

# OMT in Sports Medicine April 2022

**Phillip A. Nokes, D.O.**

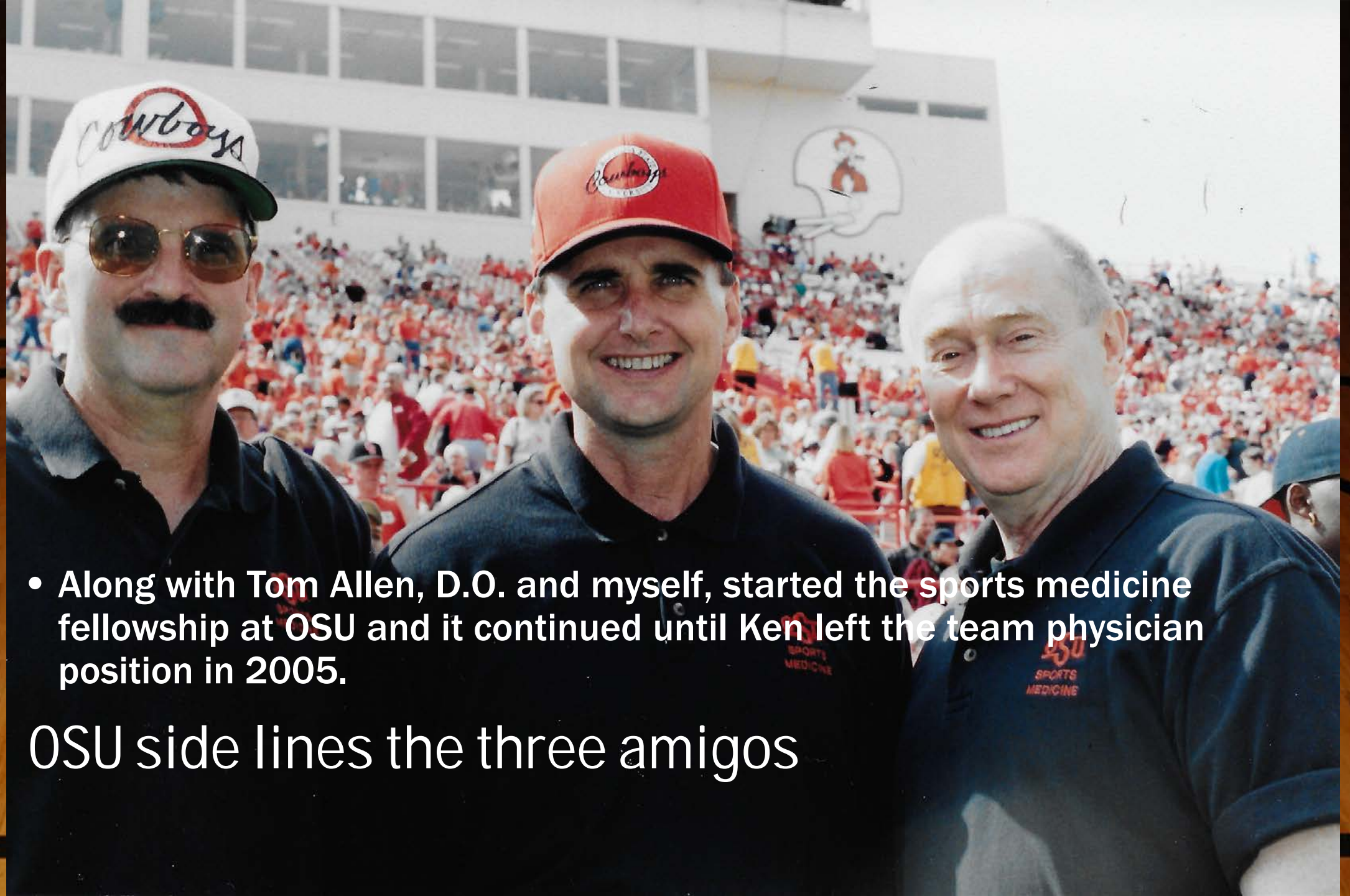
**Former director of the manual medicine  
for the OSU Sports Medicine Fellowship  
at the Stillwater Campus 1996 to 2005**





I would like to dedicate this lecture in memory of Ken Smith, D.O.

The first osteopathic physician to serve as the team physician for the Oklahoma State Cowboys in Stillwater



- Along with Tom Allen, D.O. and myself, started the sports medicine fellowship at OSU and it continued until Ken left the team physician position in 2005.

OSU side lines the three amigos

# I have no conflict of interest and will not use off label recommendations of medication during this lecture

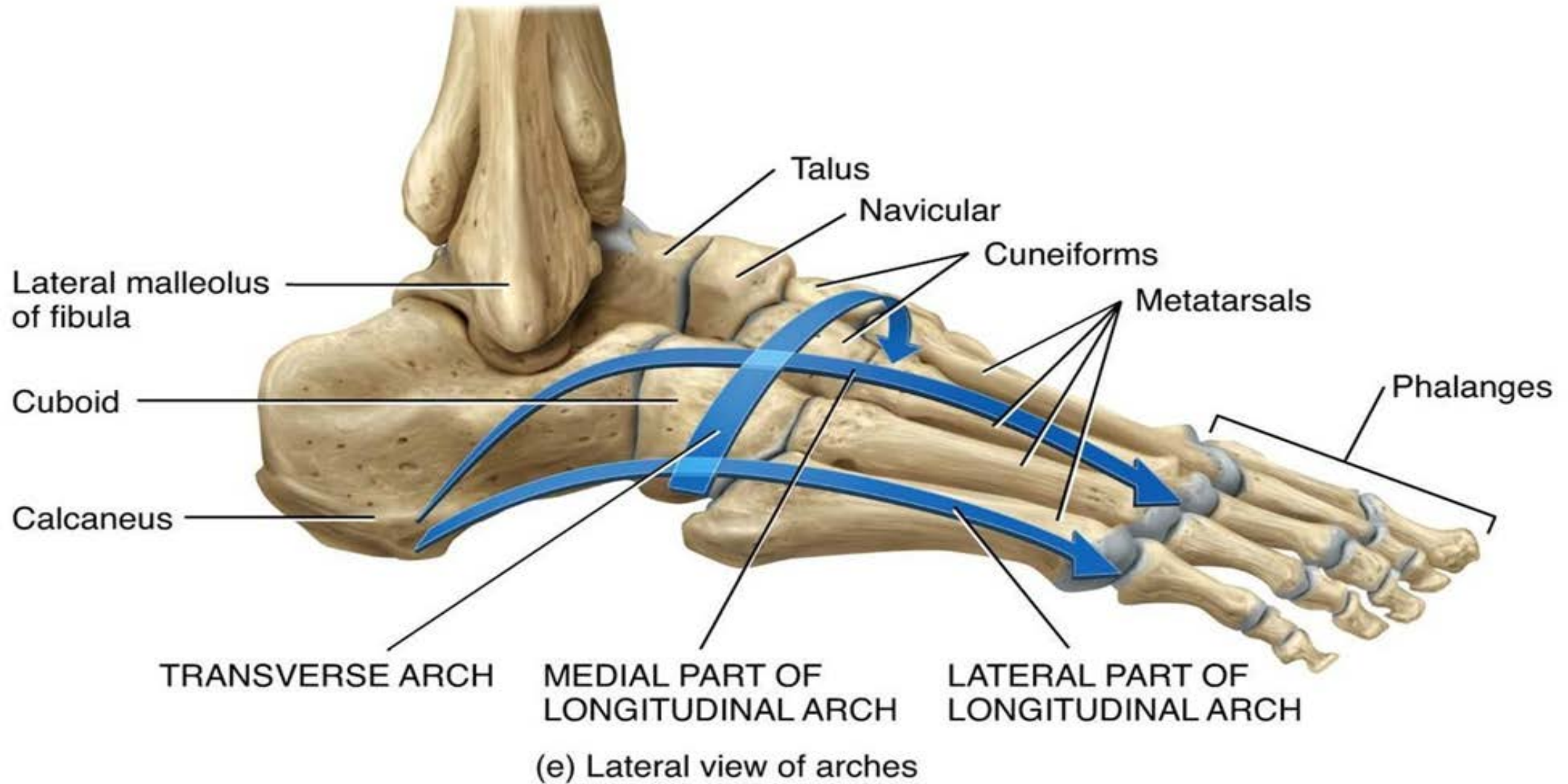
- To be able to visualize an issue an athlete has by and through observation
- To improve an athlete's performance through assisting the body to reach its best level of function and movement
- The objective of this lecture is to enable the ability to diagnose and treat musculoskeletal issues in the athlete



