A person is sitting on a set of wide, light-colored concrete steps. They are wearing a black sleeveless shirt, black shorts, black socks with a brown lace-like pattern, and black sneakers with white soles. Their hands are resting on their knees. The background shows more steps and a building with a glass facade under a clear blue sky. The text "ORTHOPEDICS & SPORTS MEDICINE" and "WARREN J. STRUDWICK, JR., MD, MBA" is overlaid in white on the lower left.

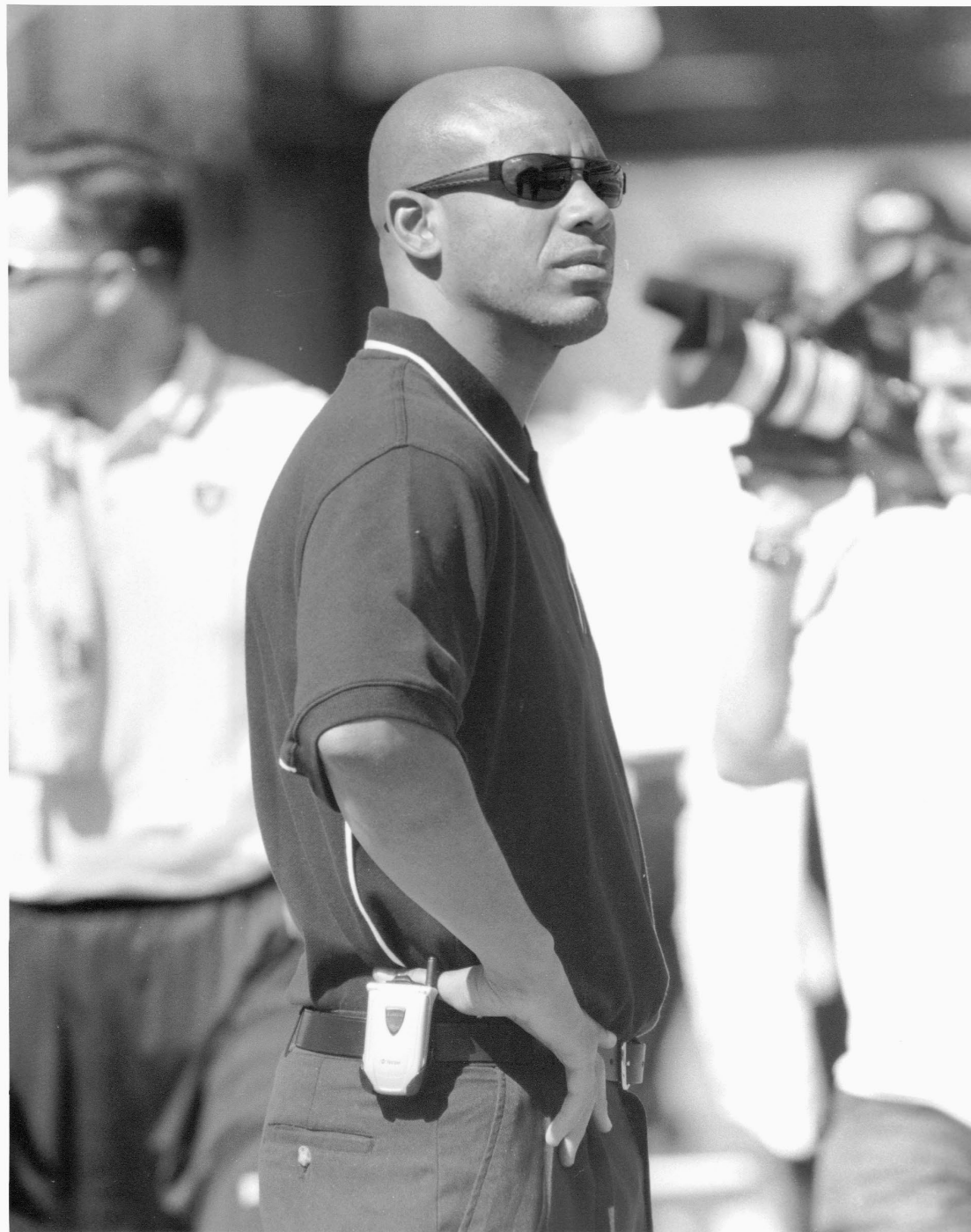
ORTHOPEDICS & SPORTS MEDICINE
WARREN J. STRUDWICK, JR., MD, MBA

Orthopedic Surgery or Orthopedics or Ortho is a branch of medicine concerned with the care of injuries and illnesses involving the musculoskeletal system.

Sports Medicine is a specialty which involves the prevention, treatment, and rehabilitation of sports and exercise related injuries and illnesses. The goal is to return the injured person to his/her prior level of functioning.

