



Providence
HORIZONS

ACL Knee Repair Returns Female Athlete to the Playing Field

You can find knee, hip and joint relief from the highly skilled staff at Providence Orthopaedic & Neuro Spine Institute.

An injury to the anterior cruciate ligament (ACL) can be debilitating for anyone. But Evann Desjardins wasn't about to let her ACL injury slow her down. She persevered through reconstructive surgery and months of rehabilitation to fulfill her dream of playing college soccer.

ACL injuries peak in adults during their middle years and are typically caused by firmly planting the foot while the knee or leg continues to twist; hyperextension; a sudden stop while running; or a sudden transfer of weight such as in skiing. However, this injury is most commonly associated with young athletes, and female athletes are more likely to injure an ACL than male athletes.

Evann was a high school senior and co-captain of her soccer team when, during a pre-season game, she went in for a tackle. "I knew right away I had torn my ACL. Without a doubt," she recalls.

Evann's torn ACL landed her on the operating table of Dr. Wendell Holmes, an orthopaedic surgeon with Providence Orthopaedic & Neuro Spine Institute. This hospital-within-a-hospital, located on the campus of Providence Hospital Northeast, was designed with the patient in mind. Not only are the physicians and staff at the Institute experts with knee problems like Evann's, but they also offer the very latest in the

diagnosis and treatment of back, neck, shoulder and hip problems. Their precision and skills, combined with the latest technology and efficient processes, help patients get their lives back on track quickly. And in Evann's case, getting her life back on track meant returning to the soccer field as soon as possible.

Dr. Holmes is no stranger to working with athletes. His focus is on sports medicine, and specifically, he is an expert when it comes to the knee. Dr. Holmes explains, "I try to tell them the bad news is you tore your ACL. The good news is this is a very fixable problem."



Evann Desjardins is back in the game after successful surgery to repair her ACL at Providence Orthopaedic & Neuro Spine Institute.

After months of difficult rehabilitation, Evann brought her strength and agility back to a level where she competes successfully as an athlete at Furman University. "I'm walking again; I'm running again; I'm playing again. I'm happy!"

If you should have a knee injury like Evann, or a back, neck, shoulder or hip problem, you can be certain that Providence Orthopaedic & Neuro Spine Institute has the advanced technology and skilled physicians to provide you with the best treatment available.

The Orthopaedic & Neuro Spine Institute is located at Providence Hospital Northeast in Columbia, just off of I-77 at the Farrow Road exit. Please call (803) 865-4500 or visit www.ProvidenceHospitals.com and click on the Providence Orthopaedic & Neuro Spine Institute link on the left side of the page for more information.

Be sure to watch Providence Horizons on WIS News 10. Visit www.ProvidenceHorizons.com for a schedule of upcoming programs.

Produced by Providence Hospitals Public Relations & Marketing Department
www.ProvidenceHospitals.com • (803) 256-5460