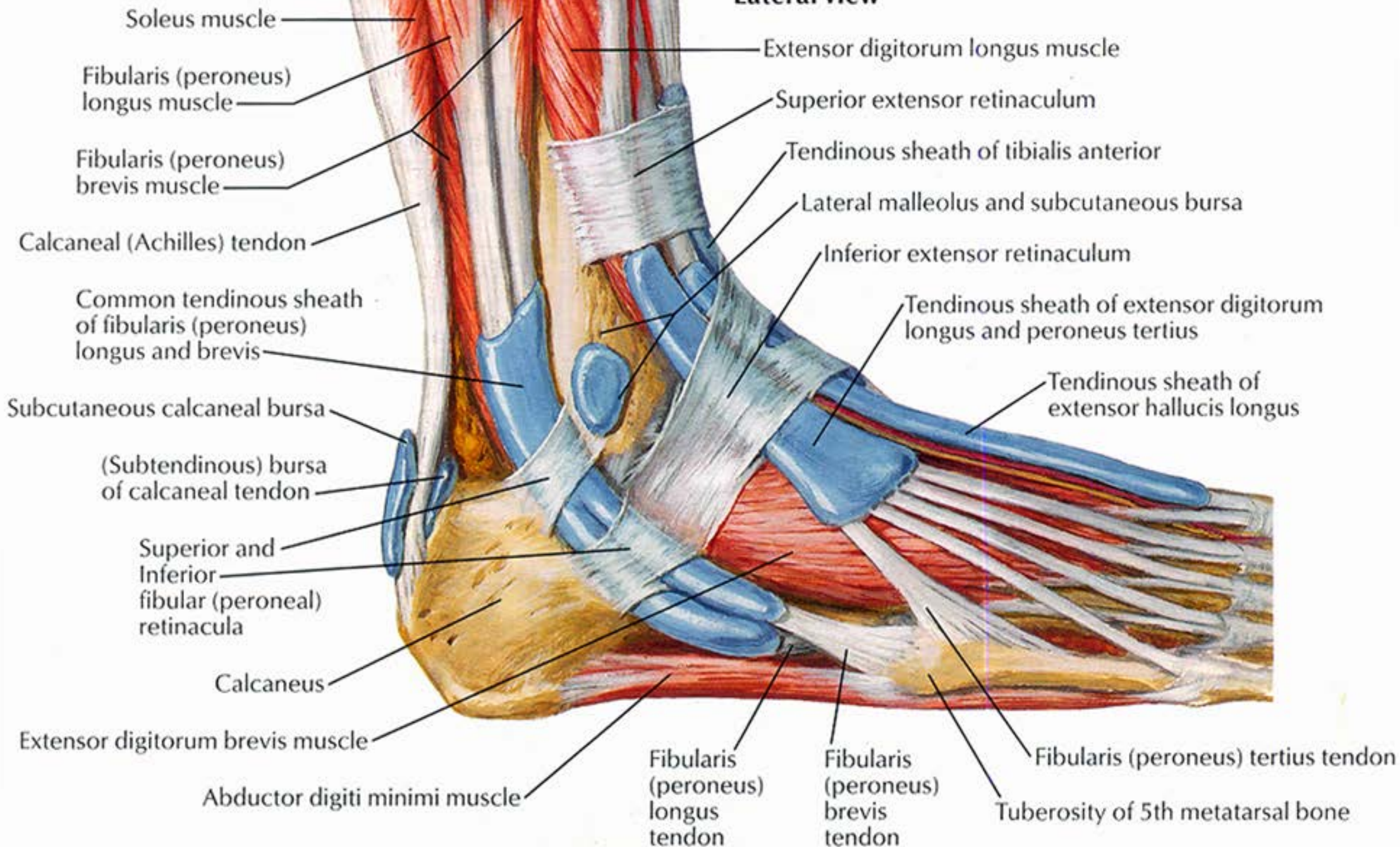
Quit whining. It's just a satchel for carrying them. No one's going to call it a "man purse".