Bones
Muscles
Tendons
Joints
Nerves
Cartilage
Skin
Bursa





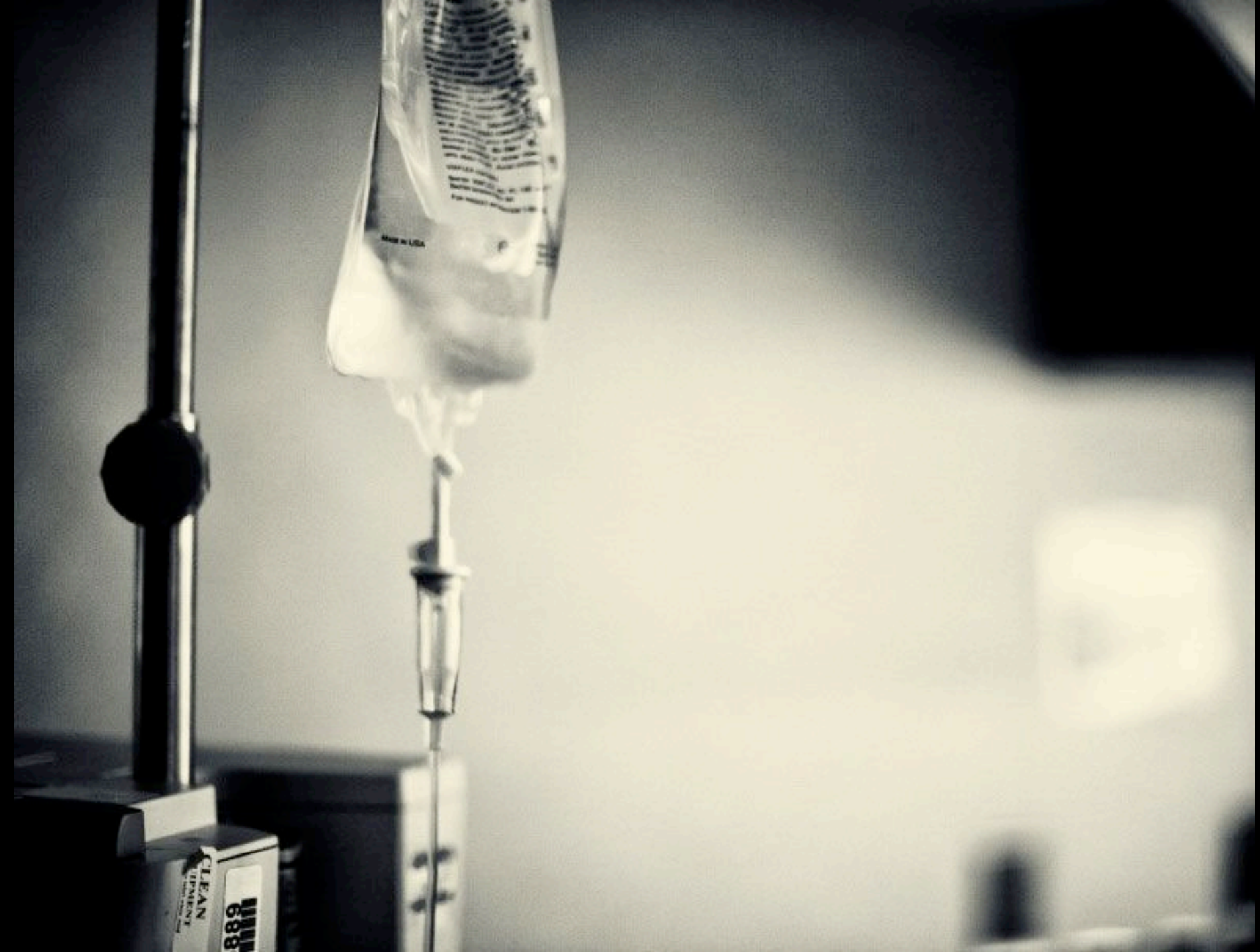
PREGAME ROUTINE



A HERO WILL RISE



—  GLADIATOR  — 





GAMETIME







500,000 football injuries occur each year: **2X** as many as any other sport

CHIROPRACTIC AND REHABILITATION
WORK HARD · PLAY HARDER · REPEAT HARD

67%

OF COLLEGE FOOTBALL PLAYERS REPORTED SHOULDER INJURIES:
34% OF THESE UNDERWENT SURGERY

BETWEEN **60-75**
CONCUSSIONS OCCUR FOR EVERY 1000 GAMES/PRACTICES

67%

OF ALL FOOTBALL INJURIES ARE SPRAINS AND STRAINS
These are the most preventable by restoring
balance and flexibility in the muscles

MORE THAN
50% OF INJURIES OCCUR
TO LOWER EXTREMITIES

15%
OF ALL FOOTBALL INJURIES ARE ANKLE RELATED
