

# BILATERAL ANTERIOR CRUCIATE LIGAMENT TEAR IN A FEMALE JUNIOR VARSITY HIGH SCHOOL BASKETBALL PLAYER

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## KEY TERMS

Anterior Cruciate Ligament | Medial Collateral Ligament | Patella Subluxation

Working as an athletic trainer in the secondary school setting has its challenges both logistically and physically; however, to me, the most challenging aspect for any athletic trainer is never knowing what injury or illness is going to walk, hobble, or crutch through the door. I think most athletic trainers have that one story that makes their colleagues say, “Wow, I’ve never seen that in all the years I’ve worked as an athletic trainer.” This is one of those stories that makes you scratch your head and say, “Wow, I never even thought that was possible.”

## TRUE STORY #17

I was working at Holt High School outside of Lansing, Michigan as the only certified athletic trainer on-site. I was covering a junior varsity girl’s basketball game on a night that my athletic director said, “Should be a short night,” considering the team we were playing only had 6 players and hadn’t won a game all season. We’ve all worked those blowout games that are hard to watch and stay focused, but this was an excruciatingly painful game to watch. The opposing team could barely dribble the ball up the court, let alone come close to scoring a bucket.

So I looked up with a minute left in the first half and my team was winning 42-0 and I thought, well at least we will get a running clock in the second half. At that point I noticed one of my players dived out of bounds under our own basket at the far end of the court. She had tried to save the ball by throwing it between her legs while jumping out of bounds and landed awkwardly, right foot, left foot, then fell to both knees. She was in immediate pain and filled the mostly empty gym with screams of agony.