

Pain Management for the Weekend Warrior

For injuries of the weekend warrior, prevention and assessment are key

It is summertime and August sports camps are right around the corner. Along with this activity come injuries. Many of us, including myself are weekend warriors. We work all week and then let loose on the weekends biking, running, playing basketball, playing volleyball, swimming, etc. With any sort of physical activity there is the risk of injury. Granted, most of these injuries are not serious. They are simple sprains and strains. **FAQ #1:** So what do I do when I have these sprains and strains? Answer: The answer to this first question is simple, RICE. We have all heard of this before; Rest, Ice, Compression and Elevation. **FAQ #2:** But how do you know if something is serious or not? This may be a bit more complicated. The best thing you can do is get some free advice. At UPPT we offer free 15 minute consults. We can give you that free advice as to whether or not an injury is serious and if it requires further medical attention. I like to think of it as our *“Bumps and Bruises”* clinic. For example, the weekend comes and goes and leaves you with aches and pains that you do not know how to handle. Here is what you do, call our office 215-679-0105 and ask for a *“free 15 minute consult”*. We will take it from there. Remember this is a FREE 15 minute consult. No co-pay, deductible or anything. Now if you want more than this or if you already have seen a doctor and your physician wants you to begin a therapy program that is different. Then you want a full evaluation. This is most likely covered by your insurance. We can help you this as well.

Common Injuries of the Weekend Warrior

The most common injuries of the weekend warrior injuries are sprains and strains and we simply treat them with RICE. But sometimes we have a pre-existing problem like a partially torn rotator cuff or degeneration of the knee or a partially torn meniscus, a bulging disc of your neck or back and then the weekend activity really exacerbates the problem. **FAQ #3:** Now what? Answer: Call me and see me. Let me help guide you in the right direction. We may need to do a little more than RICE. We may need to take care of the problem using some additional modalities like pulsed ultrasound, light or laser therapy, electrical stimulation along with cryotherapy. We also use Kenisotape to help support injured soft tissue or Leukotape to protect a more severe ankle sprain to allow for tissue healing.

Injury Prevention and Assessment

Many of you know, I have a son who plays football. In football the question is not IF you are going to be injured but WHEN. Concussions are a big problem. Proper assessment of a head injury is critical. We can no longer brush this off by saying “the player got their bell rung” they will be ok. Today we have better management tools than this. It is common and necessary for athletes including soccer players to receive ImPACT testing. **FAQ#4:** What is the ImPACT Test? Answer: Talk to me or your trainer and we will help you with this. Involved in a sport without a trainer? Call me and I will be happy to give you the guidance you will need to get the necessary care.

Another high risk injury is ACL's. Believe it or not adolescent females are a high injury group for these injuries along with patellofemoral knee pain. **FAQ#5:** My daughter is complaining of knee pain what should I do? Answer: **15 Minute FREE consult; BUMPS & BRUISES Clinic.** I will evaluate the situation and give you the guidance your child needs.

FAQ#6: What other tips can you give me right now? Answer: Stretch. Most weekend warriors do not properly warm up or stretch. There is a reason professional athletes spend hours prior to their event warming up. Take 10-15 minutes prior to your activity and prepare for your game. It does not matter whether it is golf, swimming, tennis or running. Proper stretching will help improve your performance and minimize the chance of injury. Next, get in good shape. By this I mean get your body lean and fit. The stronger you are the less likely you will sustain an injury. I tell all athletes, even the female softball and field hockey players, that time in the weight room is time well spent. No doubt that the stronger your body is the less likely you will be to sustain an injury. Moreover, when you do sustain an injury you will likely recover faster.

I hope that this article was helpful to you. If so please let me know. If you have any more questions just call.

In good health,

Jay