



Comeback Kid is Back in the Game

The hip pain started gradually and was barely noticeable in the beginning. First, it was an ache after a sprint with the football. Then, it was a dull throb as he raced around the bases in baseball. Finally, it became a constant, agonizing reminder of every step. It was obvious the pain in 14-year-old Garrett McPherson's hip had become unbearable.

"He came to us and said, 'I can't stand it anymore. I can't do anything, it hurts so bad,'" says Garrett's mother, Katie McPherson, of Prosper, TX. At that point, Garrett took six months off from his favorite hobby – sports – and started a schedule of physical therapy and travelling to different orthopedic physicians.

Across town, Henry Ellis, M.D., an orthopedic surgeon in the Sports Medicine Center at [Children's Medical Center at Legacy](#), read the referral from a colleague.

"Garrett's athletic activity, combined with his complaints, made me suspicious of a few sports-related injuries to the hip that I commonly treat. I thought that he would certainly be someone I would like to review," says Dr. Ellis.

Dr. Ellis, a sports medicine pediatrics provider, is the only physician in North Texas who is able to perform an orthopedic hip surgery.

Soon, Garrett and his mother were in Dr. Ellis' office. "Dr. Ellis knew the problem as soon as he started moving Garrett's legs around," says Katie. The diagnosis was clear – a [hip labral tear](#) that would require surgery to repair.

"Garrett clearly had the pain very consistent with a labral tear. He was unable to play baseball anymore because of his hip pain, so I thought it certainly warranted further investigation to see how I could help him," says Dr. Ellis.

During surgery, Dr. Ellis worked on repairing the largest labral tear he has ever encountered. The operation went seamlessly. Throughout Garrett's recovery, Dr. Ellis acted as a coach to encourage him to continue physical therapy. It's clear Garrett took the encouragement to heart. "Listen to Dr. Ellis," Garrett says, "He knows what he's talking about."

Today, Garrett is back in the game, playing on the freshman baseball team for [Prosper High School](#). He also plays baseball for the Pirates on Youth 14. Garrett's goals are to play Major League Baseball and to become an orthopedic surgeon, just like Dr. Ellis.

"I can't wait to see him play," says Dr. Ellis.