



Michael Callahan, M.D., Orthopedic Surgeon American Fork Hospital

Summertime Activities Sport A Healthy Body

- Stretch your lower limbs including your quadriceps, hamstrings, and calves prior to running, jogging, or walking
- Stretch your arms, shoulders, and back for sports that require throwing or swinging (e.g., softball, tennis, and golf)
- If you are a runner, begin each work out by walking, then jogging, and then running
- Spend five to ten minutes at the end of your work out to gradually cool down
- Always wear a helmet when bicycling, rollerblading, or skateboarding
- Wear running shoes that fit well, provide ankle support, and shock absorbency

Summer is a great time to increase your activity level. Whether your objective is to lose weight, increase endurance, or simply have fun, here are some tips from Michael Callahan, M.D., Orthopedic Surgeon at American Fork Hospital that will help you achieve your goals safely.

- Try adding pads to your softball cleats to help absorb shock

If injury does occur, try the RICE method of self-care. RICE is an acronym for:

- R**est
- I**ce
- C**ompression
- E**levation

To help control pain and swelling, take an anti-inflammatory such as ibuprofen. If pain or swelling persists for more than 48 hours, see your doctor.



Laird Swensen, M.D., Orthopedic Hand Surgeon The Orthopedic Specialty Hospital (TOSH)

Hand, Wrist, And Elbows Valuable Advice

Your hands are very valuable tools. Because you use them so often, they are also very susceptible to injury. Some of the conditions Laird Swensen, M.D. Orthopedic Hand Surgeon at TOSH sees most often are outlined below:



Carpal tunnel syndrome causes your hands or fingers to fall asleep frequently. Other symptoms include a loss of feeling in your hands, pain radiating from your wrist, a sense of weakness, and a tendency to drop objects.



Tennis elbow is most often the result of overuse from activities, such as using a screwdriver, painting, carrying or lifting heavy objects, knitting, typing, and pulling weeds. According to Dr. Swensen, the most telltale sign is "Pain over the outside part of your elbow, which is accentuated when you lift."



Trigger finger is a condition where one of your fingers or your thumb catches in a bent position. It's common in people who are older as well as in people with diabetes.

If you are not sure if treatment is necessary, Dr. Swensen gives this advice: "Keep things in perspective. If pain, swelling, or loss of motion impairs function or continues, you should seek medical treatment."



James M. Morgan, M.D., Orthopedic Foot and Ankle Surgeon LDS Hospital and The Orthopedic Specialty Hospital (TOSH)

Foot & Ankle Care Steps In The Right Direction

Our feet are responsible for our mobility, stability, and to an extent, our independence. What better reasons to take care of them? James M. Morgan, M.D., Orthopedic Foot and Ankle Surgeon at LDS Hospital and TOSH outlines some of the most common foot and ankle problems.

Arthritis

Says Dr. Morgan, "Most ankle arthritis is due to earlier injury." Treatments range from shoe inserts and ankle braces to anti-inflammatory drugs and ankle surgery.

Diabetic foot problems

If you are living with diabetes you may have a reduced ability to feel pain. Even the smallest of blisters and sores should be closely monitored. In addition, don't ignore numbness, soreness, or redness.

Injury due to increased activity

Stress fractures, ankle sprains and tendonitis are common when you begin a new activity, such as running or playing sports. Proper footwear, stretching, and slowly increasing activity can help prevent these injuries.

Although many foot and ankle conditions can be treated by a podiatrist, some do require orthopedic attention. According to Dr. Morgan, "The last several years have been an exciting time in foot and ankle orthopedics." Advances include a new ankle joint replacement, which does not require motion-limiting joint fusion.



Jeffrey Harrison, M.D., Sports Medicine Director McKay-Dee Hospital

Rotator Cuff Repair Relieving Pain & Restoring Function

Rotator cuff surgery has been performed for years. With the advent of arthroscopy and MRI scanners, the ability to diagnose and treat these injuries has improved dramatically. Often these disorders are treated completely arthroscopically, or with a smaller incision.

The reasons for rotator cuff problems vary. See the chart at right for a breakdown of common causes by age group.

15 to 24 years old

At this age, Dr. Harrison sees a lot of shoulder injuries due to overuse. For example, baseball players are more prone to injury in their throwing arms.

25 to 44 years old

Over time, constant use can lead to tendon fatigue and stiffness. Those who are more prone to shoulder problems include people who drywall, hang wallpaper, or paint for a living.

45 to 65+ years old

Osteoarthritis, sometimes referred to as "normal wear and tear," is most commonly diagnosed after age 45. Dr. Harrison also notes rotator cuff tears, injuries from falling, and more serious disabilities as reasons for shoulder problems.

Whatever the cause, the goal is always twofold: to relieve pain and restore function.

And, according to Dr. Harrison, "Over the past few years, new arthroscopic results have been equating the results of traditional open surgery."

Whether you're training for an event or just want pain-free days, Vernon Cooley, M.D., Orthopedic Surgeon for TOSH suggests these tips for healthy knees:

Train appropriately

"First," says Dr. Cooley, "speak with your doctor to find out exactly what's causing your knee pain." Following a doctor-directed program helps ensure a faster recovery and can help avoid re-injury.

Train year round

According to Dr. Cooley, "Any patient, not just an athlete, or marathon runner should start training one year in advance of any active event." He recommends cardio exercise plus weight training.

Take a multivitamin

In addition to vitamins C, D, and E, Dr. Cooley recommends glucosamine, which is a supplement that builds healthy cartilage.

Treat injuries sooner rather than later

Don't wait for pain and swelling to become debilitating. Seek treatment in a timely manner to avoid chronic pain and possibly, the need for surgery.

Eat a well balanced diet

Maintaining an ideal weight will help alleviate pressure on your knee joints. As Dr. Cooley explains, "Essentially, one pound of body weight above your knee translates into about four pounds of force across your knee joints."

Vernon Cooley, M.D., Orthopedic Surgeon The Orthopedic Specialty Hospital (TOSH)

Healthy Knees Pain-Free Days



Every joint in your body is susceptible to injury, overuse, and osteoarthritis. In severe cases, total joint reconstruction may be the only hope for relieving pain and restoring function. Below is a list of joints and how they are commonly injured:



Spine
Osteoarthritis, known as "wear and tear" arthritis, may cause so much spinal pain that surgery is required.



Hip
While osteoarthritis is the major reason for hip replacement surgery, there are other conditions, including trauma, which may require hip replacement.



Knee
Even though major muscle groups, such as quadriceps and hamstrings support your knees, disease or injury can cause weakness, pain, and decreased function.



Shoulder
Injury, overuse, and osteoarthritis can cause pain and weakness that can only be cured with shoulder replacement surgery.



Smaller Joints
Your elbows, hands, fingers, wrists, feet, and ankles all rely on joints for proper movement, flexibility, and function. Like other joints, they are susceptible to injury, overuse, and osteoarthritis.

The objective of joint reconstruction is to replace the joint surfaces with materials such as metal, polyethylene, or ceramics. The material selected depends to some extent on the reason for, and the goals of the surgery, as well as which joint is being replaced.

Kent Samuelson, M.D., Orthopedic Surgeon LDS Hospital and The Orthopedic Specialty Hospital (TOSH)

Joint Reconstruction What & Why

