

BACK IN THE GAME

VOLUME 1 • ISSUE 1

SUMMER • 2001

REHABILITATION INFORMATION FOR THOSE WHO ENJOY THE SPORTING LIFE

DR. LEHTINEN, REHAB CENTER OFFER SPORTS INJURY CLINICS

As an athlete, have you ever injured yourself and wondered, "where do I go to get checked?" or "who do I go to see when I can return to play?" Many athletes and weekend warriors with exercise-related problems or injuries have not had a specific place that caters to these problems.

MGH is pleased to announce the implementation of a sports injury

With the support of the athletic trainers, physical therapists and the latest equipment, the Sports Rehab team is unequaled in our area.

This clinic provides orthopedic and sports therapy, musculoskeletal injury evaluation, sport specific injury evaluation, return-to-play decisions and second opinions regarding sports injuries. Other

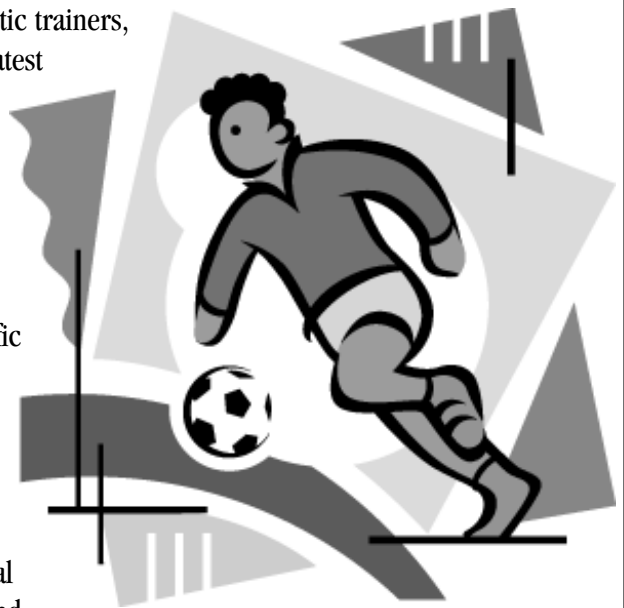
available services include: functional testing, strength and conditioning programs, running evaluations, orthotic evaluations and custom or off-the-shelf brace evaluations. If necessary, referrals can be made to other health care providers.

After having your injury evaluated in the emergency room or the walk-in-clinic, see us for your follow-up.

The clinic is staffed by Dr. John L. Lehtinen, Medical Director of Sports Rehab. Dr. Lehtinen, for over 25 years, has had a long standing commitment to the care of athletes on the fields, courtside, and at the rink. Athletes who desire his sports medicine skills now have this sports injury clinic available to

clinic. The clinic operates on Mondays and Thursdays from 2:30 pm to 5:00 pm, at the Upper Michigan Rehabilitation Center at Marquette General Hospital.

This sports injury clinic offers initial care and if necessary, continuing care to patients who seek consultation regarding sports or exercise-related health problems. The most up-to-date rehab services are provided by the professionals of MGH Sports Rehab.



them. The injured athletes will be examined by Dr. Lehtinen, receive any specialized testing (x-rays, MRI's, musculoskeletal ultrasound) and rehab all under one roof. A thorough evaluation is performed and treatment plans and goals will be established with the athlete's needs as the top priority.

Dr. Lehtinen is certified in sports medicine. He is currently the team physician for Northern Michigan University and the United States Olympic Education Center. Dr. Lehtinen has a long background in sports medicine locally, regionally, nationally and internationally. Dr. Lehtinen was a team physician for the USA at the summer Olympic games in Barcelona, Spain in 1992 and was the Head physician for the summer Olympic games in Atlanta, Georgia in 1996. He

 UPPER MICHIGAN
REHABILITATION CENTER
MARQUETTE GENERAL HEALTH SYSTEM

Continued on back

PAIN AND SWELLING CONTROL

By Kurt Kerry, Physical Therapist (PT)



With the start of softball season, many athletes will experience a mild injury during the season, or at best, some muscle soreness related to running, throwing or swinging a bat. Over-the-counter anti-inflammatory medications such as Ibuprofen or Aleve will help to relieve minor pain and swelling. Icing also plays an important role in recovery. Using ice correctly is something often taken for granted and occasionally done improperly.

Here are some easy rules to follow to maximize the therapeutic value of ice.

1. Keep a thin layer of cloth between the skin and the ice to avoid frostbite.
2. Use light pressure to hold the ice in place.
3. Expect mild discomfort for approximately 5 minutes before pain relief begins.
4. Keep the ice on the affected part for 25 minutes.
5. Elevate the body part being iced above the level of your heart.
6. Repeat the ice treatment 4 – 6 times daily.
7. Take a minimum break of 30 minutes between ice cycles.

These techniques can be used for any age group and following any sport-related activity. Keeping pain and swelling under control will not only keep you feeling better but can also keep your performance at the highest level.

Continued from front

SPORTS INJURY CLINIC

will bring the latest and most modern techniques and treatments learned at the Olympics in the evaluation and treatment of UP athletes who are seen at this clinic.

Dr. Lehtinen and the other health care professionals from several disciplines form our sports medicine team. They will work closely together to bring a wide range of expertise to each athlete situation. The goal is to help athletes return to a more normal, active lifestyle as quickly as possible. Sports injury evaluations will never be easier. Dr. Lehtinen treats athletes of all ages and can give you a second opinion

or discuss the best approach to such things as sprained ankles, injured knees, shin splints, shoulder separations, and back pain. He can help you recover from your injury whether you are a world class athlete, a weekend warrior, or just slightly active.

From state-of -the-art diagnostic equipment to the latest advances in rehab therapy, the clinic will offer a comprehensive array of services designed to get all athletes back into action.

For more information call 906-225-4850 or 1-800-562-9753, ext. 4850. For those with urgent questions, call the 24 hour sports injury hotline at 1-800-200-TEAM.

GOLF STRETCHES

By William Elmlad,
Certified Athletic Trainer (ATC)



Golf is about swinging in a relaxed and fluid motion. A critical element for a relaxed and fluid swing is achieving flexibility through pre-game stretching. Pre-game stretching also reduces the chance of injury. Pre-stretched muscles can exert more force than non-stretched muscles. Cold muscles and tendons are more prone to injury, so stretching should follow a 5-10 minute brisk walk to increase blood circulation.

To stretch properly, please follow these important guidelines:

- Go slowly – do not strain or force stretches
- Stretch to the point of mild tension
- Breathe normally
- Hold stretch for 20 to 40 seconds, 2 times each side
- Don't bounce!
- Stretch before and after the game
- Drink plenty of water to purge your body of toxins and lactic acids, which may cause stiffness
- Don't try any stretch that may aggravate an injury or impairment

Please note: this information should not be a substitute for medical treatment. Before starting any exercise routine, please consult your physician.