

Setback to comeback: Twin sisters return to the court after ACL tears

VIDEO	AUDIO
NATS – BASKETBALL GAME	
<b>Rose Dolmovich Patient</b>	"I thought that there was honestly a chance that that I was never going to play it competitively again."
	Basketball has been a passion for twin sisters Rose and Rachel Dolmovich since they were 5 years old. But injuries nearly crushed their dreams in June 2019.
<b>Rachel Dolmovich Patient</b>	"I jumped up on one leg to try to defend a shot. And when I landed, it just felt like something had moved in my knee. And I collapsed."
	A torn anterior cruciate ligament. Sister Rose would know that same pain – tearing the same ligament just days later.
<b>Dr. Cedric Ortiguera Orthopedic Surgery Mayo Clinic</b>	"There are certain people that are at higher risk of getting ACL tears. We know young females are higher risk. There's some genetics involved with it, higher demand sports, basketball, soccer, volleyball."
	Dr. Cedric Ortiguera, who repaired both Rachel's and Rose's ACLs, estimates more than 150,000 ACL injuries happen in the U.S. every year.  For the twins, it took months of physical therapy before they could return to the court.
<b>Rachel</b>	"It was definitely very helpful to have your best friend going through the same thing as you because you're not alone."
	Then at their high school's senior night game, with both sisters back in the starting lineup, another setback occurred.
NATS – BASKETBALL GAME	

<b>Rachel</b>	"I was seriously just running in a straight line. And I went to go turn a little bit and I just fell to the ground."
	This injury meant more surgery, possibly jeopardizing Rachel's future college career.
<b>Dr. Cedric Ortiguera</b>	"It was a much more involved surgery as a what we call a revision surgery a second time surgery, but all went well."
<b>NATS – RUNNING IN PHYSICAL THERAPY</b>	
	Through pain and persistence – the pair grew stronger.  The situation even inspired Rose.
<b>Rose</b>	"I had a really awesome physical therapist, and he was, like, a huge inspiration for me, for both of us. And it made me kind of fall in love with that career. And ever since then, like I've set my goals on becoming a physical therapist."
<b>Dr. Cedric Ortiguera</b>	"With their reconstructed knees, I think they could do almost anything they want, have basketball careers, but more importantly, be healthy and active for the rest of their lives."
	Now, the sisters find themselves competing together at the college level.  Their sophomore year has the potential to be their best yet.
<b>Rose</b>	"On the court, again, with the people I care about my team, my best friends like all of that. I never imagined it this way. And I'm super thankful for it."
	For the Mayo Clinic News Network, I'm Alex Osiadacz.