



Raphael S. F. Longobardi, MD, FAAOS

UOC News

Just for you!

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Countdown to Opening Day...

Dear Friends,

In terms of baseball, opening day is everything. A day that injuries are hopefully healed, warm-ups are done and the hopes for the new season are fresh. Keep in mind, opening day during the Spring is not a coincidence. It is the time of rebirth — a time to set your own game plan and tend to all that you have ignored. A sore hip, a stiff shoulder or a “bum” knee. None of these have to persist. Take the time now to look at your own goals and make your new season a good one!

Call today for a consult and pass this along to a friend, colleague or relative who could use a fresh start.

Raphael S. F. Longobardi, MD, FAAOS



AskWell

What can be done to treat and prevent shinsplints?

Shinsplints are painfully familiar to many of us who run, dance or play team sports. The condition is generally thought to be caused by painful irritation of the tissue connecting the muscles of the lower leg to the shinbone, though cellular changes within the shinbone itself may also be involved. For some people, switching athletic shoes and adding cushioned insoles reduces the risk of developing shinsplints, said Dr. Sabrina Strickland, an orthopedic surgeon at the Hospital for Special Surgery in New York City. Increasing running mileage slowly and training primarily on grass or other relatively soft surfaces also may help.

But many people develop shinsplints no matter what.

The good news is that most people recover within a few months, even with very conservative treatment, said Dr. Raphael S. Longobardi, the chairman of orthopedic surgery at Holy Name Medical Center in Teaneck, N.J. “The best

treatment for shinsplints is to stretch the muscles of the lower leg,” he said.

To start, sit in a chair and straighten your sore leg; reach down and gently pull your toes back toward your body. Hold the stretch for 30 seconds and repeat five or six times. Then gently push your toes down for 30 seconds and repeat five or six times. For a more intricate stretch, sit on the floor with your feet against a wall, heels on the ground, knees straight, and palms flat against the floor. Using your hands, walk your body toward the wall, “leaning into the wall,” he said, to stretch the calf and shin muscles.

Meanwhile, if it hurts to run, “cut back on training,” he said. The pain of shinsplints shouldn’t keep you from walking, he said; if it does, see a doctor to rule out a stress fracture or other injury.

After you’ve recovered, ramp up your training cautiously. The most common risk factor for shinsplints is having had shinsplints before. *GRETCHEN REYNOLDS*

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NEW YORK TIMES
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SIX WAYS TO IMPROVE YOUR SPORTS PERFORMANCE

There are many factors that determine athletic success. While some may be genetic, many are within your control. Whether you're an elite or recreational athlete, there are some basics training guidelines and principles that will help you get the most from your training. These six tips can help you bump up your sports performance.

Increase Your Endurance

Building a solid endurance base will help you hold off fatigue and allow you to compete longer and stronger. Even if you are a power athlete, and your sport demands short, high intensity bursts, you need cardiovascular fitness and endurance.

Build Core Strength

Constantly maintaining your balance and momentum while playing sports is critical to performance and injury prevention. Making core strength a part of your basic training program will help you control your movements and shift your body weight to move in any direction with ease. Whether you play field or court sports, swim, play tennis, golf or do a little bit of everything, be sure to include a core-strengthening workout two to three times per week.

Improve Your Mental Fitness

Sports psychologists help athletes get a mental edge by practicing visualization and centering techniques. These techniques allow athletes to reduce anxiety and stress and redirect focus from any negative, anxiety-causing events to the present task. Elite athletes frequently rely on sport psychology methods, but any athlete can get a performance boost by improving mental fitness.

Practice Injury Prevention

An injured athlete can't compete effectively. Smart athletes always practice injury prevention. Sports safety means warming up adequately, training effectively, using proper equipment for your sport, getting adequate rest and recognizing and addressing the early warning signs of injury. Following these safe workout tips can reduce your risk of common sports injuries, aches and pains, and help you train more effectively and arrive at the start line prepared to succeed.

Practice Good Sports Nutrition

Becoming a better athlete requires the right fuel. Unless your workout is less than 20 minutes, you'll want to make sure you plan to rehydrate during your workouts, and be sure to follow the basics of good pre- and post-exercise nutrition.

Listen to Your Body - Don't Exercise in Pain

A smart athlete knows the difference between discomfort and pain. It's critical to listen to your body and don't exercise in pain. Pain is the body's primary warning signal that alerts us to a problem. We need to listen and act on any feelings of pain. Exercise should not cause pain and if it does, you need to back off or stop the activity until the pain stops.

Source: Elizabeth Quinn, About.com Guide



BUMP UP YOUR SPORTS PERFORMANCE



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