

# Keeping you... *Active*

Winter 2007/08



WEST TENNESSEE

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&  
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Sports Medicine • Orthopedic Excellence

Keeping you...

*Active*

...is a quarterly newsletter from West Tennessee Bone & Joint Clinic, 24 Physicians Drive in Jackson.

The clinic's nine physicians are specialists in sports medicine and orthopedic problems.

Whether you are an athlete or you simply like to walk for your exercise, it's our mission to keep you injury free – and active.

For more copies of this newsletter, contact Adam Kelley, Marketing Coordinator, at 731-661-9825 or toll-free at 888-661-9825.

## Tips to prevent winter sports injuries

By David Pearce, M.D.

People spend hours of recreation time on activities ranging from sledding, snow skiing and tobogganing to ice hockey, ice skating and snow boarding.

According to the American Academy of Orthopaedic Surgeons (AAOS), however, if the proper precautions are not taken to ensure warmth and safety, severe injuries can occur.

Winter sports injuries get a lot of attention at hospital emergency rooms, doctors' offices and clinics. In 2004, the U.S. Consumer Product Safety Commission reported 51,524 injuries from ice hockey; 49,600 injuries from ice skating; 74,000 injuries from sledding, snow tubing and tobogganing; 35,483 injuries from snowmobiling; 143,990 injuries from snow boarding; and 144,379 injuries from snow skiing. Injuries include sprains and strains, dislocations and fractures.

Countless numbers of winter sports injuries happen at the end of the day, when people overexert themselves to finish that one last run before

quitting. A majority of these injuries can easily be prevented if participants

prepare for their sport by keeping in good physical condition, staying alert and stopping when they are tired or in pain.

The AAOS urges children and adults to follow these tips for preventing winter sports injuries:

- Never participate alone in a winter sport.
- Keep in shape and condition muscles before partaking in winter activities.
- Warm up thoroughly before playing. Cold muscles, tendons and ligaments are vulnerable to injury.
- Wear appropriate protective gear, including goggles, helmets, gloves and padding.
- Check to see that equipment is in good working order and used properly.
- Wear several layers of light, loose and water- and wind-resistant clothing for warmth and protection. Layering allows you to accommodate your body's constantly changing temperature. Wear proper footwear that provides warmth and dryness, as well as ample ankle support.
- Know and abide by all rules of the sport in which you are participating.
- Take a lesson (or several) from a qualified instructor, especially in sports like skiing and snow boarding. Learning how to fall correctly and safely can reduce the risk of injury.
- Pay attention to warnings about upcoming storms and severe drops in temperature to ensure safety.
- Seek shelter and medical attention immediately if you, or anyone with you, is experiencing hypothermia or frostbite. Make sure everyone is aware of proper procedures for getting help, if injuries occur.
- Drink plenty of water before, during and after activities.
- Avoid participating in sports when you are in pain or exhausted.





# Physical Therapy equipped, staffed to meet your needs



The West Tennessee Bone & Joint Physical Therapy Department opened five years ago and moved into a new, larger state-of-the-art facility in 2006 within the West Tennessee Bone & Joint Clinic.

**By Tom Johnson,  
Director of Physical Therapy  
and Rehab Services**

The Physical Therapy Department has more than 4,000 square feet and is equipped with a full range of exercise equipment and treatment modalities. The Department is staffed with licensed physical therapists, physical therapy assistants, and an occupational therapist – the newest service offered in our rehabilitation department.

At West Tennessee Bone & Joint Clinic, our physical therapists see patients primarily with musculoskeletal and spine diagnosis.

**Q If you have never had physical therapy, you may ask: What is physical therapy?**

Physical therapy is a healthcare specialty involved with evaluating and treating individuals with impairments or limitations in their overall physical function. These challenges can be the result of

disease, injury or a pathological process. The physical therapist provides services that relieve pain and prevent or limit permanent physical limitations. The ultimate goal in physical therapy is to restore maximal functional independence to each patient.

**Q What is occupational therapy?**

Occupational therapy is a medical profession, which also involves the rehabilitation of individuals with impairments resulting from injury and/or disease.

Occupational therapists specialize in the treatment and rehabilitation of the injured upper extremity and may use functional purposeful activities to address or treat the underlying dysfunction. When necessary, an occupational therapist may be involved in the fabrication of custom hand splints for the treatment of certain hand or wrist injuries.

Like physical therapy, the goal of occupational therapy is to restore normal functional use of the involved extremity in activities of normal daily living.

**Q What can I expect when I am referred to physical or occupational therapy?**

When referred and considered for a physical or occupational therapy evaluation, the therapy will be based on the patient's diagnosis given by one of the doctors at West Tennessee Bone & Joint Clinic.

During the evaluation, the therapist will assess many things, including pain and swelling, strength, range of motion, balance and posture. The findings of the evaluation will help the therapist develop and implement an individualized treatment program to help alleviate existing problems as well as provide preventative care and improve quality of life.

# New Year, New You...

## Tips to start and stay exercising safely

You've been thinking about starting that exercise program after the New Year. It's time to get started. Here are some suggestions to help you...

■ **See Your Doctor:** Get a check-up, especially if you have not exercised in a while or had a checkup recently.

■ **Start Where You Are and Small:** Exercise doesn't have to be elaborate or involve expensive equipment or gym memberships. Examine your daily routine. You may find you already do some form of exercise, such as walking the dog. Use that as a starting point and add to it. If you are creative you may find you don't need to change your routine much to fit exercise into your daily routine. If you do not think you have 30 minutes to devote to exercising each day, try exercising five or ten minutes several times a day.

