

## **Sports Medicine Q & A**

### What is sports medicine?

Sports medicine is a medical specialty area that focuses on the repair and rehabilitation of sports-related injuries. Athletes of all abilities, including students, professionals, and weekend warriors, are at risk of injury because of the physical stress and repetitive strain of intense athletic activities.

In addition to diagnosing and treating injuries, sports medicine specialists also provide training and physical therapy to help you build strength and flexibility to reduce your risk of injuries in the future.

### What are common sports injuries?

Our team at Ascension Michigan Orthopaedics-Rochester diagnose and treat a wide range of sports injuries. Some of the most prevalent injuries include:

- Ligament tears in the knee (ACL, MCL, and PCL)
- Meniscus tears
- Joint dislocations
- Finger and hand injuries
- Fractures
- Tendon ruptures
- Rotator cuff tears
- Tennis elbow

Your risk of repetitive strain injuries such as tendinitis and bursitis also increases with regular, intense physical activity such as training and competing in sports.

### How can an orthopaedic sports medicine specialist help me?

Our team of orthopaedic sports medicine specialists at DeClaire LaMacchia Orthopaedic Institute diagnose and treat acute and wear-and-tear injuries using state-of-the-art diagnostic tools and surgical and nonsurgical treatments.

Our team uses comprehensive exams and tests such as X-rays, MRIs, and arthroscopy to diagnose your sports injury. Then, depending on your needs, your doctor will create a customized treatment plans to repair and rehabilitate your injury.

For example, knee injuries are common sports injuries. Our team provides treatments including:

- Knee injections
- Cold laser therapy
- Cartilage restoration

- Meniscus repair
- Knee resurfacing
- Osteotomy
- ACL reconstruction

They also set simple and complex fractures and provide minimally invasive surgical repair for other injuries such as rotator cuff tears and tendon ruptures.

When should I see a sports medicine specialist?

You should make an appointment with one of the orthopaedic sports medicine specialists if you have a sports-related injury that's interfering with your ability to train and compete, or otherwise interfering with your quality of life. Minor sports injuries usually subside within a couple of days of rest and at-home care, including the RICE (rest, ice, compression, elevation) method.

If your injury doesn't start to improve or if you can't move normally, call Ascension Michigan Orthopaedics-Rochester to make an appointment today.