25,000
ANKLE SPRAINS PER WEEK

KNEE INJURIES ACCOUNT FOR **36%**
OF ALL FOOTBALL INJURIES
55% OF KNEE INJURIES BENCH PLAYERS FOR
10 DAYS OR MORE
80%
REQUIRE SURGERY

STOP INJURIES BEFORE THEY OCCUR

Functional Movement System (FMS) screening
can identify musculoskeletal asymmetries known
to increase the likelihood of injury.

LEARN MORE ABOUT **FMS**
AND SCHEDULE A **FREE** SCREENING AT
www.TeamChiroDM.com/FMS

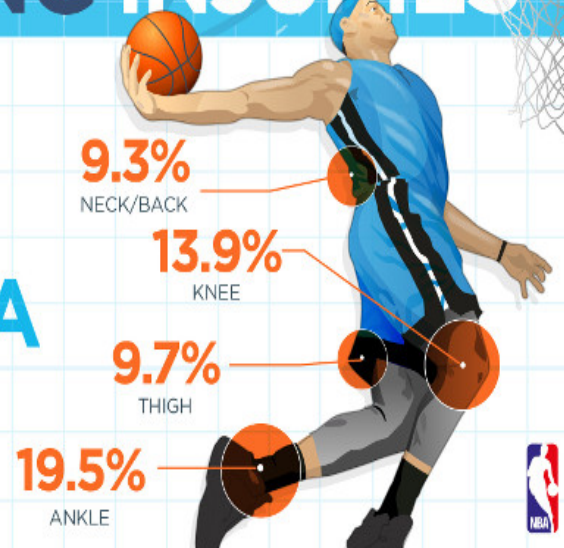
SIDELINING INJURIES

TOP INJURIES IN THE NBA

FOR 2014-2015
NBA REGULAR SEASON



GE imagination at work





SIDELINING INJURIES

AMONG ADULTS

AGES 25-40, the most common injuries in baseball, soccer and softball were fractured or sprained ankles and knees

