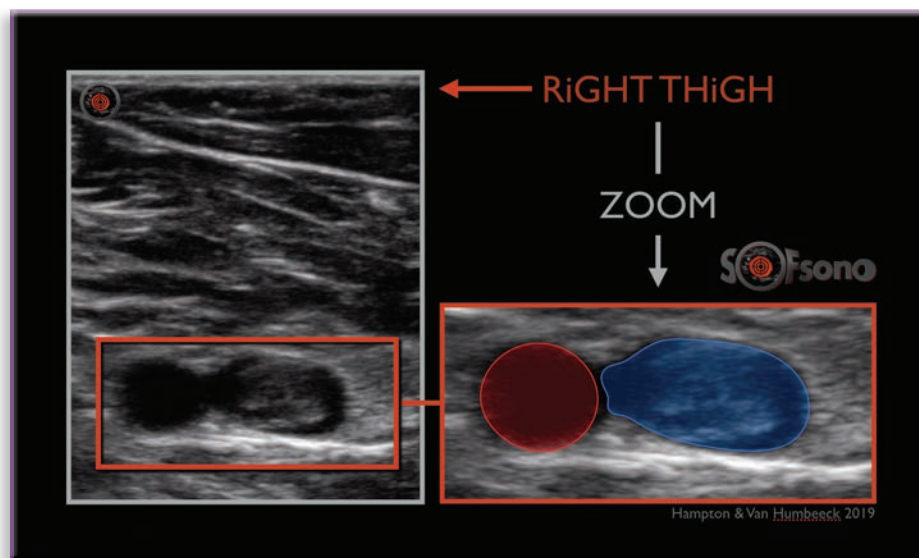
Your clinical examination is notable only for tenderness to palpation of the anterior right upper leg. You decide to obtain an ultrasound. As you scan through the proximal anterior thigh, you take note of a finding depicted in Figure 1.

1. What finding is obviously notable in Figure 1?
2. What are the common risk factors for this condition, and what is the risk profile of our patient?

Join us at SOFsono.org for further case discussion.

KEYWORDS: *ultrasonography; high-altitude terrain; musculoskeletal strain*

FIGURE 1 Proximal anterior thigh on the right.



Correspondence to sofsono.org@gmail.com

¹Dr Hampton is an emergency physician and a volunteer SME ultrasound instructor for the military medical community. She is practicing at the US Army Landstuhl Regional Medical Center, Germany. ²Ms Van Humbeeck is a medical student at the Jagiellonian University in Cracow, Poland.



Fall 2019
Volume 19, Edition 3

JSOM

JOURNAL of SPECIAL OPERATIONS MEDICINE™



THE JOURNAL FOR OPERATIONAL MEDICINE AND TACTICAL CASUALTY CARE



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