

Stay in the Game

IF YOU FIND YOURSELF SIDELINED BECAUSE OF A SPORTS INJURY, BAYSTATE REHABILITATION CARE WANTS TO HELP YOU GET BACK IN ACTION QUICKLY

I lifted weights competitively in Puerto Rico during my teenage years and the experience gave me a better understanding of how our bodies work.

As an athlete, you want to perform to your highest potential, but if you get hurt, as I did, you need the right sports medicine doctor to bring you back to shape. My personal experience is what convinced me to pursue a medical degree in sports medicine, and finishing my fellowship training in sports medicine at the Mayo Clinic helped complement my background as an elite athlete.

PLAY IT SAFE

There are two factors that can help predict a sports or exercise injury. First, having a history of a muscle or joint injury increases the chance of becoming injured again. Previous injuries tend to develop into chronic problem areas for many athletes. It is extremely important to warm up and stretch these areas.

Also, too many consecutive days of training often result in injuries. Recovery days reduce injury rates by giving muscles and connective tissues an opportunity to repair themselves.

Follow these general tips to prevent exercise injuries:

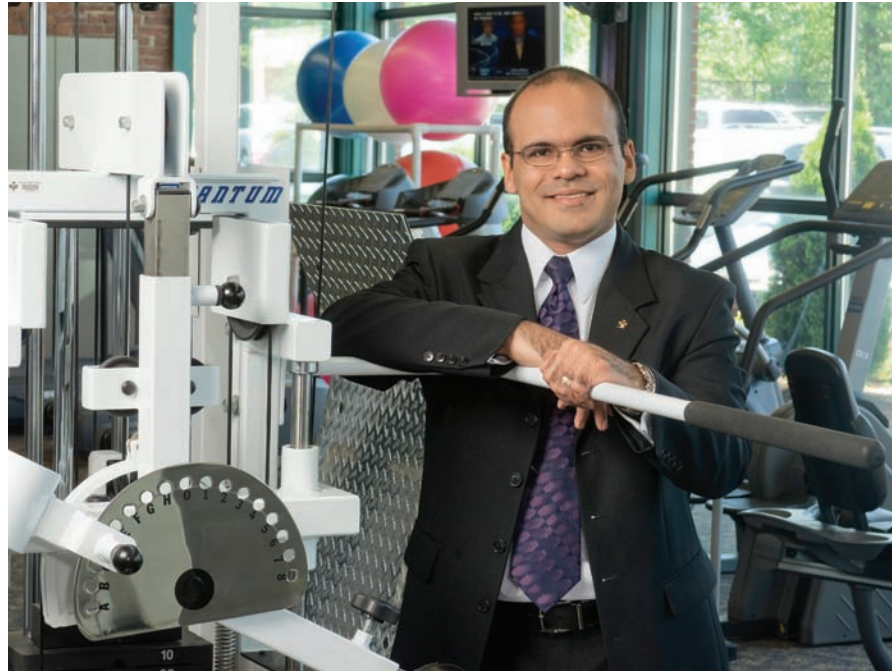
- Set realistic goals.
- Use exercise equipment correctly.
- Listen to your body; do not listen to clichés like “no pain no gain.”
- Work out 30 minutes a day most days of the week for the best results.
- Start with an aerobic activity, followed by strength activity, and finish with a stretching or flexing activity.

BACK IN ACTION

If you are injured, specialists in physical medicine and rehabilitation can identify conditions causing pain or weakness. Then, they can combine medical knowledge of your specific problem, your general health information, and the many available treatments to you in order to select the best course of action. We can then prescribe therapeutic techniques, rehabilitation, assistive devices, or medications to improve function.

READY, SET, GO

Is your vigorous exercise routine causing wear and tear on your joints or back? For more information, visit baystatehealth.com/brc or call Baystate Rehabilitation Care at 413-794-1600, with locations in Agawam, East Longmeadow, Greenfield, South Hadley, Springfield, and Ware.



Julio Martinez-Silvestrini, M.D., medical director, Baystate Physical Medicine & Rehabilitation, and team physician, New England Mutiny women's soccer team

Strains, Sprains, and Muscle Pains

Be sure to follow our tips to prevent having to sit out on the sideline. But if you are active and athletic, you may be all too familiar with sports injuries. Below are the seven most common exercise injuries:

- ▶ Knee pain
- ▶ Ankle sprains and strains
- ▶ Lower back pain
- ▶ Elbow pain
- ▶ Shoulder injuries
- ▶ Hamstring pulls
- ▶ Strained Achilles tendons