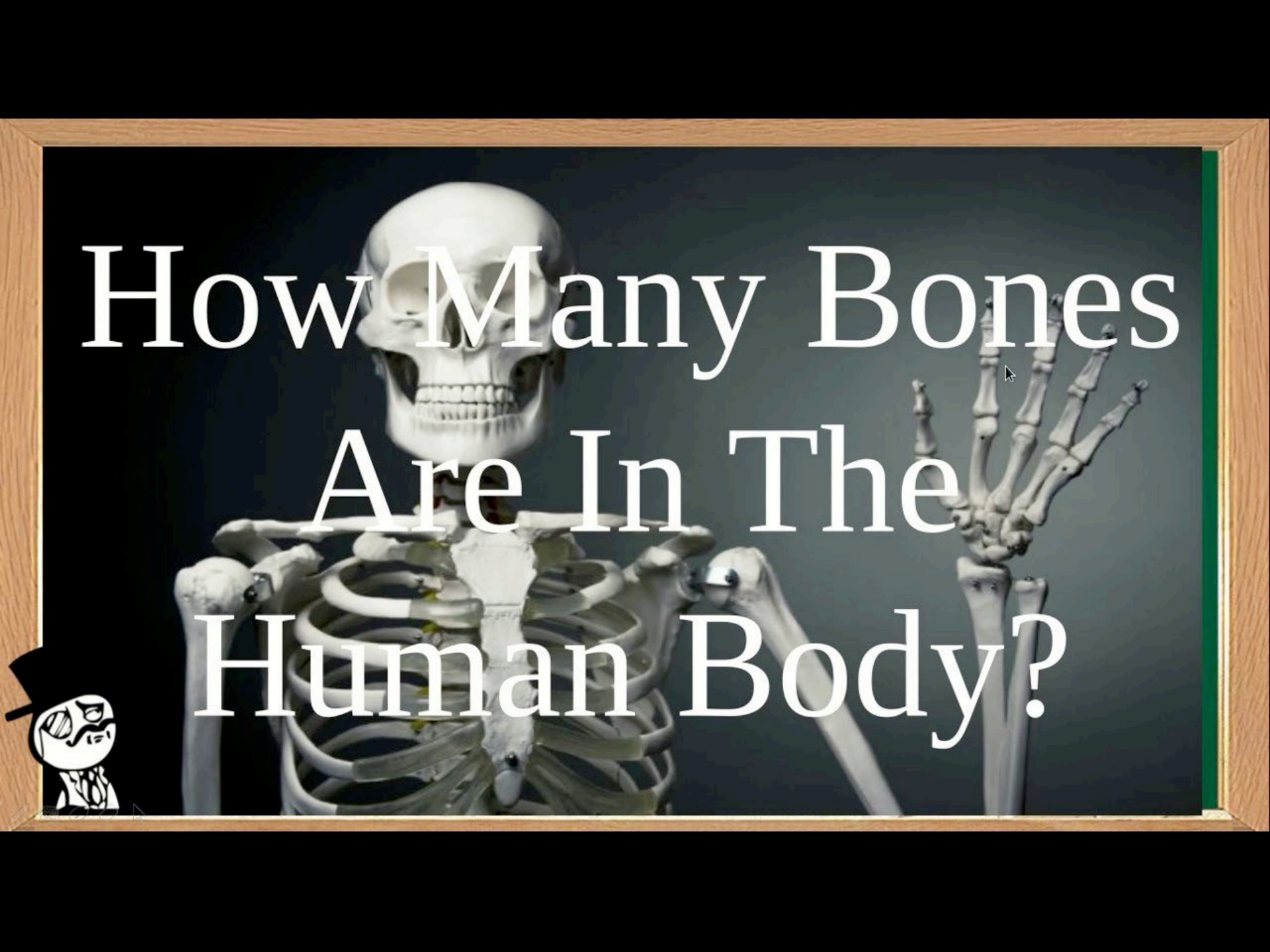


GE imagination at work





