

Keeping you... *Active*

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Sports Medicine • Orthopedic Excellence



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Active

... is a quarterly newsletter from West Tennessee Bone & Joint Clinic. The clinic's ten physicians specialize in sports medicine and orthopedic problems. For copies of the newsletter, contact Adam Kelley, Marketing Director, at 731.661.9825.

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Injured police officer undergoes surgery, rehab to regain use of his crushed foot

What seemed to be a routine late night police call turned into a nightmare for Brownsville Policeman Matthew Carson, who ended up in the hospital with a crushed foot. Nearly 11 months of doctor visits and 53 trips to physical therapy later, Carson is back on the police force and even back to running.

It was January 23, 2011, when Officer Carson responded to a 911 hang-up call at a Brownsville hotel. The first person he encountered at the hotel was a man getting into a car. "I was talking to the guy as he sat behind the wheel of his car, and he obviously was not in the best condition to talk to a police officer," said Carson. "Turns out he had nothing to do with the hang-up call I was responding to; he was just the first person I saw when I arrived."

As the driver quickly put his car in reverse, Carson's left foot and leg got caught under the car. He was dragged 10 to 15 feet, crushing his foot. An ambulance took him to the Jackson-Madison County General Hospital emergency room where he was treated by Dr. Harold "Trey" Antwine, an orthopedic surgeon at West Tennessee Bone & Joint Clinic.

"The incident happened about 1:30 in the morning, and by the time I arrived at the hospital, they had me on some major pain medicine," said Carson. "Dr. Antwine, who looked at the CT scan already taken of my crushed foot, said it looked like a bomb had gone off in my foot and that I needed surgery to repair the damage."

Dr. Antwine used pins and screws, which will always remain in Carson's foot, to re-position the

Officer Matthew Carson

bones. "He thought that time in a cast would heal it," Carson said.

Officer Carson's foot was so swollen after surgery that he could have only a splint on his foot. Once the swelling started to subside, he was moved into a large cast. As the swelling continued to decrease and healing progressed, the cast size was reduced. Eventually Carson was able to wear a walking boot and no longer had to use crutches to get around.

He saw Dr. Antwine every couple of weeks and had x-rays to ensure that nothing had moved or shifted.

Once he was in the walking boot, Carson was able to begin physical therapy at West Tennessee Bone & Joint Clinic. The goal was to regain as much mobility in his left foot as possible. Five months after surgery, Carson was back on the treadmill trying to run.

"I was a big runner before the accident, logging in about eight miles on a run and occasionally competing in a 5K," he said.

"I used to run about a six-and-a-half to a seven-minute mile, but I am not back up to that; my running is still a bit limited. I am a motivated person and driven to get back to where I was. I may have to

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Running Injury Q&A

Q: What are some of the most common injuries sustained by runners?

A: Running is an excellent form of cardiovascular exercise, but it can put considerable strain on the entire lower extremity. Runners are susceptible to stress fractures, hamstring strains, shin splints, patellofemoral syndrome, IT Band syndrome and ankle sprains, among various other injuries.

Q: How can I decrease my chances of getting hurt while running?

A: Develop a thorough stretching routine that includes all of the major muscle groups in the legs. Spend some money on good running shoes that fit your needs. Be patient and increase your weekly miles slowly. Hydration is key, so drink plenty of water in preparation for a run.

Q: Does it really matter what shoes I wear to run?

A: Yes, yes, yes! The same shoe does not fit every runner. We all have different types of feet. Some have high arches, while others are flat footed. Your running shoes must match your anatomy, or injury will almost certainly find you. It's best to visit a running specialty store where an expert can analyze your gait and suggest the proper shoe. Also, it is important to change shoes when yours begin to show signs of wear, which typically occurs after 300 to 400 miles.

Q: What should I do if I sustain a running injury?

A: Rest. This may mean for a day or for multiple weeks, depending on the severity of your injury. Ice and anti-inflammatory medications also can help strained tissues heal more quickly. Of course, not all injuries will heal on their own. So, if you have any doubt, consult your doctor or physical therapist.

By Jesse Gatlin, Physical Therapist

A New Year

By Shea Cooper, P.T.

The New Year is upon us, and studies show that most people will be making resolutions. One of the most common New Year's resolutions is to get into better physical shape. Unfortunately, according to *Time* magazine, that is also one of the most commonly broken resolutions.

So, how can you beat the odds and achieve your seemingly unattainable goals for fitness? Hopefully, this article will help you on your journey to achieve a healthier, happier you!

Gym Membership

To get into good physical shape, it is necessary to participate in a comprehensive exercise program consisting of strength/resistance training and cardiovascular and flexibility/stretching exercises. The first obstacle to overcome is to decide what types of these exercises you want to do, and where you will do them.