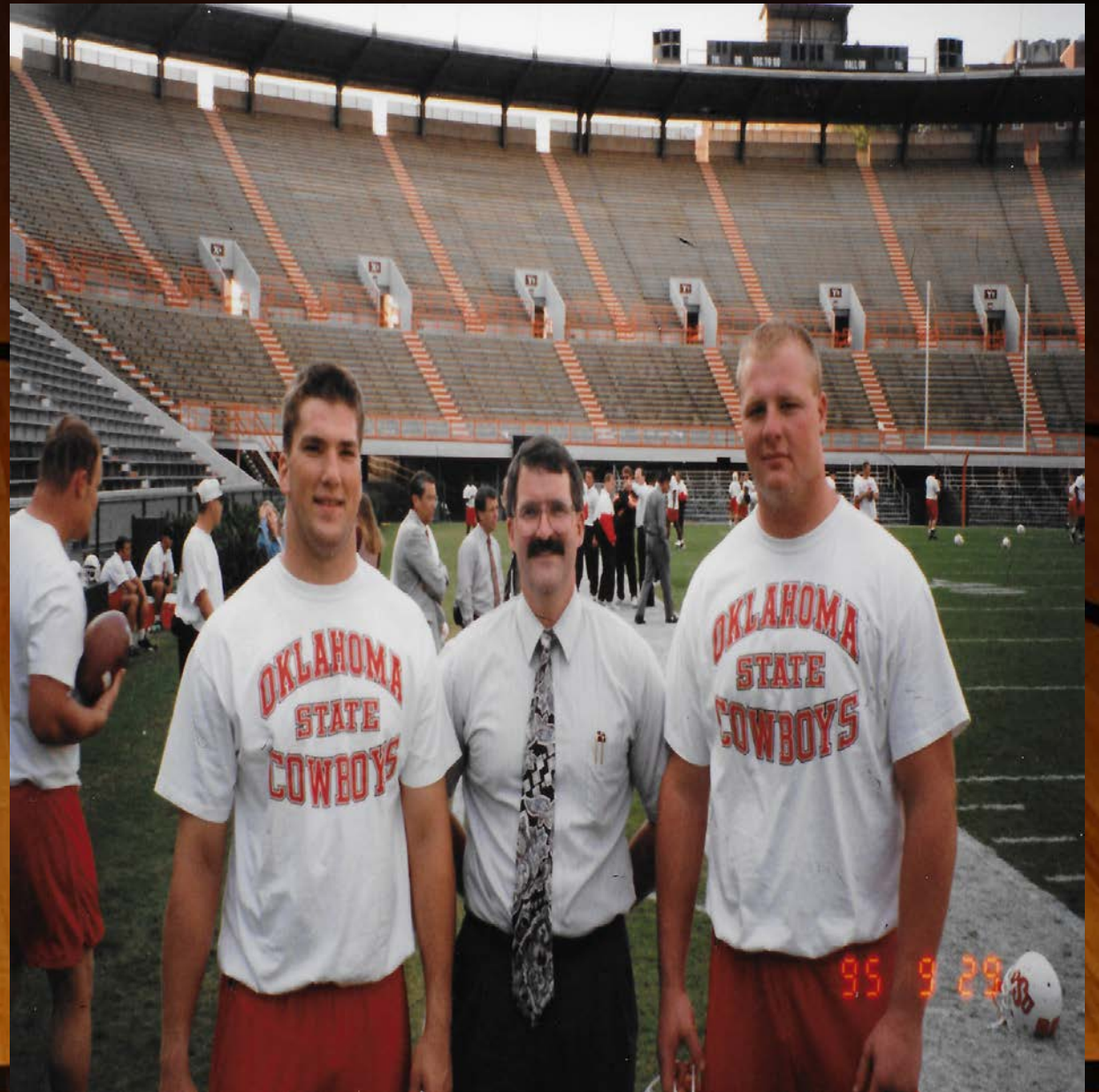
# Start at the Feet and go up



# Lateral view

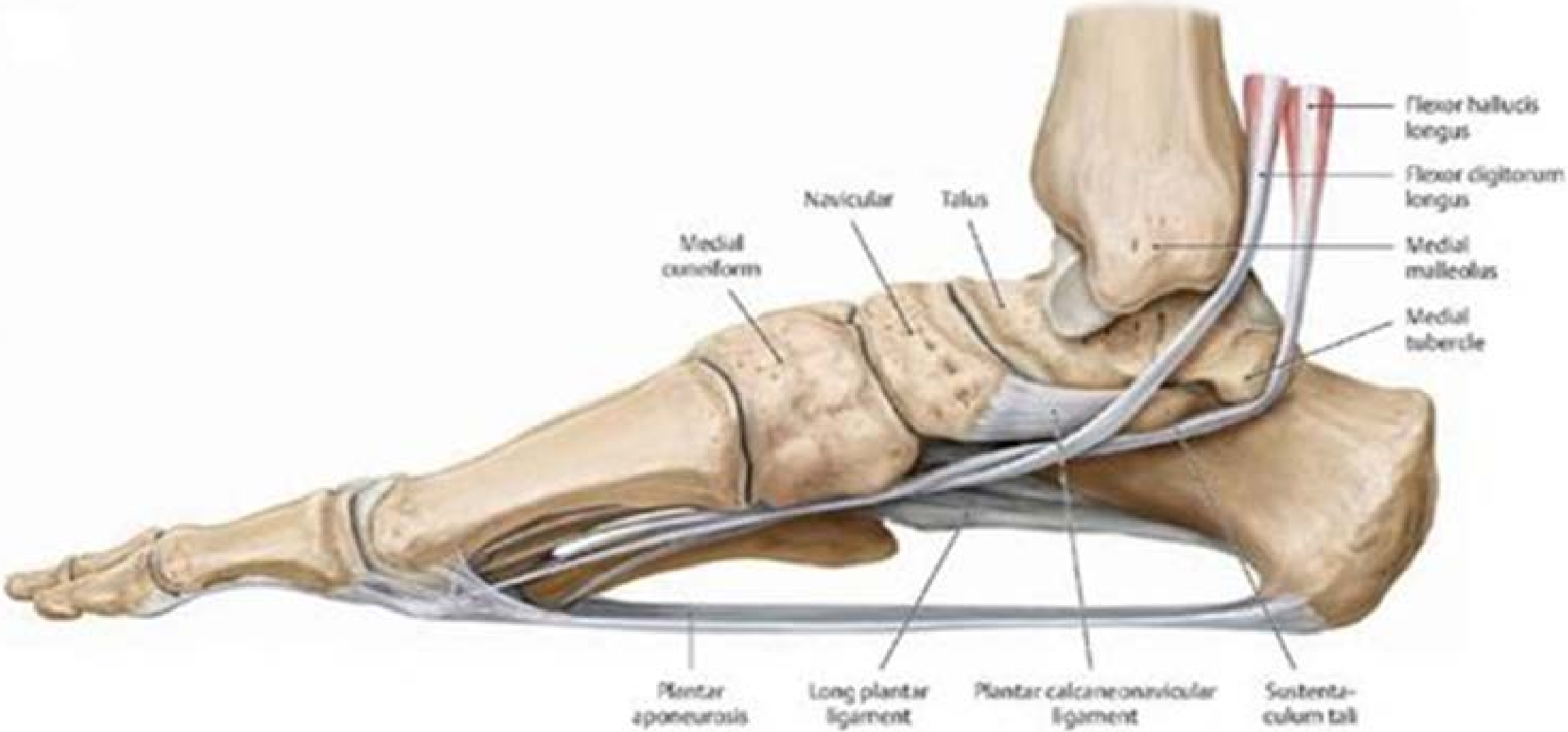


• Look at what can hurt

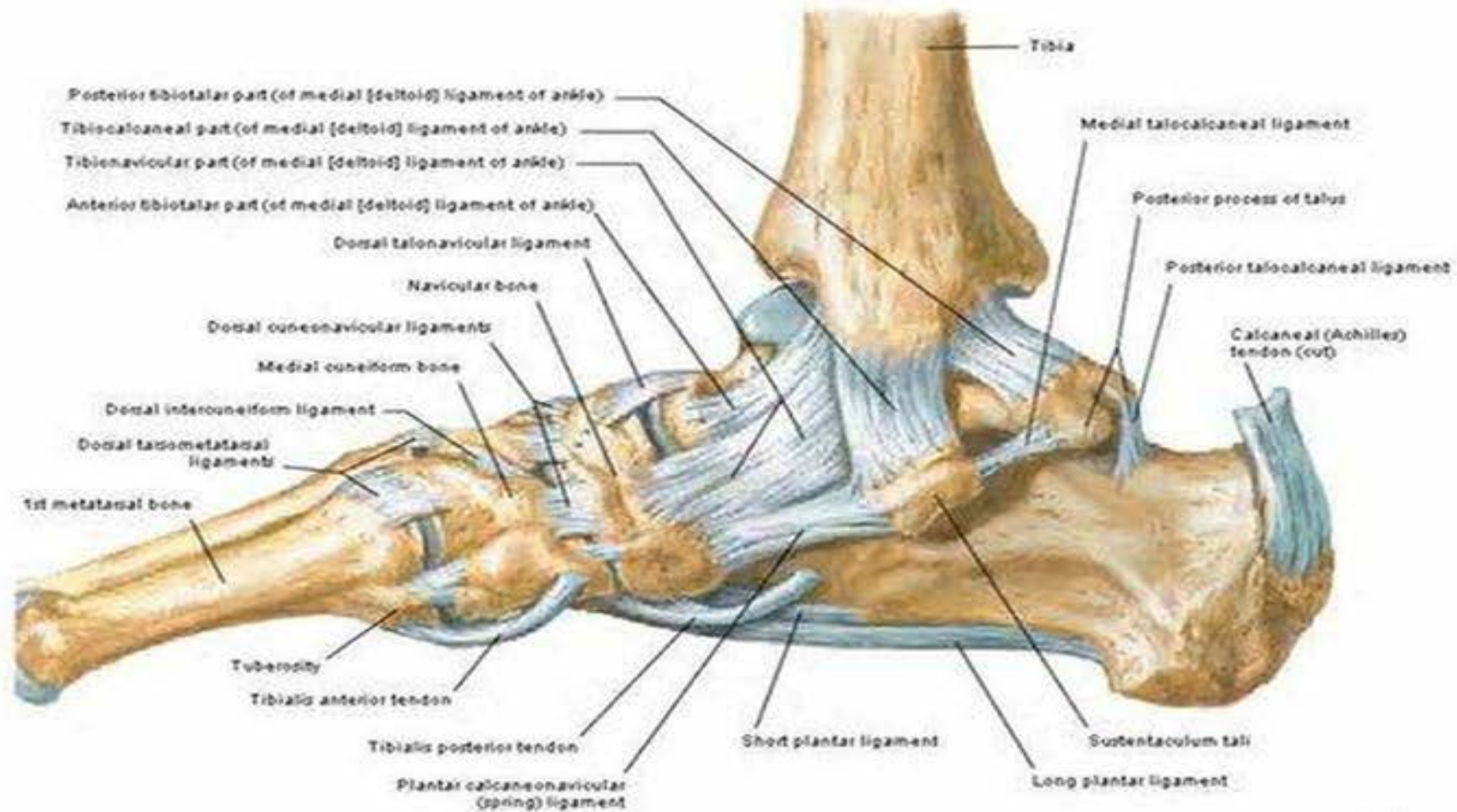




# Medial view



# Ligaments and Tendons of Right Ankle Medial View



AS A DISCIPLE, IT WASN'T EASY TO SNEAK AWAY FROM JESUS FOR A DAY OF GOLF.

Can't join you today, Lord. Got a cold.

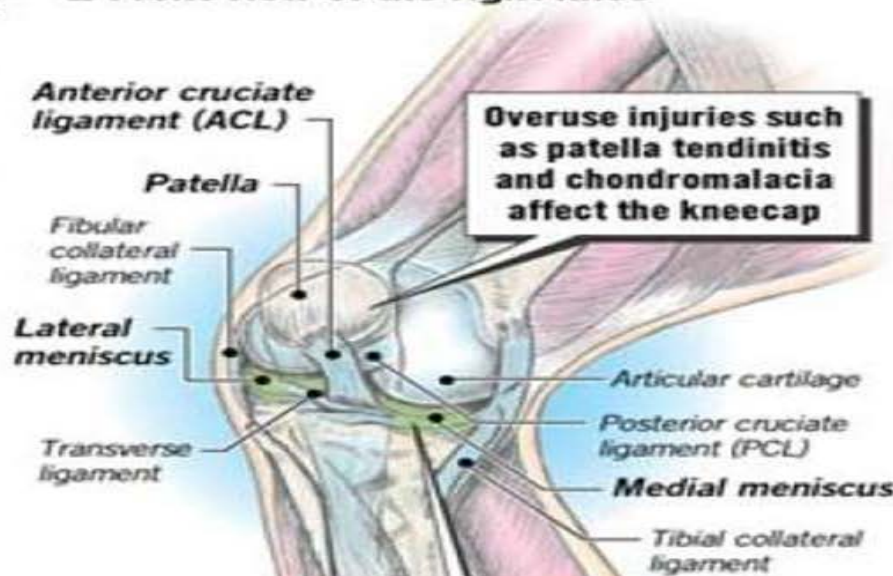
You're healed.

rats.

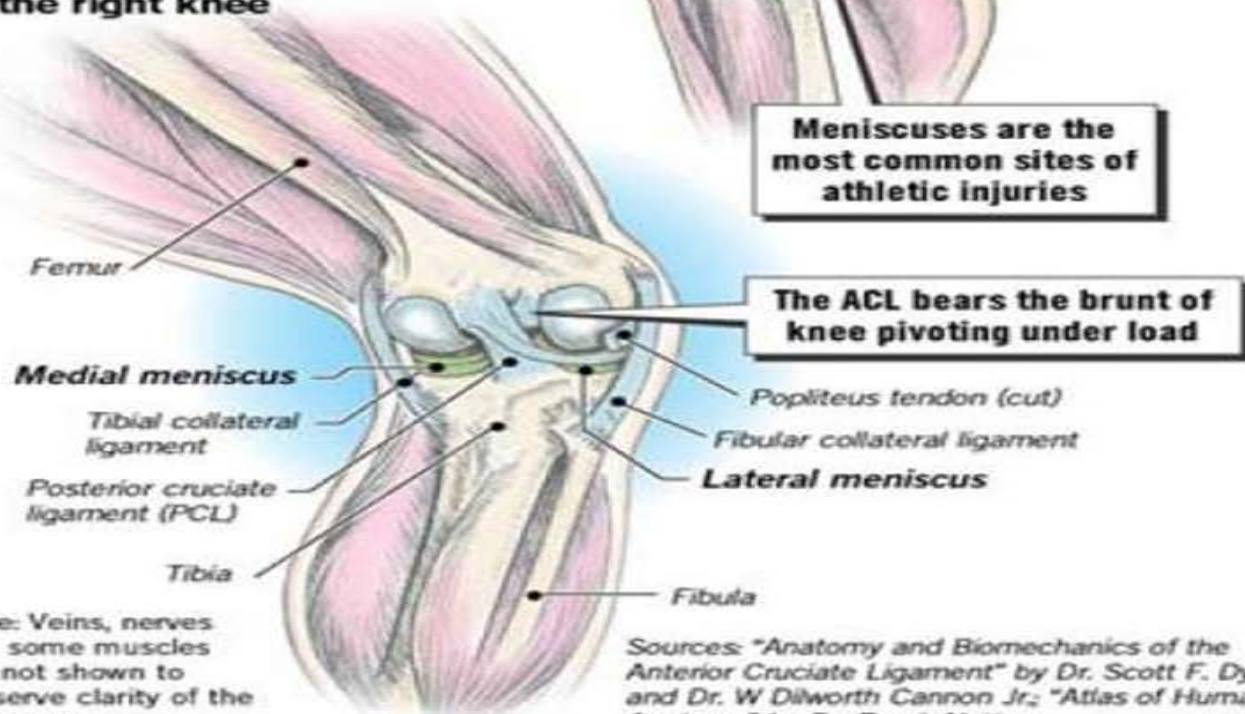


The knee is the largest and most functional of all human joints, with many asymmetries of design and function. The ligaments, especially the anterior cruciate ligament (ACL), form a complex structure that holds the upper and lower bones together and guides the knee when in motion. Nerves are embedded in the ligaments and signal stresses on the knee.