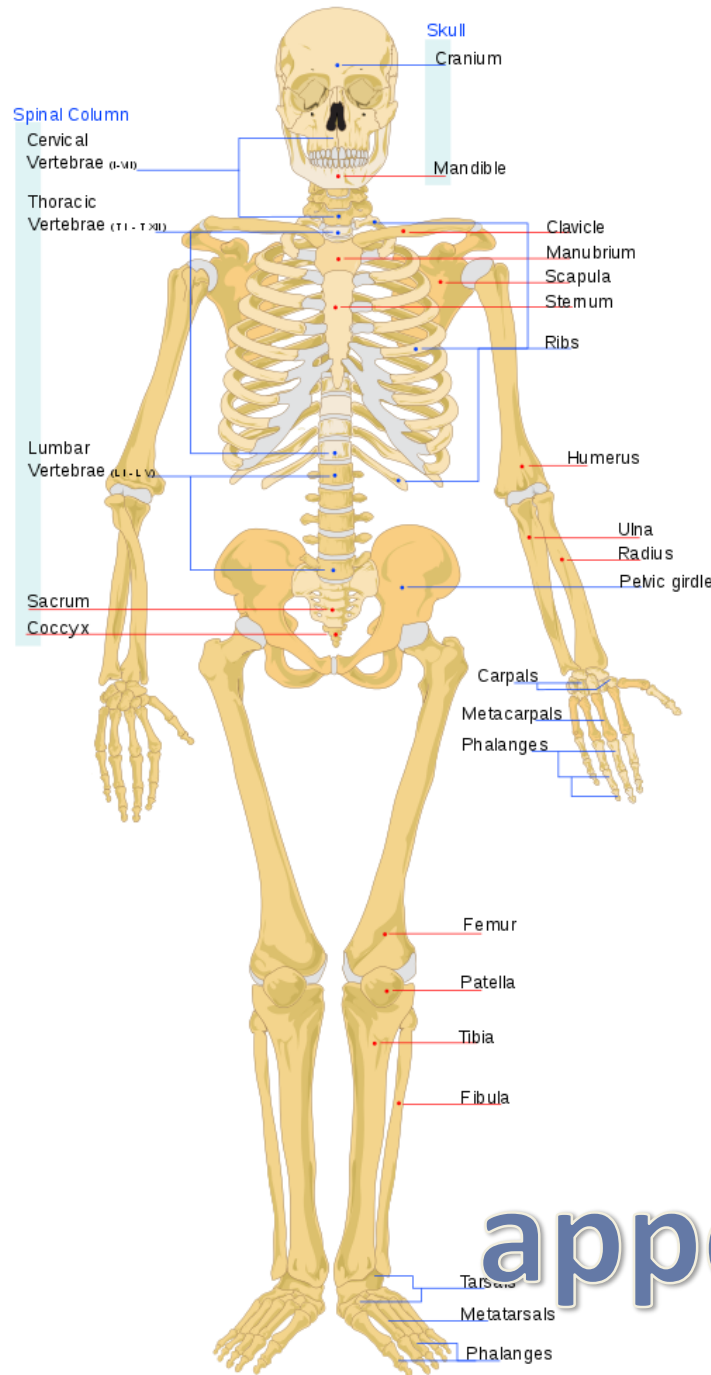
education



How Many Bones
Are In The
Human Body?