Most of us do not have a home gym full of expensive exercise equipment. Fortunately, most fitness centers offer good deals and incentives in January to help new members get started on their quest for physical fitness. However, research shows that 60 percent of those memberships go unused.

Many people quit going to the gym because they don't know where to begin. Let's face it, gyms can be intimidating. There is so much equipment — what does it all do and how in the world does it work?

Luckily, most fitness centers have trainers who will give you a tour of the gym and set you up with a general fitness program. Most centers offer this service free of charge, so take advantage of it. If that one meeting with a trainer is not enough, you also may hire a personal trainer for repeated one-on-one sessions. Of course, this will cost you extra, but the trainer will assess your current level of fitness, track your progress, help motivate you and offer dietary advice as well.

Most fitness centers also offer specialty classes that are led by certified instructors, such as: Spin/Cycling, Zumba, Yoga, Pilates, Toning/Sculpting, Kickboxing

Basketball injuries

Continued from back cover...

quickly and return to play with minimal lost time.

More severe ankle sprains, commonly called "high ankle" sprains, involve injury to the ligaments between the tibia and fibula. Recovery from this injury can take several weeks with patients frequently needing a

Police officer

Continued from front cover...

deal with some pain due to the amount of damage the accident caused, but Dr. Antwine feels that I will be able to do the things I did before the accident; it is just going to take some time."

Carson was able to return to the police department a few months after the accident. Initially he was on sedentary duty, but eventually the limitations were removed. Today, he can work with no limitations.

"Sitting at home was not okay with me; I have to be doing something," said Carson. "The entire staff at West Tennessee Bone & Joint Clinic and Dr. Antwine did everything they could in their power to get me back to 100 percent or as close to that as possible."

... A New You!

and Step/Basic Aerobics. They also may offer monthly challenges/contests to help motivate their members. Participating in these classes or challenges will help add variety to your workout and prevent boredom!

DVD Fitness Programs

While fitness centers are a great way to help someone get into shape, not all of us have the time and/or money to join one. Don't lose hope — there are other options!

Many fitness programs are on DVD and can be done in the privacy and comfort of your own home using little to no equipment. Some of the DVDs are similar to the specialty classes taught in fitness centers. Most of them will have options for you to choose your ability level. This allows you to start at the beginner level and progress to the more advanced workouts. Workout DVDs can be found in local stores, or they can be ordered online.

“P90x” and “Insanity” are two popular home fitness programs that can be ordered online. These programs include multiple workout DVDs that incorporate all of the components of a comprehensive workout program. They also include a nutrition plan, tracking worksheets and a calendar to help you stick with your fitness plan.

However, “P90x” and “Insanity” are known for their high level of intensity and may not be right for everyone. The best way to choose a DVD fitness program is to get educated — go online and research them, or talk to people who have done them!

Other Options

If gym memberships and DVDs are just not for you, another option is a walking or jogging program. All you need is a good

pair of shoes and a safe place to walk/jog.

You should begin with short distances and slowly progress as you are able. Don't forget to do some stretching before and after you walk/jog. Keep a log of your sessions and include your distance/time to track your progress.

One final option is going to a personal trainer who trains people out of their home (not in a gym setting), or finding a trainer online that gives you instruction in home workouts. Do an internet search for “home personal trainer” if you are interested in this option.

Tips for Success

No matter how you decide to go about it, staying the course on your journey to physical fitness can be tough, but here are a few ideas that may help...

- Find a friend or family member who can work out with you.
- Make time for your workout — set up a weekly or monthly schedule of workout times or classes that you want to attend.
- Vary your workouts; doing the same thing everyday will lead to boredom!
- Set yourself some realistic, obtainable goals.
- Find some sort of nutrition plan and stick with it.
- Most importantly, don't be discouraged by muscle soreness or slow progress — it can be a long, difficult journey. Hang in there, and you will be glad you did!

Health Concerns?

For those of you who have had health

walking boot and crutches.

