



STUDY



CASE

Troy Vincent, Cornerback

Scene: 4 days prior to Eagles' home opener against the St. Louis Rams, a star defensive player is injured.

Diagnosis: Hyper-extended knee, deep bone bruise

Treatment Goal: Accelerated recovery

Treatment Tool: HydroWorx 2000 series aquatic therapy and conditioning pool.



Troy Vincent, Cornerback

Philadelphia Eagles

During practice prior to the 2001 season opening game against the St. Louis Rams, Troy Vincent, All-Pro Cornerback for the Philadelphia Eagles, suffered a severe knee injury 4 days before the game. The Rams have set the standard for offensive success the past few years with their passing game and speedy receivers. The Eagles had been preparing for this important game for four months, in hopes of containing the Rams' offense.

ACCELERATED RECOVERY OVERVIEW

**Thurs.
Sept.
6**

Troy Vincent hyper-extended his right knee and suffered a painful deep bone bruise in a practice collision. He had approximately 10° total motion and had gone into spasm. Traditionally, Rick Burkholder, Eagles Head ATC, would have packed him in ice and hoped for the best. Instead, he immediately placed Vincent in the HydroWorx pool for about 30 minutes to reduce pain and begin therapy activities. At first Vincent's quad wouldn't fire, but after 10 min. he could bend his knee. After 15 min., his quad started to fire. By the time Vincent left the pool, he had full range of motion in his knee.

**Fri.
Sept.
7**

Vincent was held out of practice to undergo treatment and begin rehabilitation at the NovaCare Complex. He was listed as questionable status (50% chance of playing) for Sunday's game versus the Rams. Vincent underwent 4 sessions in the HydroWorx pool to further reduce pain and enhance recovery.

**Sat.
Sept.
8**

Vincent was still questionable, and continued to rehab in the HydroWorx pool. Starting at 6am, Burkholder had Vincent in the pool, progressively walking, running, back-peddling, doing turn and go, karaoke and other tests on the knee.

**Sun.
Sept.
9**

At 2pm game day, Burkholder placed Vincent in the HydroWorx pool to warm-up prior to taking the field at 2:45pm. Troy Vincent played in the season opener against St. Louis Rams. According to Burkholder, Vincent played fabulously, with an interception and 3 tackles.

" It seemed like the world stopped, because he's one of our best defensive players, if not best defensive player"

- Rick Burkholder, ATC
Head Athletic Trainer, Phila. Eagles

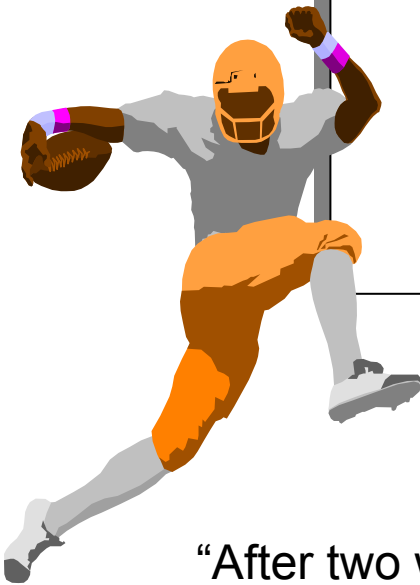
" This pool paid for itself today, if he plays
in the game Sunday. "

- Rick Burkholder, ATC
Head Athletic Trainer, Philadelphia Eagles

Financial Impact:

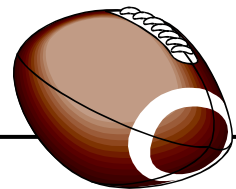
TROY VINCENT, CB

2000 SALARY: \$2,800,000
BONUS: \$ 600,900
TOTAL: \$3,400,900
PER GAME: \$ 212,556
(16 games)



"After two weeks of this treatment, he
had virtually no problems with that
bone bruise."

-Rick Burkholder, ATC



Game Statistics:

Tackles			Sacks		INT		TD	FFUM	PASSDEF
SOL	AST	TOT	NUM	YDS	NUM	YDS			
3	2	5	0.0	0	1	0	0	0	2