### ■ Front view of the right knee



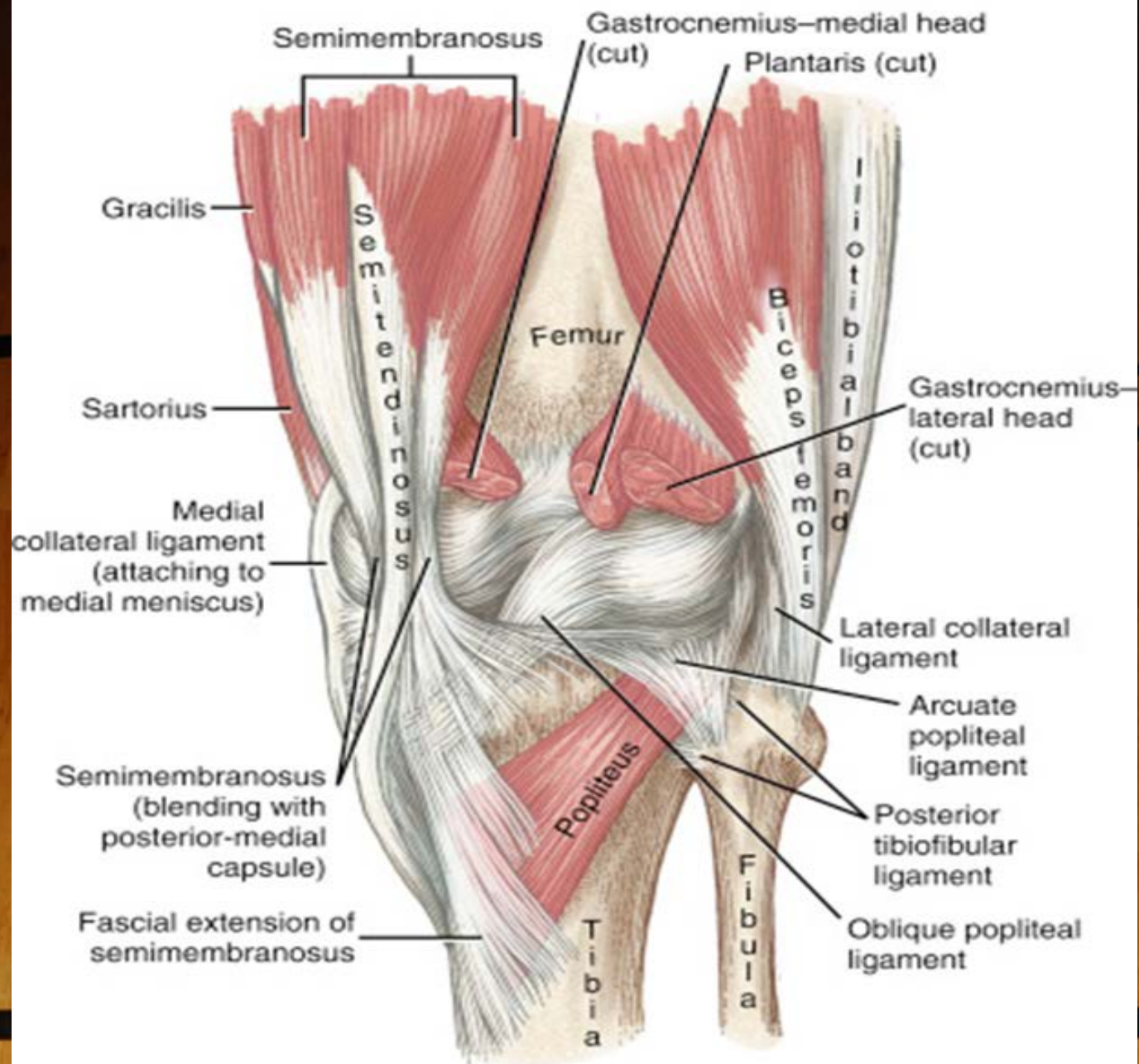
### ■ Rear view of the right knee



Note: Veins, nerves and some muscles are not shown to preserve clarity of the knee area.

Sources: "Anatomy and Biomechanics of the Anterior Cruciate Ligament" by Dr. Scott F. Dye and Dr. W Dilworth Cannon Jr.; "Atlas of Human Anatomy" by Dr. Frank Netter.

