

BACK IN THE GAME

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REHABILITATION INFORMATION FOR THOSE WHO ENJOY THE SPORTING LIFE

Is your injury serious?

By John L. Lehtinen, MD ~ Medical Director, Sports Rehab

With the weather getting warmer and the days growing longer, many people will embark on a new exercise program, while others will increase the intensity of an existing regime to get in shape. As the body's limits are pushed, injuries are a common occurrence.

How do you know if your injury is serious? There are some common warning signs that you should be aware of that indicate you have an injury that needs attention. While some sports injuries are immediately evident, others can creep up and progressively worsen. If you don't pay attention to both types of injuries, chronic problems can develop.

Joint Pain

Pain in the joint, particularly of the



knee, ankle, elbow and wrist should never be ignored. Joint pain lasting greater than 48 hours should be evaluated by a physician.

Tenderness

If you can elicit pain at a specific point in a bone, muscle or joint, by pressing your finger on it, you may have a significant injury.

Swelling

Swelling is usually quite obvious, but occasionally you may feel swollen without outward signs. Swelling is always a sign of a sports injury and should never be ignored.

Reduced range of motion

If there is significant swelling within a joint, you will lose range of motion; the limb will only go so far in each direction. Compare with the other side of the body and if there's a difference, you have an injury that needs attention.

Compare weakness

Comparing one side to the other for weakness is difficult. One way to determine difference in strength is to lift the same weight with the right and left sides and look at the result. A difference

can be a good clue that there is a significant injury.

Numbness and tingling

Never ignore numbness or tingling. This is often related to nerve

compression and could indicate a serious injury.

If you detect an injury

If you recognize any of the above warning signs of injury, your goal should be to prevent further damage. Don't let the problem worsen and don't let the swelling continue.

If you have any of the above warning signs, do not continue your activity. Begin treatment immediately. Remember **PRICE**, the primary treatment for acute sports injuries.

P -- protect the injured area

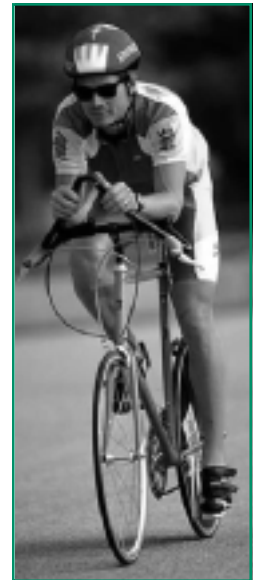
R – rest

I – ice

C – compression

E – elevation

If your symptoms continue, see your physician or call the Sports Injury Clinic at 906-225-4850 or the 24-hour injury hotline at 1-800-200- TEAM.



Massage Therapy added to Rehabilitation services

By Janell Larson ~ Rehabilitation Services

What is it?

Therapeutic massage is the gentle manipulation of soft body tissue through rubbing or kneading to increase circulation and promote relaxation. Massage has been found to enhance general health and well-being.

Medical professionals are becoming more knowledgeable about the benefits of massage therapy.

Certified Massage Therapists

Certified Massage Therapists (CMT's) specialize in the use and application of therapeutic massage techniques. CMT's are required to go through extensive professional training and follow a code of ethics. Massage therapists apply a variety of techniques to address your particular needs, and allow a sense of trust to develop between client and therapist.

Conditions treated

According to the American Massage Therapy Association, people with the following conditions have reported that

massage therapy has reduced or relieved many of their symptoms:

- Arthritis
- Asthma
- Carpal tunnel syndrome
- Chronic/acute pain
- Circulatory problems
- Gastrointestinal disorders
- Headache
- Hypertension
- Immune function disorders
- Insomnia
- Lymphedema
- Myofascial pain
- Sore muscle relief
- Sports injuries
- Stress
- Swelling

Your massage session

Before your session, the massage therapist will ask you about your medical history, any health problems or medications you are taking, and your needs and goals for the session.

The massage therapist will then leave

the room so you may undress and make yourself comfortable on the massage table. Except for the area being massaged, you will be covered at all times. If you prefer, you may leave on all or some of your clothing.

Massage therapy can reduce or relieve the symptoms caused by various medical conditions

A light oil recommended for sensitive skin will be used to avoid excessive friction to the skin. If you don't want the oil used during your massage, simply tell your massage therapist.

After your session, you may feel very relaxed or tired. Some people experience relief, have increased energy or awareness, and some feel hungry or dehydrated. Drinking water after a treatment will help flush waste products from your system that may have been released into the bloodstream during the session.

Hours and cost

A 30-minute session is \$25; 60-minute session is \$40. Gift certificates are available. Hours are:

Monday	8am-6pm
Tuesday	11am-6pm
Wednesday	11am-6pm
Thursday	8am-6pm
Friday	8am-3pm

Massage services are located at the Upper Michigan Rehabilitation Center, 3rd floor Neldberg Building of Marquette General Hospital. For more information, please call 906-225-3186.