■ **Identify Goals and Preferences:** Set realistic weekly goals that include an activity you enjoy doing or try something new. Trying a variety of activities may help you find one that you enjoy and help you stick with exercising. Your goal may be as simple as taking a daily 15-minute walk or as intense as training to complete a marathon. The ultimate goal is to do at least 30 minutes of moderate physical activity several times a week.

■ **Stretch and Drink Plenty of Fluids:** Drink plenty of water before, during, and after you exercise. A good rule of thumb is to consume a cup of water for every 15 minutes of vigorous exercise, especially if it is hot or humid. Five to ten minutes of stretching before and after workouts can also make a big difference in preventing soreness, injury and increasing flexibility.

■ **Dress Appropriately:** Special clothing is not required to exercise, but do dress comfortably and appropriately for the weather. Buy good shoes to prevent injury.

■ **Challenge Yourself Slowly:** Do not come out of the gate too quickly, ease into your workout and increase the intensity at a gradual pace. Listen to your body and don't feel pressured to go too fast.

■ **Write it Down:** Keep a journal or exercise log. Jotting down what you did, how long and how you felt can be a great motivational tool and help you decide where you want to be in a week, month or more.

■ **Strength Train:** Consider adding strength training to your workout. Try doing strengthening exercises with weights for 15 to 20 minutes two to three times a week. Work to muscle fatigue – if you finish the set easily, increase the weight.



Information for this article was compiled from [www.sportsmedicine.about.com](http://www.sportsmedicine.about.com) and [www.dukehealth.org](http://www.dukehealth.org).

## After-hours clinic

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to get around on his own. Rehabilitation continued at West Tennessee Bone and Joint for the next month where Jordan worked to build up the strength of his knee. "Physical therapy went really well," Jordan says. "The folks at the clinic were great and so helpful to me during my recovery."

Although he was out for the rest of the season, Jordan is expecting to begin working out again in the next few weeks to prepare for spring training for football.

"As good as my knee is now, I am pretty positive I will be back in shape, if not in better shape, for spring training," says Jordan.

### Questions about an athlete's injury?

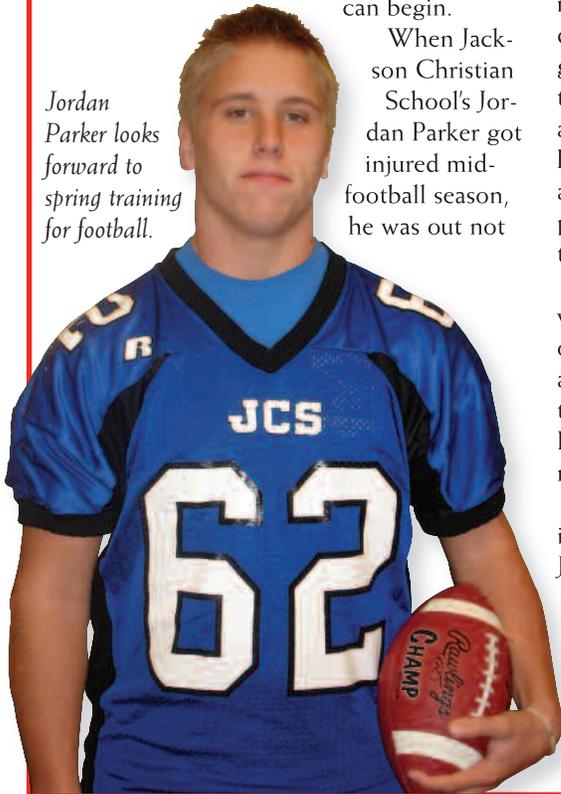
If you have a question or concern about an injury or care for an athlete, go to our website at [www.wtbjc.com](http://www.wtbjc.com), click on the Sports Medicine tab and submit your question.

One of our physicians or physical therapists will respond promptly.

# After-hours clinic starts athlete's treatment sooner

**T**ime is important to an injured athlete: The sooner an injury is diagnosed, the quicker healing and rehabilitation can begin.

*Jordan Parker looks forward to spring training for football.*



When Jackson Christian School's Jordan Parker got injured mid-football season, he was out not

just the rest of the game, he faced the possibility of being out the rest of the season as well.

Instead of waiting until the next morning to seek medical treatment, Jordan's parents took a pro-active stance to getting their son on the mend. They took advantage of West Tennessee Bone and Joint Clinic's Fifth Quarter Clinic. During football season, the clinic hosts an after-the-game clinic to see injured players, thereby reducing the time it takes an athlete to start treatment.

Jordan's knee was injured when he was pushed from behind during the second half's kick-off in an October game against Milan High School. Jordan went to the sidelines for the rest of the game. He later discovered he was out for the rest of the season.

Jordan's parents remembered hearing about the West Tennessee Bone & Joint's Fifth Quarter Clinic. They knew that their son would be seen in a timely manner by an orthopedic surgeon who could best diagnose Jordan's injury.

"My mom had seen a sign for the clinic and had been there before," Jor-

dan says. "The people are great. We didn't need an appointment and got right in to see the doctor."

In the clinic, Orthopedic Surgeon Dr. Adam Smith x-rayed Jordan's knee to confirm that nothing was broken and scheduled an appointment for an MRI of Jordan's knee early the next week.

The result of the MRI showed that Jordan had a torn meniscus, which is a tear in the shock-absorbing cartilage of the knee. Outpatient surgery was scheduled for the following Monday.

"Dr. Smith really understood how important it was for me to put this injury behind me and get back to football," Jordan says. "He told me that surgery was the best option. Getting the surgery behind me and my knee repaired would allow me to get back in the game without having more trouble with my knee down the road."

Jordan began physical therapy on his knee the next day and was back in school by Wednesday. He only had to use crutches for about a week before he was strong enough and healed enough

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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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