

CASE STUDY:

Baseball Overuse Injury / Wrist Synovitis



Patient Description

Thirty-year-old male. Professional athlete, Major League Baseball.

Patient History

Professional male athlete presented with persistent pain, swelling and decreased dorsiflexion - forty (40) degrees. An MRI revealed synovitis of the wrist, but no ligament tears or fractures. Sports trainers and traditional therapy had failed to resolve his issues.

Product Used for Treatment

AquaRoll PRO

Treated Extremity

Left wrist

Treating Physician

Stephen Alex, MD | Miami, FL USA

Treatment

- Once daily, three (3) times per week for one to four (1-4) weeks, as needed
- Twelve (12) minute sessions
- Warm water - ninety-five (95) degrees Fahrenheit
- Rotation speeds of fifty to sixty (50-60)

Follow-Up

Patient presented at one (1) week after three (3) treatment sessions with excellent dorsiflexion - to eighty (80) degrees - and no pain or visible swelling.

No further treatments were needed. Patient returned to professional baseball.



Limited dorsiflexion prior to AquaRoll® treatment.



Immediate increase in dorsiflexion after first AquaRoll® treatment.



Post three (3) AquaRoll® treatment sessions.