Posterior view





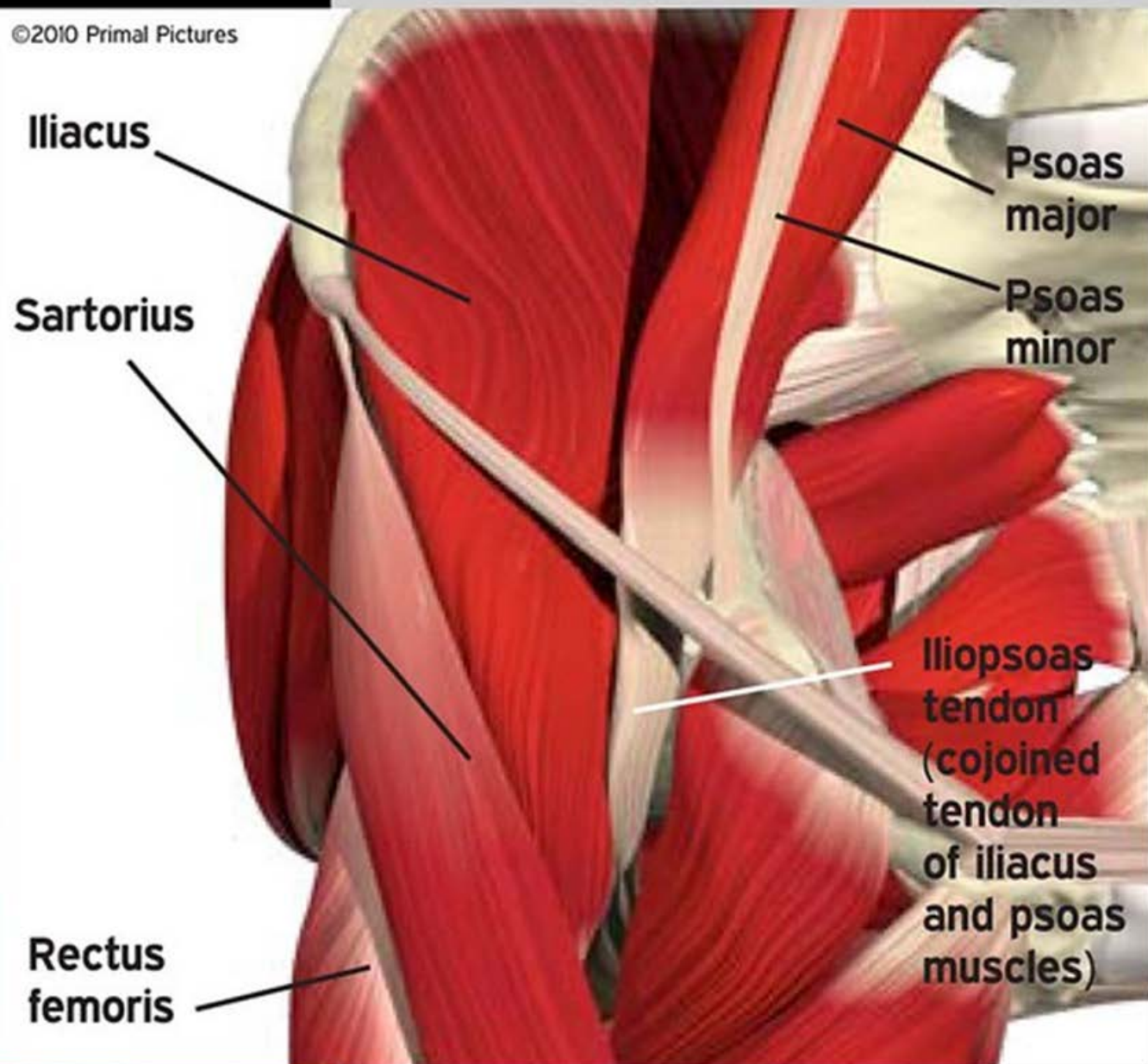




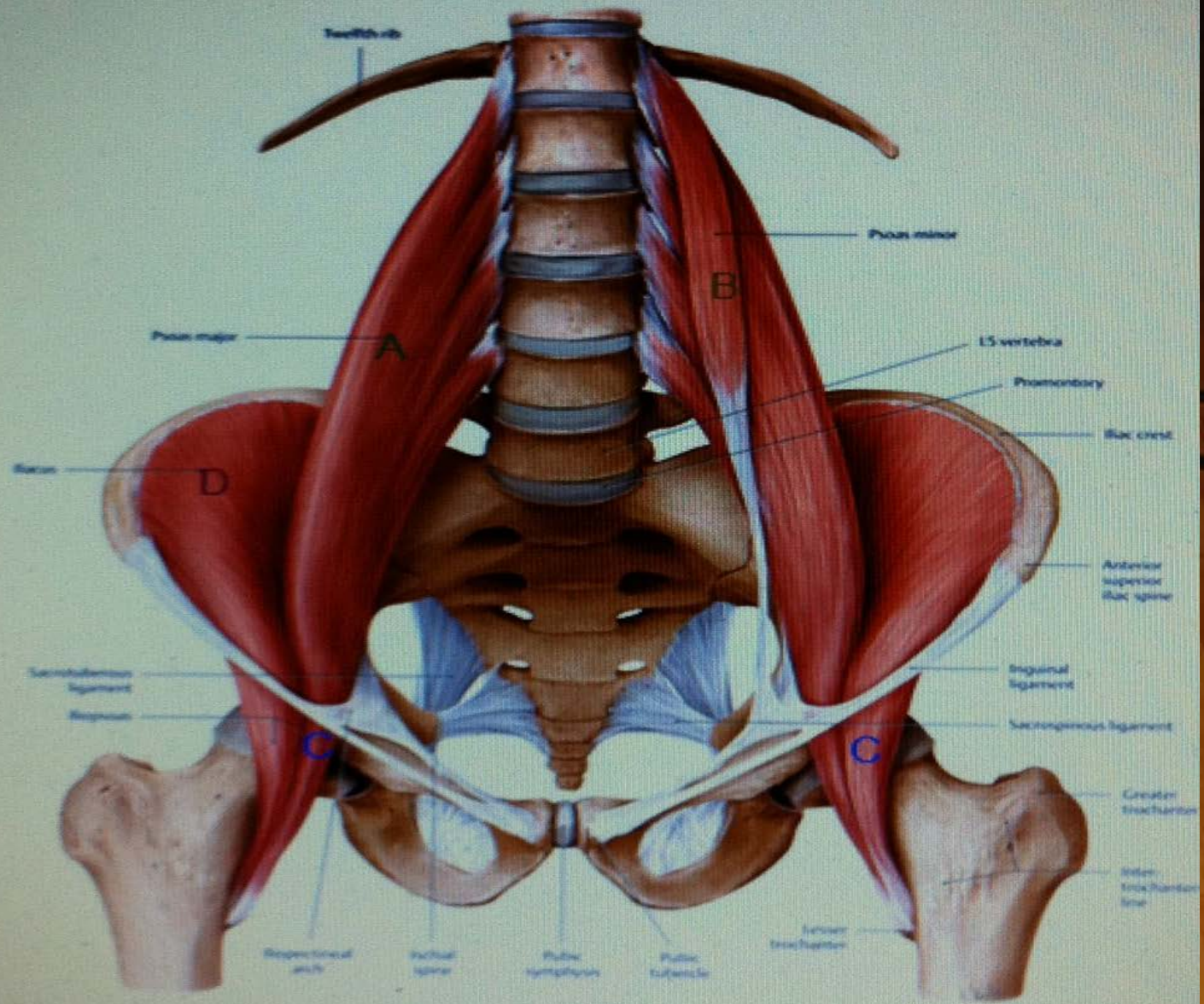






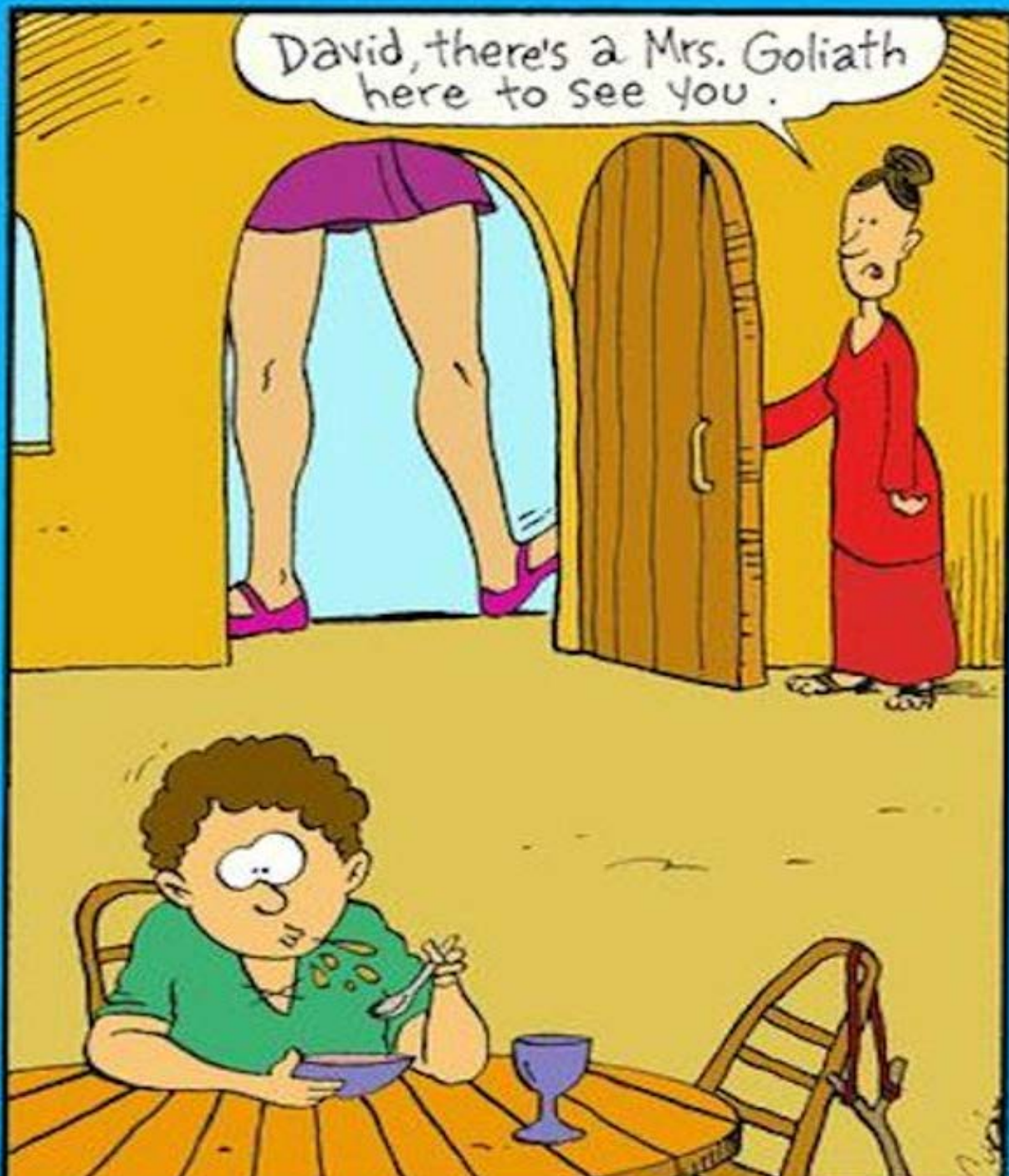


