

Triple Orbital Fracture in a Division 2 Collegiate Men's Soccer Player

Rachelle Berry MS, ATC, CSCS

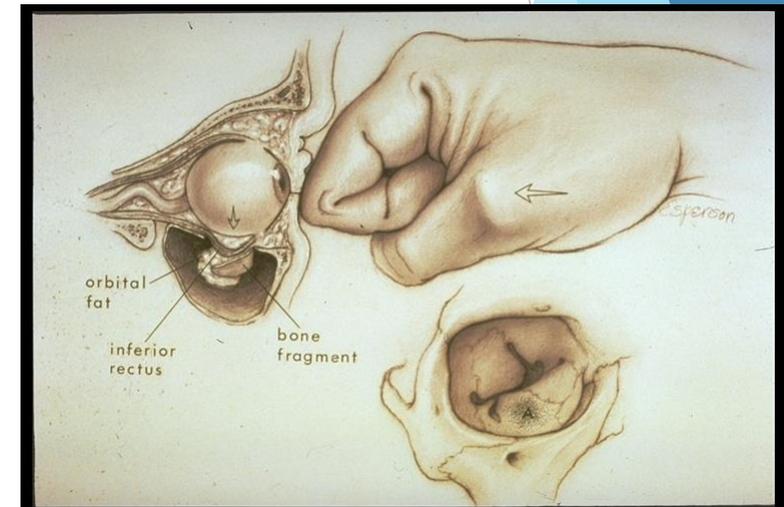
Emory Soccer Medicine

Rachelle.r.berry@emoryhealthcare.org



Facial Fractures in Sport

- ▶ Low incidence due to force needed
 - ▶ Soccer is most prevalent sport
 - ▶ Most common MOI is player on player contact (50-87% depending on sport)
- ▶ Sport-related facial fractures make up 10-42% of all facial fractures
 - ▶ Nasal fractures most common
- ▶ More often caused by MVA and acts of violence
- ▶ Important to rule out after any blow to the face



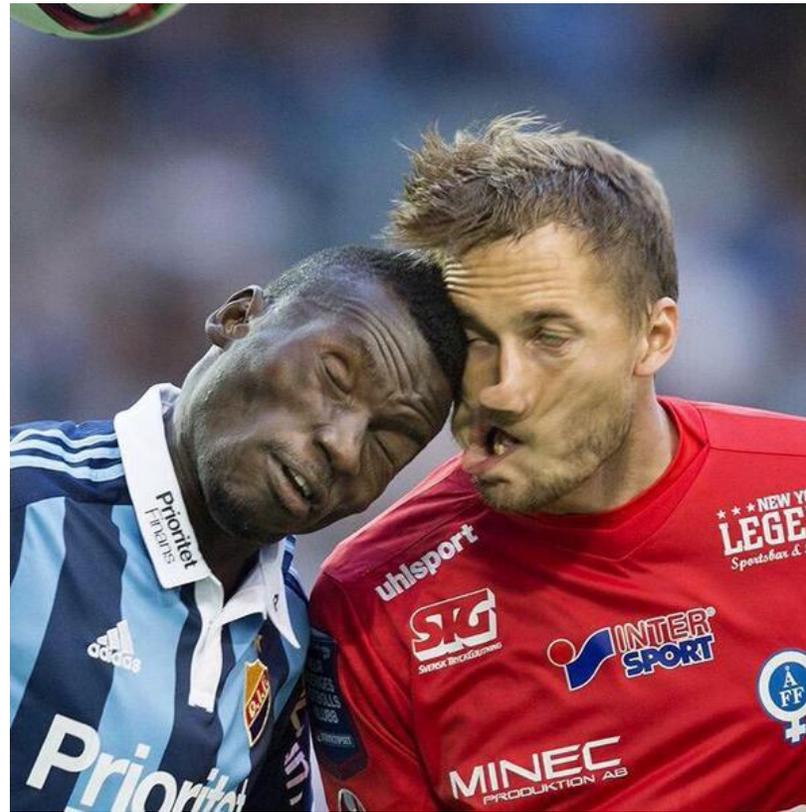
Patient

- ▶ Sophomore midfielder and captain of D2 men's soccer team
- ▶ On the road for last regular season game
- ▶ Playoff contender
- ▶ Host ATC available, but not team's ATC



