

Sports Medicine



**ORTHOPEDIC
SPECIALISTS**

Sports Medicine

Injuries due to sports participation are becoming more common as increased physical activity exposes the body to injuries. Sports and exercise allow you to improve your health and fitness, and make you feel vigorous and rejuvenated. They also provide enjoyment and relaxation.

Sports Medicine is the area of orthopedics that focuses on prevention, treatment, and rehabilitation of athletic injuries. Our goal at Orthopedic Specialists is to help you return to the activities you enjoy as soon as possible.



Common Sports Injuries

Running	Sprains, strains, tendonitis, shin splints, stress fractures
Football	Sprains, strains, fractures, ligament and cartilage injuries of the knee
Soccer	Sprains, strains, knee & ankle injuries
Tennis	Shoulder & elbow tendonitis
Golf	Elbow tendonitis and back ache
Baseball	Shoulder & elbow tendonitis & ligament injuries
Gymnastics	Wrist, elbow & knee injuries
Skiing	Knee, cartilage and ligament injuries
Swimming	Shoulder problems

Injury Prevention

The best way to handle injuries is to prevent them from occurring. Many times, the most common sports injuries are related to improper stretching in warm-up and conditioning. Doing too much, too soon, and too fast can lead to injuries. Proper technique and proper equipment use are important ways to prevent many injuries. The physicians and physical therapists at Orthopedic Specialists can help guide your activities to help you avoid common injuries.

Sports Rehabilitation

Conditioning and rehabilitation are important parts of athletics and athletic injuries. Orthopedic Specialists has state-of-the-art equipment and highly trained physical therapists to help heal your injuries and return you to the optimum level of activity and performance. The physicians and therapists have developed specialized exercise and treatment protocols for different injuries. This allows close supervision of your healing, which enables faster recovery from your injury or surgery.



Treatment of Sports Related Injuries

Many sports injuries respond to ice and rest. If you have had a major injury, or if there is no improvement with common treatments, then the physicians at Orthopedic Specialists can help you recover more quickly. We will give you options for your care, provide the latest techniques, diagnosis, and treatment of your injuries to return you to the activities you enjoy.

If surgery is needed, the physicians at Orthopedic Specialists have advanced



training in arthroscopic surgery and treatment of the shoulder, knee, elbow, ankle, and wrist, including laser surgery.

Most surgeries are done on an outpatient basis so you can return to your active lifestyle as soon as possible. The doctors can perform the latest surgeries, including cartilage repair and transplantation, as well as ligament reconstruction of the shoulder, elbow, knee and ankle.

When You Get Hurt

If you have a concern or question about an injury, call Orthopedic Specialists for an appointment. The staff and physicians are here to help you get over your injuries and return you to the sporting activities you enjoy. The physicians at Orthopedic Specialists have experience treating athletes of all levels, including recreational, high school, college and professional sports.

Sports Injuries



Many different types of injuries can occur while competing in sports activities. Injuries can range from mild sprains and strains, to ligament damage and even fractures. Almost any area of your body can be injured.

Different sports cause different types of injuries, such as “tennis elbow” and “runner’s knee.” Many sports injuries are from overuse and can cause persistent tendonitis and bursitis that will limit your performance. Other more serious injuries involve cartilage and ligament damage, which can lead to locking, popping, and giving way of your knee, shoulder, elbow or other joints.



The physicians at Orthopedic Specialists have specialized training in recognizing and treating many different sports injuries. This will allow a rapid return to the activities you most enjoy.





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