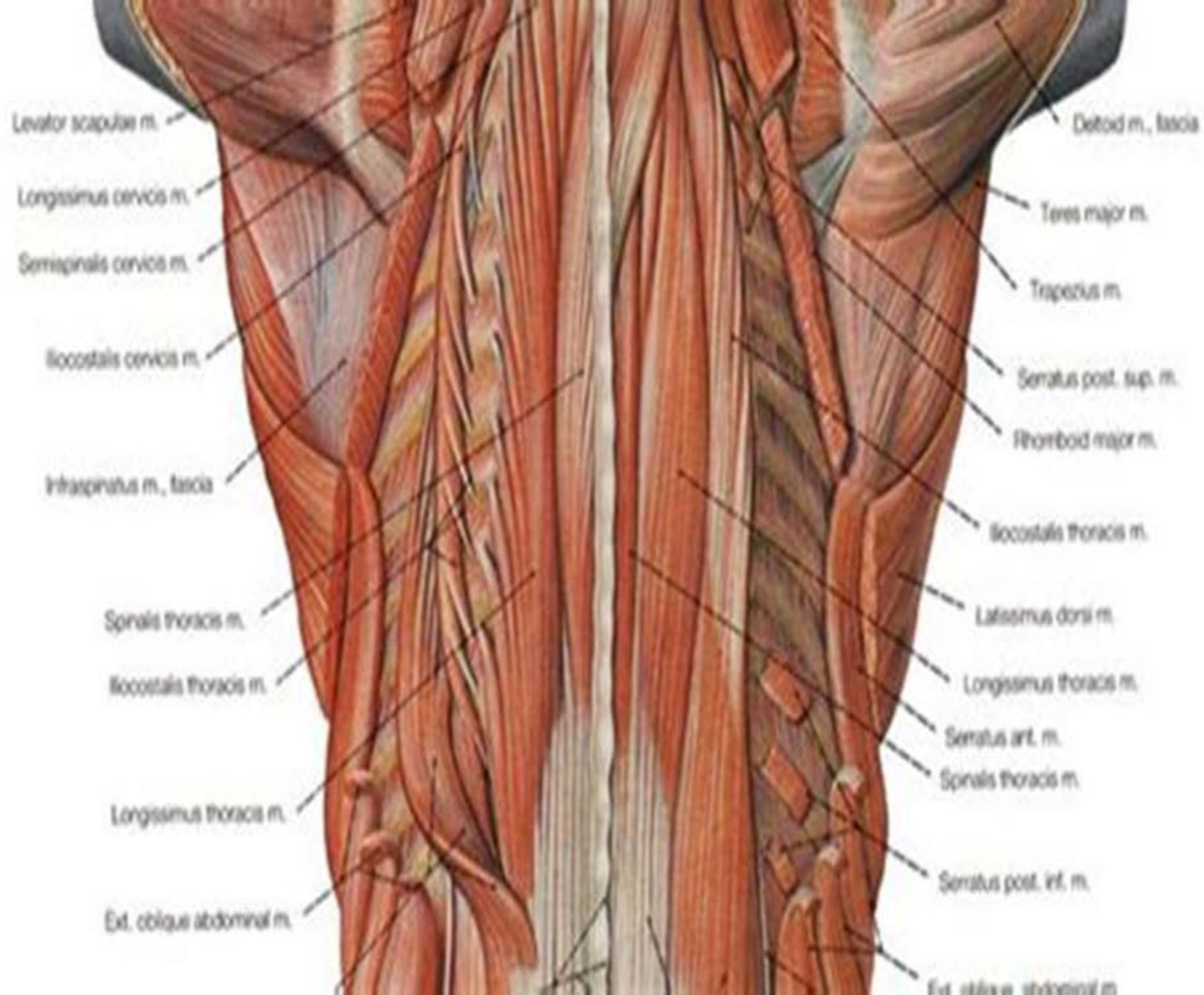
*Figure 7: Hip flexor muscles*

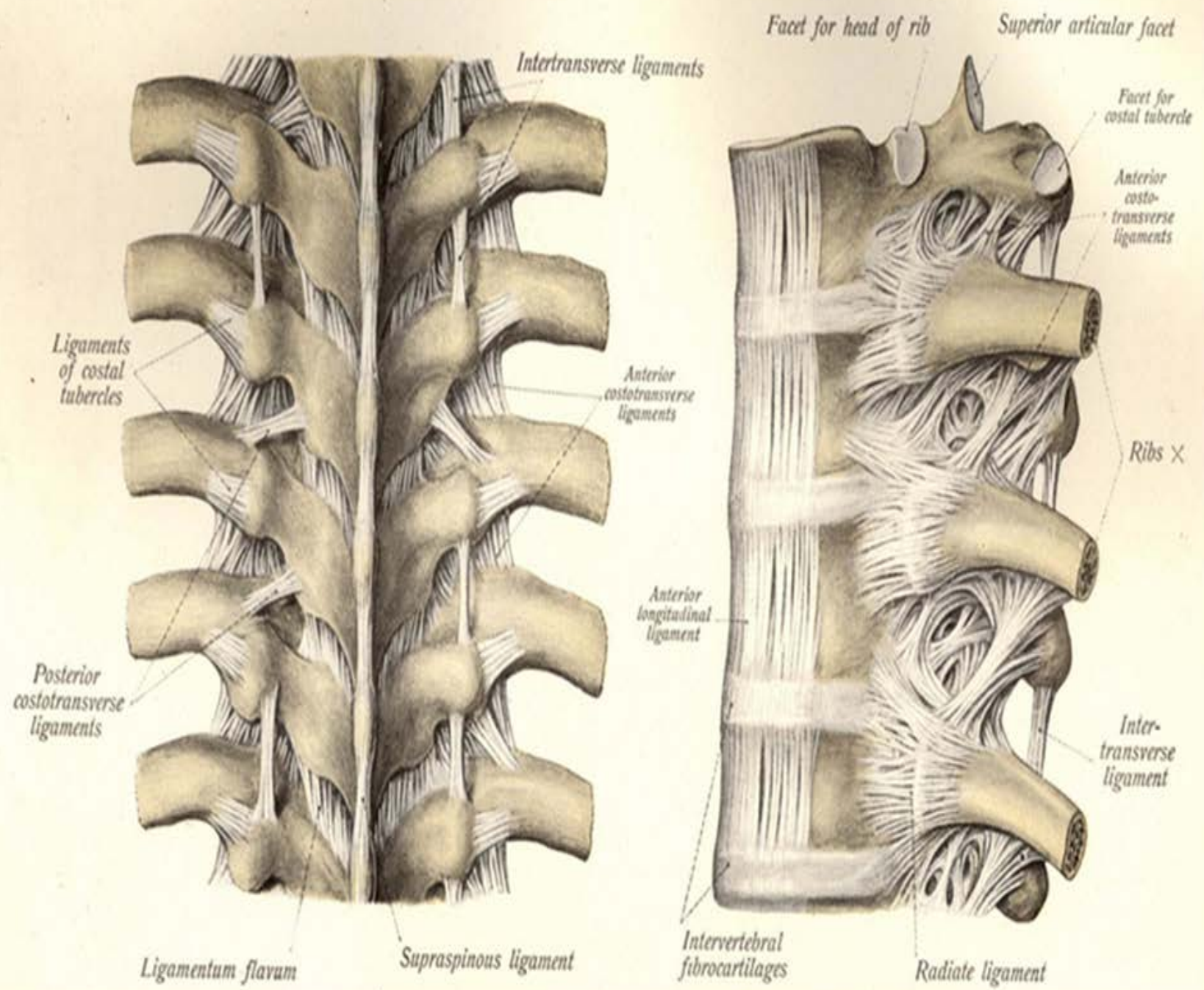




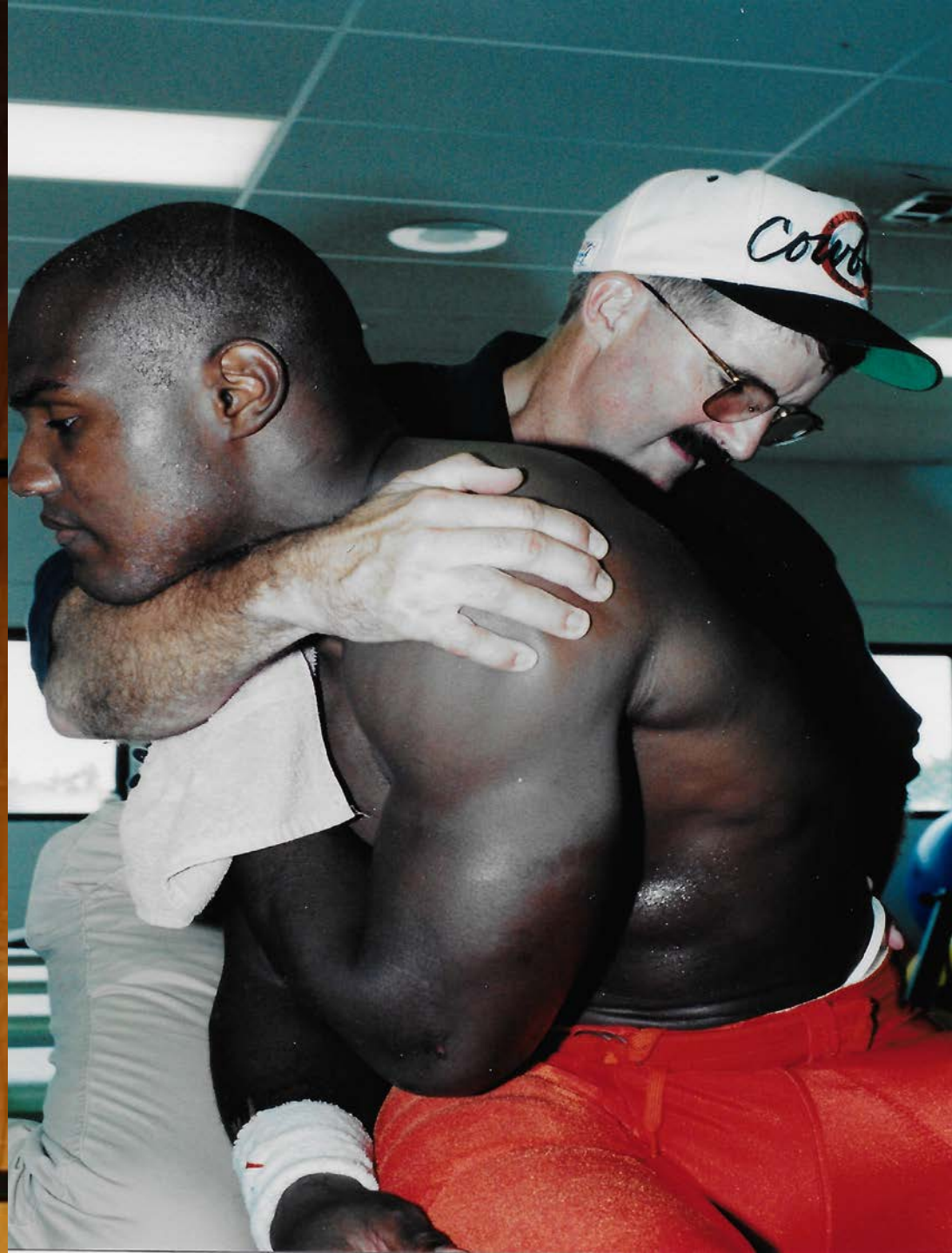
David, there's a Mrs. Goliath