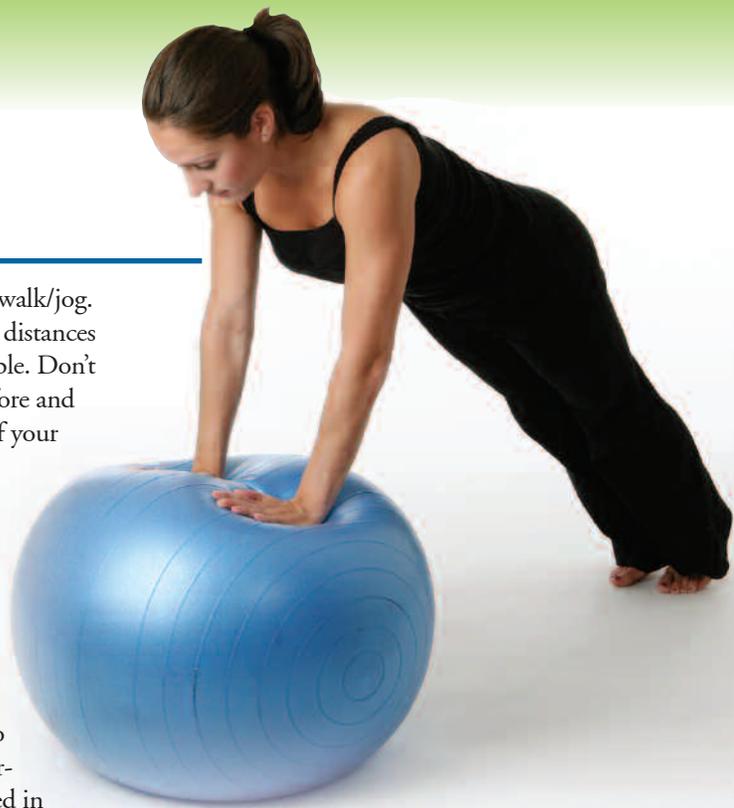
Achilles tendon tears typically occur in more mature male athletes. This injury is frequently seen in church or recreation league games, and usually occurs after a forceful pushoff with the foot. Patients usually describe a loud audible pop and severe pain in the posterior ankle with subsequent loss of

plantarflexion. Prompt evaluation by an orthopedic surgeon is recommended.

Stress fractures in basketball most commonly occur in the foot and lower leg (tibia). These typically occur due to a rapid increase in activity level or from overtraining. Once diagnosed, a period of immobilization and non-weight bearing is

recommended. Athletes can return to play once they are pain free and the fracture has completely healed.

Other injuries to the ankle include bone contusions, growth plate injuries and peroneal and posterior tibial tendon tears. All of these injuries can be problematic and should be evaluated by a physician.



problems and/or surgeries, it is extremely important to get medical clearance before beginning an exercise program. In these cases, it is a good idea to talk to a physical therapist or work with a personal trainer.

Once you begin your workout program, you need to listen to your body. If you feel pain or dizziness, stop and consult your physician.

The Bottom Line

The bottom line is that getting into shape requires lifestyle changes. You must make sacrifices in order to see the results. A well rounded fitness program has many benefits!

Exercise can help you lose weight and reduce body fat, increase your endurance and strength, improve your cardiovascular/heart health and your flexibility. It also can help improve your energy level, your athletic performance and your mental health and help to reduce risk of injury!

So go ahead and make those New Year's resolutions...and stick to them!

Basketball injuries can sideline season

Basketball season is in full swing.

By Adam Smith, M.D.

While a championship season isn't made in the first half of the season, injuries can quickly derail any team's hopes for a championship run. Basketball injuries are varied and may be due to repetitive injury or a single event. The most common injuries to basketball players include injuries to the knee and ankle.

Knee Injuries

Injuries to the knee when playing basketball are acute or chronic. Chronic injuries usually include patellar tendinitis (also called "jumper's knee") or iliotibial band friction syndrome, also caused by repetitive jumping. Both can be severely limiting. Anti-inflammatory medications, bracing, therapy and rest may all be beneficial in the treatment of these overuse syndromes.

Acute injuries to the knee include injuries to the ligaments, menisci (disc structures within the knee) and articular cartilage (the protective layer of the knee joint). Ligament injuries most commonly include injury to the anterior cruciate ligament (ACL) or medial collateral ligament (MCL). Full tears of the ACL and/or MCL can result in significant knee instability and are usually treated with



reconstruction. Initial treatment includes stabilizing the limb and assessment by trained medical personnel.

Menisci are usually injured with twisting or torsion-type injuries. Injury to the meniscus usually causes locking, catching or giving way with the knee. Most of these injuries do not heal and require surgical treatment to regain maximal function.

Damage to articular cartilage can be caused by repetitive trauma (wear and tear) or by an acute injury in which large pieces of cartilage become dislodged. Treatment, usually based on severity of the injury, can include medications, bracing or surgical treatments, which might involve cartilage restoration-type procedures.

Ankle Injuries

Injuries to the ankle are extremely common in basketball athletes. Most are simple and heal quickly. However, some ankle injuries can be severe and slow to heal.

Ankle sprains occur when a player's ankle turns inward or outward in an awkward manner. Most of these injuries occur when a player lands on an opponent's foot, causing the planted foot to roll into an everted or inverted position.

This awkward landing usually causes partial tearing of the lateral and/or medial ligaments of the ankle. While initial swelling can be impressive, athletes usually can recover

Continued inside ...



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Keeping You Active

The physicians at West Tennessee Bone & Joint Clinic, P.C. specialize in comprehensive orthopedic care. They diagnose and treat diseases and injuries of the bone, muscles, tendons, nerves and ligaments in adults and children. They are Board Certified in Orthopedic Surgery.

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