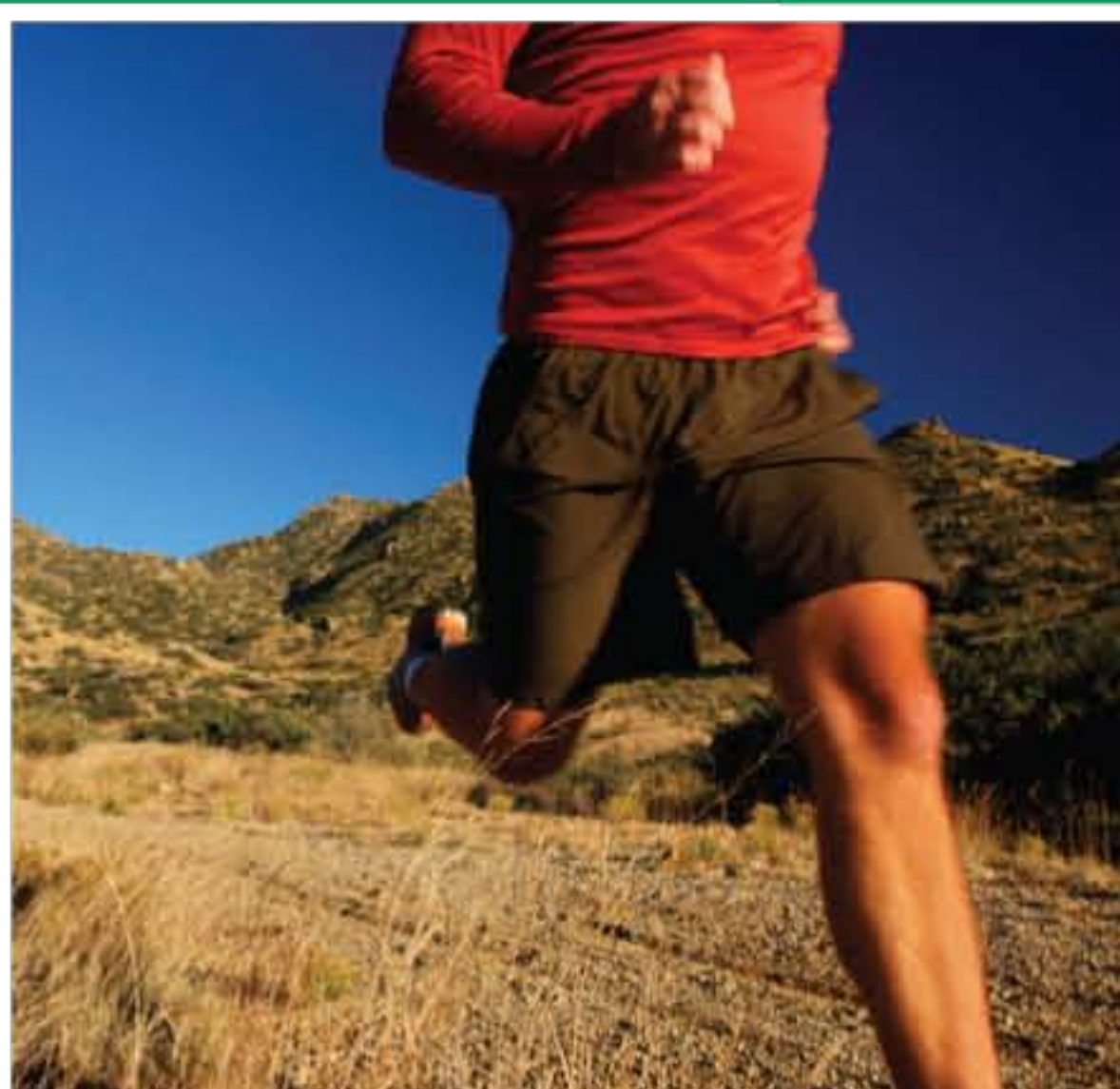


Sports Medicine

Are You At Risk?



ORTHOPEDIC & SPINE
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Exercising is good for you, but sometimes you can injure yourself when you play sports or exercise. Accidents, poor training practices or improper gear can cause injury. Some people get hurt because they are not in shape. Not warming up or stretching enough can also lead to injuries.

Sports medicine physicians have specialized training in the field in medicine that deals with sport or exercise-related injuries. Their primary focus is on the diagnosis, treatment and prevention of injuries that occur during sports and other physical activity.

Read each question carefully. Circle "Yes" if you have any of the symptoms described. Circle "No" if you do not.

Yes or No

Do you have pain in the inside of your knee joint when running or speed walking? **Y**
N

Do you have pain in your shoulder when serving the ball? **Y**
N

Do you have persistent groin pain? **Y**
N

Are the front of your shins burning with activity? **Y**
N

Are you a weekend warrior? **Y**
N

Do you have persistent swelling in your ankle and/or foot? **Y**
N

Remember

It is important to understand that joint pain during physical activity is a symptom of a medical condition, not a diagnosis itself. Medical problems that can cause pain include the following: mechanical problems, injuries, acquired conditions, and disease process. To find a physician that can properly diagnose and treat your dysfunction please call our FREE Consult a Nurse[®] and physician referral line at 866.442.2362.

If you answered . . . YES to any of the 6 survey questions, you should discuss your symptoms with your physician or an orthopedic specialist.

If you answered . . . NO to all of the 6 survey questions keep this survey to refer back to every 6-12 months.

Joint Pain

The treatment of pain depends entirely on the cause of the problem. Therefore, it is of utmost importance that you understand the cause of your symptoms before embarking on a treatment program. If you are unsure of your diagnosis, or the severity of your condition, you should seek medical advice before beginning any treatment.

- Knee, leg, back, and shoulder injuries; stiffness and pain in joints; tendinitis; “tennis elbow”; and dehydration are some common conditions that may be involved in sport-related injuries.
- Treatment and prevention include exercise programs for increasing strength, flexibility, and endurance; physical therapy; fitness tests; advice concerning nutrition and fluid replacement; and use of protective equipment. Surgery may be needed to treat some injuries.
- Rest days are critical to sports performance for a variety of reasons. The body repairs and strengthens itself in the time between workouts, and continuous training can actually weaken the strongest athletes.

Quick Facts



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