here to see you.









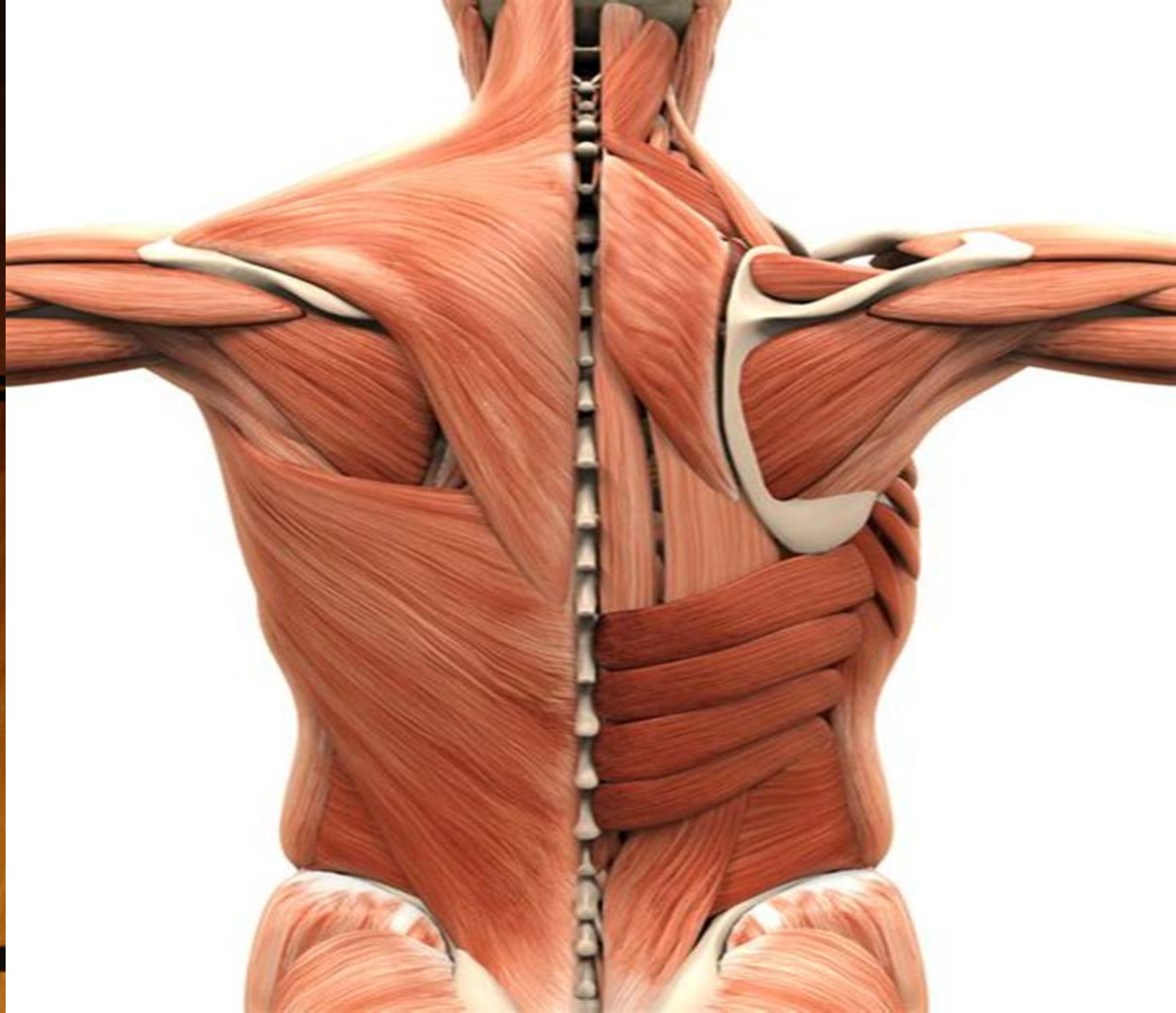


NO  
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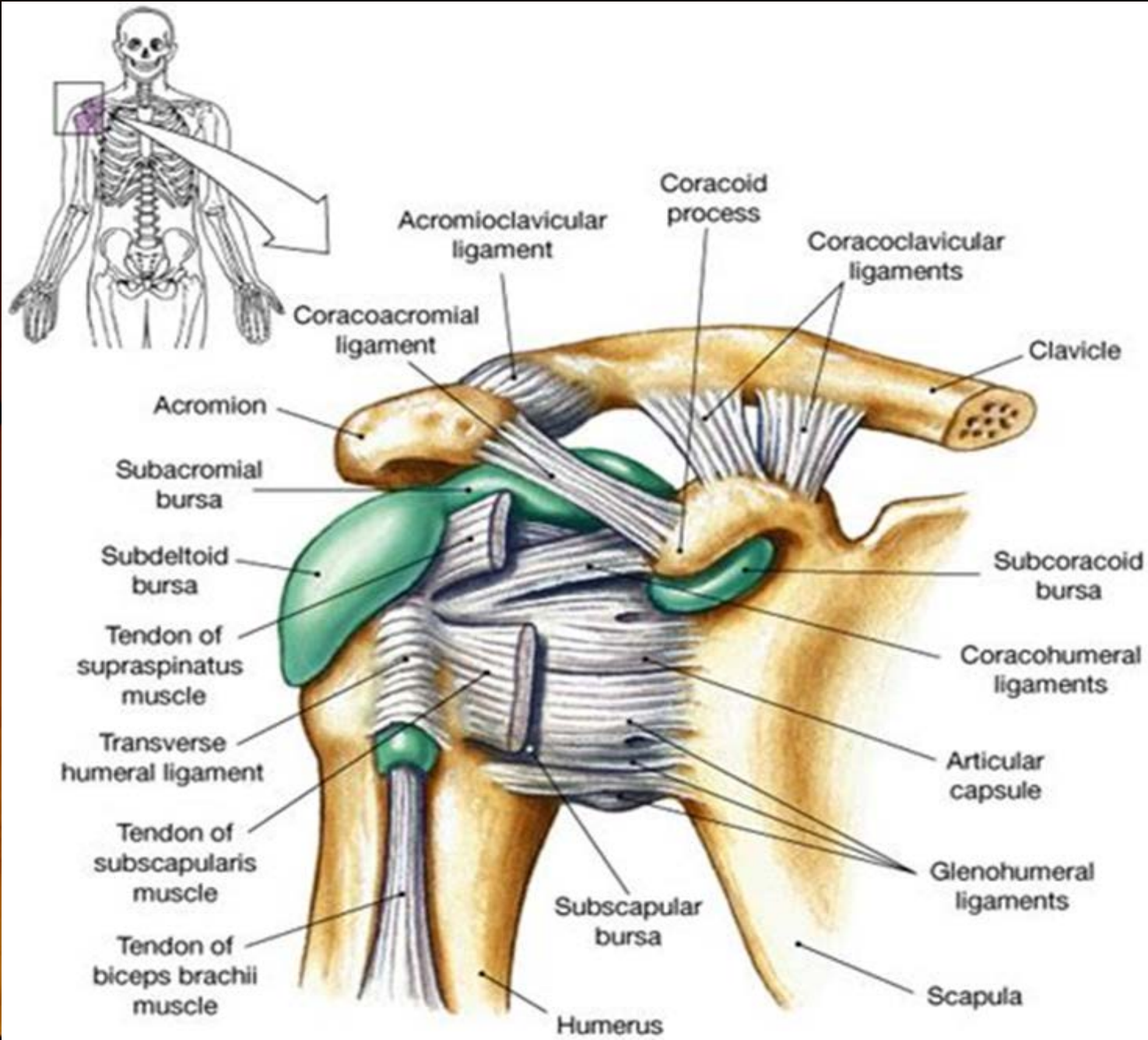