Injury

- ▶ Went for header against an opponent
- ▶ Forehead to face collision
- ▶ Both athletes sent off by ref for head injury evaluation
- ▶ Diagnosed with concussion by host ATC and removed from the game



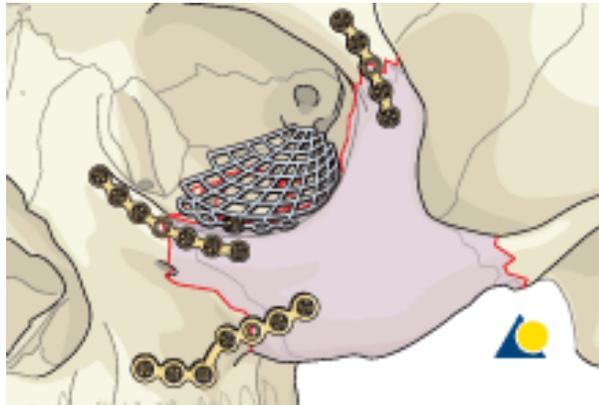
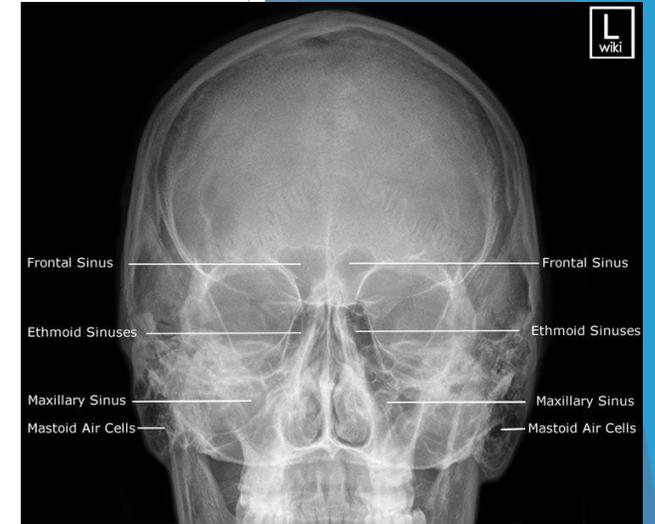
Examination



- ▶ Followed up with team's ATC two days later for re-evaluation
- ▶ Denied ever having concussion symptoms
- ▶ Concerns about persistent pain and difficulty chewing
- ▶ Palpable bony deformity
- ▶ Visible swelling and deformity

Intervention

- ▶ Referred to ER
 - ▶ Three fractures around eye
- ▶ Plastic surgery four days later
 - ▶ Plate and pins
 - ▶ Eye sutured shut
- ▶ Liquid diet for two weeks



Outcomes and Comparisons



- ▶ Final game of season
- ▶ Returned with team to winter conditioning three months after injury
- ▶ Returned to full soccer in time for spring practices (five months)
- ▶ No definitive RTP recommendations
 - ▶ Severity, treatment, sport
 - ▶ Visual acuity
 - ▶ Light activity after 3 weeks
 - ▶ Non-contact after 1 month
 - ▶ Full sport 6-8 weeks

Conclusions

- ▶ Rule out differential diagnoses
 - ▶ Concussion, cervical spine injury
- ▶ Difficulty in providing adequate athletic training coverage at smaller or understaffed schools
 - ▶ NATA's Appropriate Medical Coverage of Intercollegiate Athletics
- ▶ Importance of building rapport with athletes and familiarity with normal appearance and behaviors
- ▶ Injury prevention
 - ▶ Mouth guards, proper heading techniques

