

## **Cam impingement in a collegiate male soccer player with the bilateral arthroscopic labral repair.**

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**Objective:** To demonstrate cam impingement and recurrent cam deformity caused by femoroacetabular impingement after bilateral arthroscopic labral repair in a collegiate male soccer player. **Background:** Cam impingement is caused by deformities of the femoral head. The deformity is generated due to overuse and high shear stress on the femoral head leading to restricted hip ROM by grinding the articular cartilage. It is typically detected in young, active male populations playing high-impact sports. In this case, one NCAA Division 1 soccer midfielder reported the recurrent cam impingement after he underwent bilateral hip labral repair with femoral head osteophyte removal two years prior. **Treatment:** Therapeutic modalities included a moist heat pack for 15min, electrical stimulation (interferential current) with the ice pack for 15min. Therapeutic exercises incorporated strengthening hip flexors and adductors and increasing flexibility through passive and active stretching. **Uniqueness:** Cam deformity is uncommon in a matured collegiate soccer player. Additionally, early return to sports affects the recurrent cam deformity after the bilateral hip surgery. **Conclusion:** High percentage of cam impingement can relapse due to the incomplete recovery affecting the high risk of early progression of osteoarthritis. Therefore, as a clinician, we provide strategic rehabilitation to restore pain-free ROM and manage strength and flexibility not to weaken the hip joint, which can prevent the recurrence of cam impingement