- I am currently trying to eat healthy.
- I don't put salt on my Ice Cream
- I eat only decaffeinated Pizza
- I drink only fat free Beer

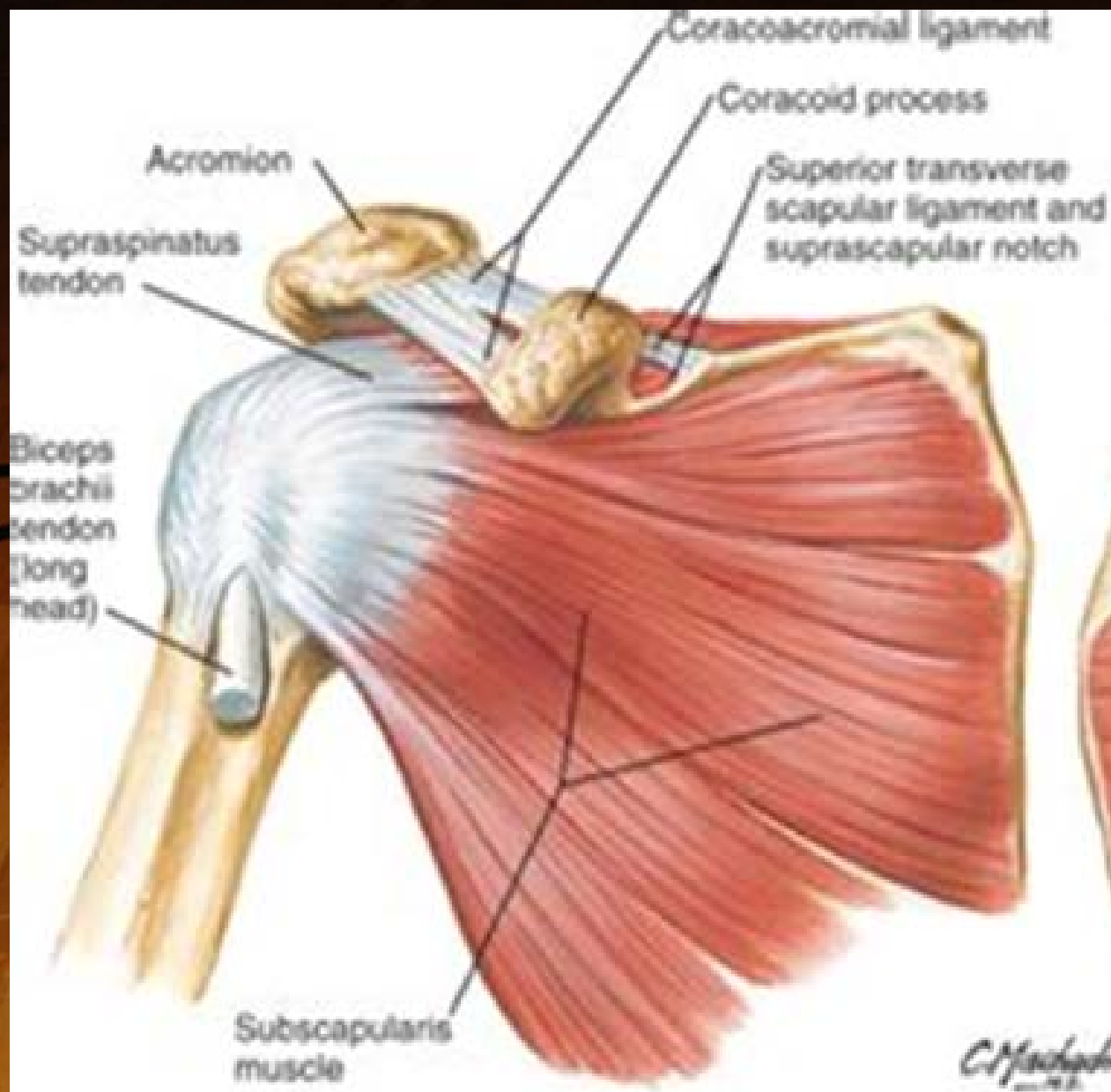






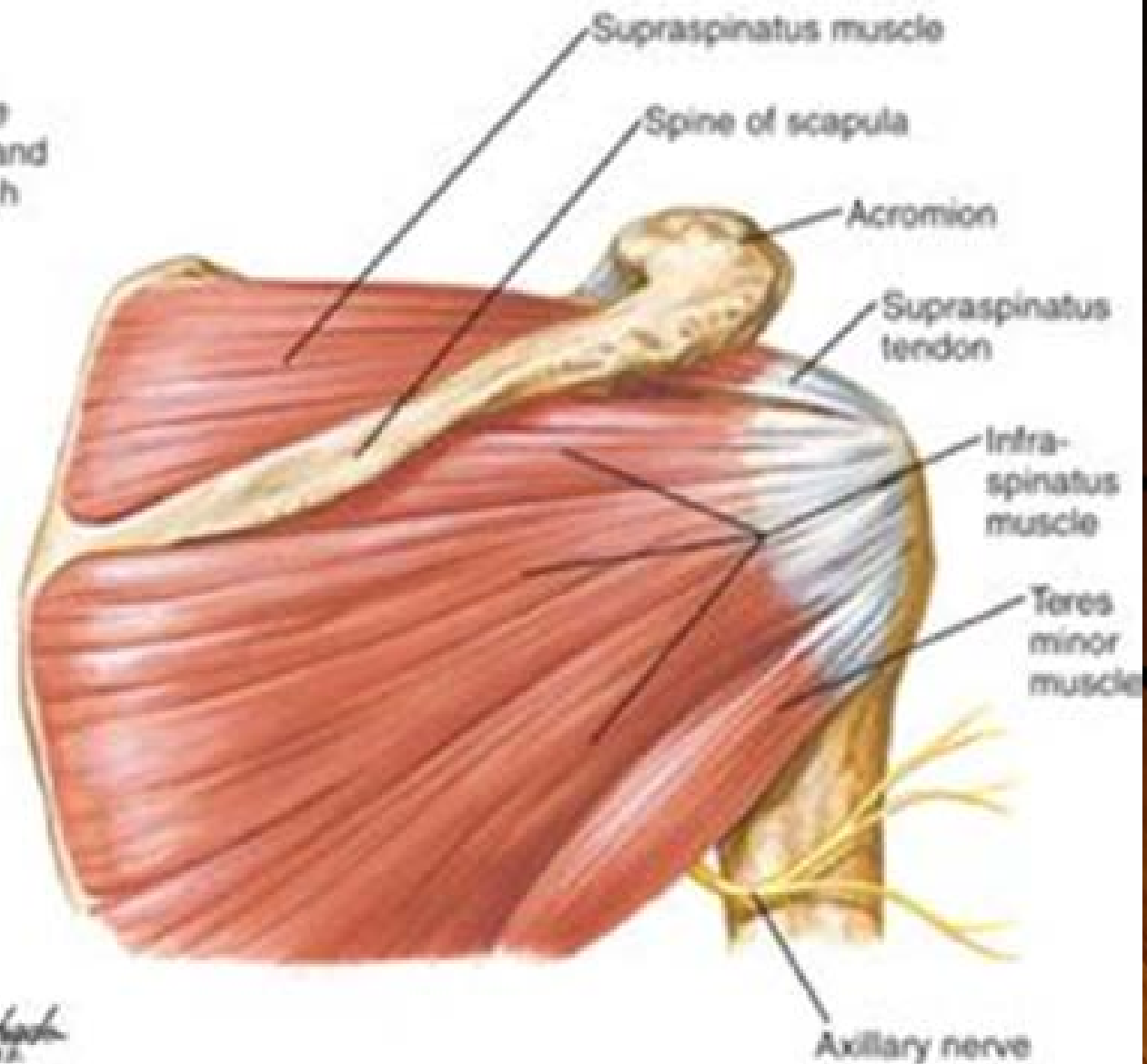
(a) Anterior view





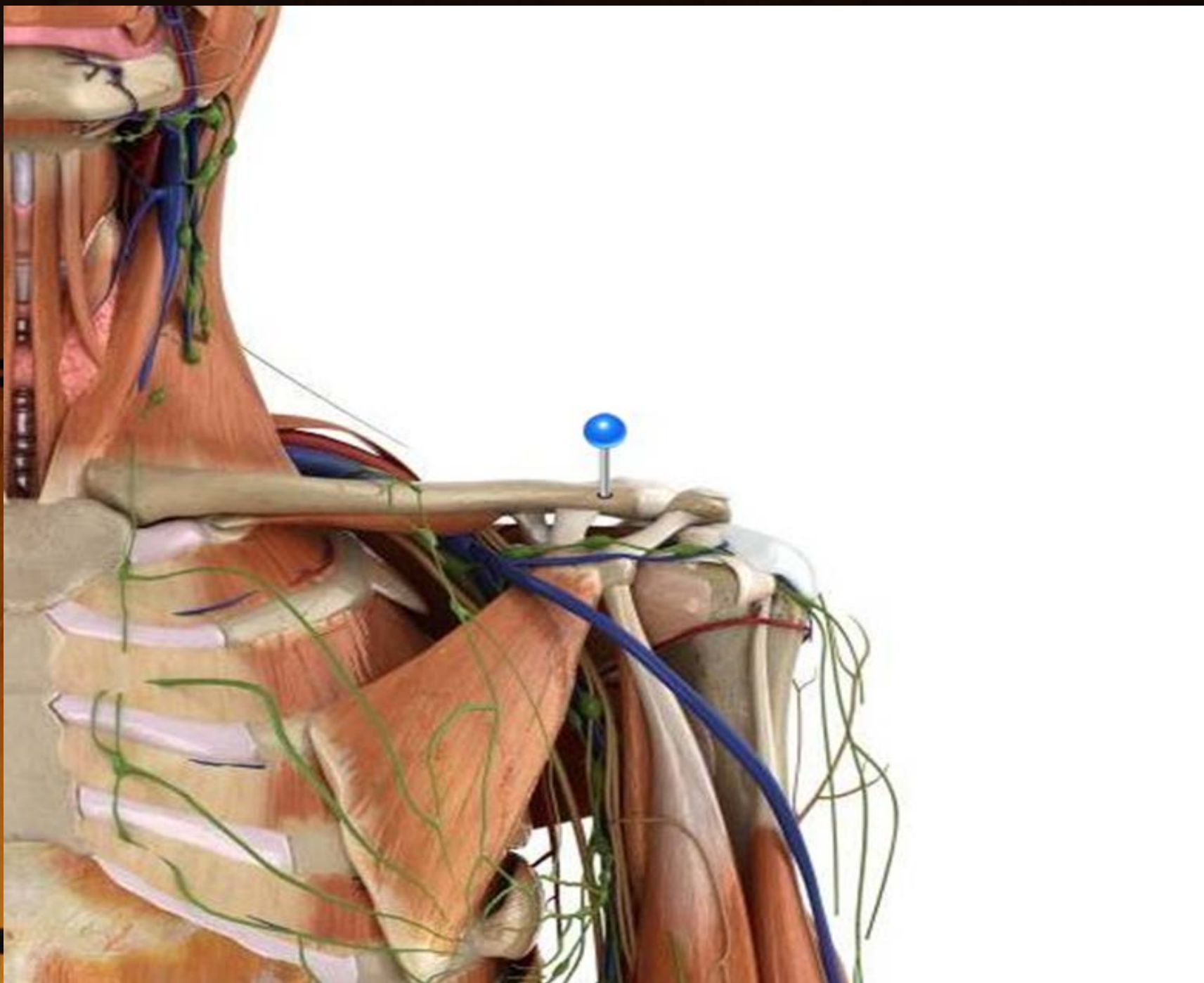
Anterior view

*C. Madhok*  
M.D.

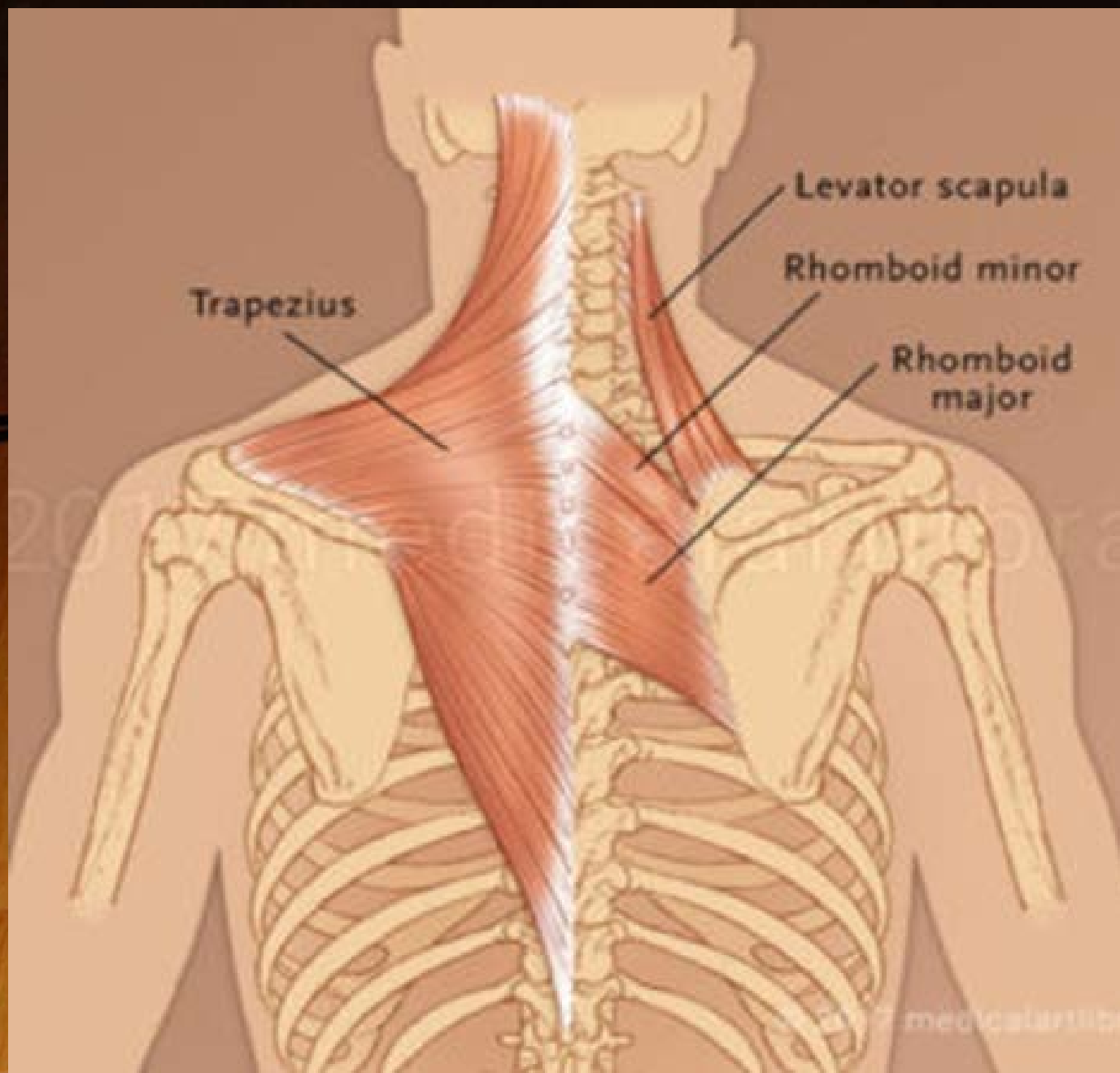


Posterior view









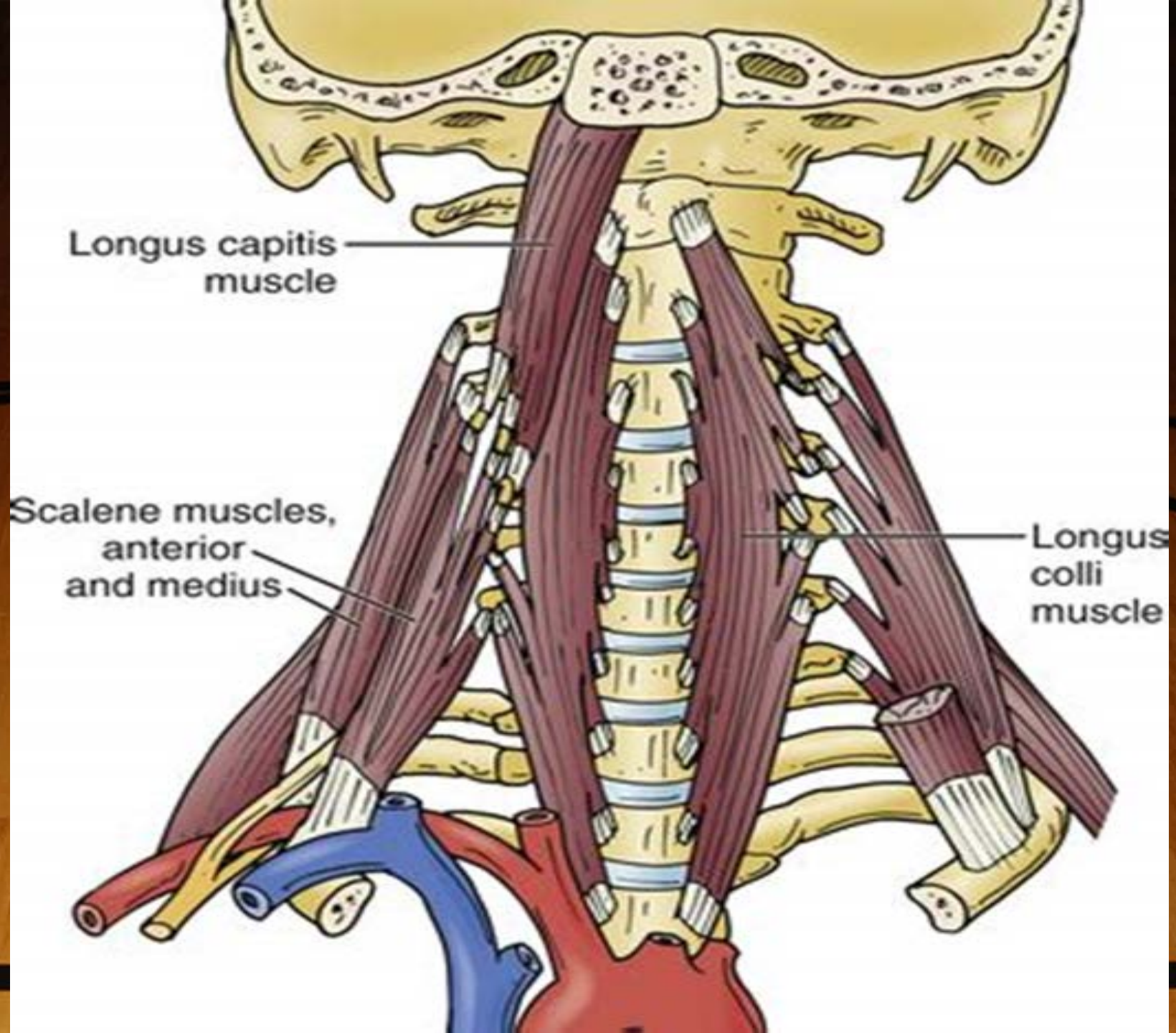


- **2019 We are told to stay away from Negative People**
- **2020 We are told to stay away from Positive People**
- **2021 We are told to stay away from People period**













## Any Questions

If not, it has been a pleasure to share some of my memories and hopefully a pearl or two that you can use to help the athletes in your life.

There is no good way to  
win a fight with a skunk