206

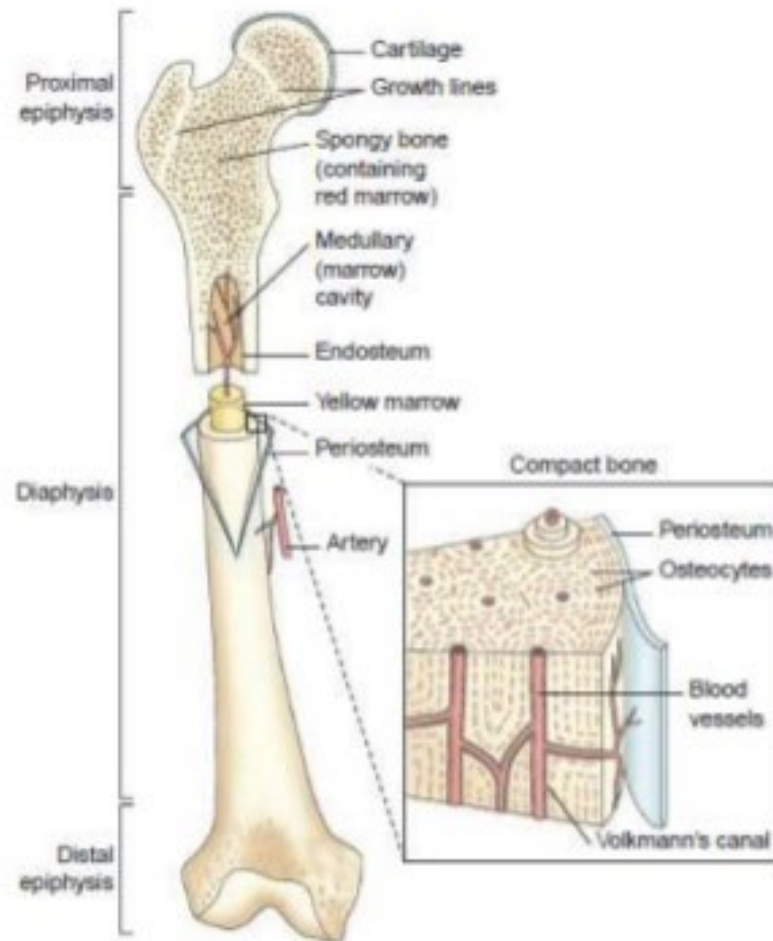


80 axial

126

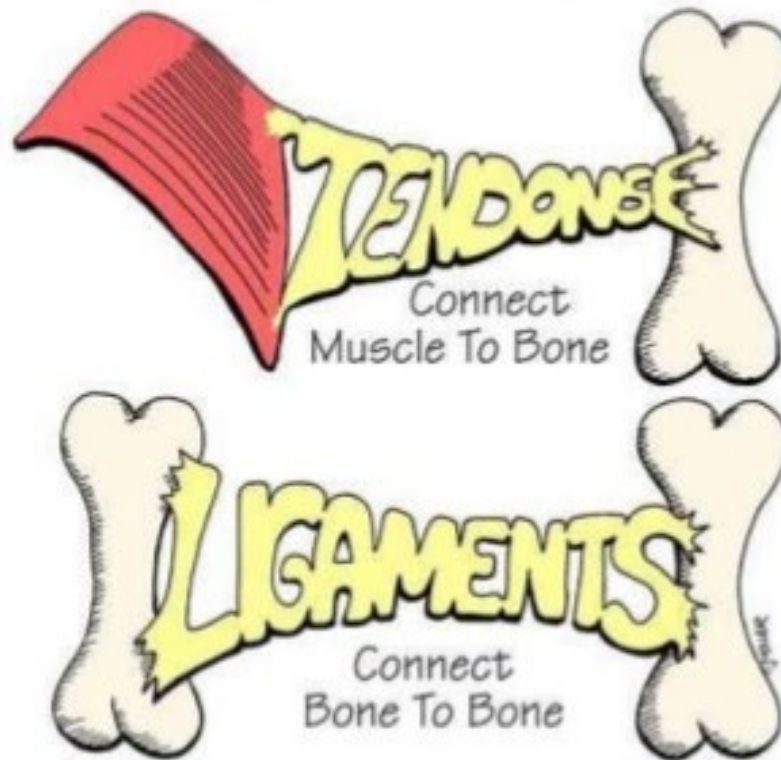
appendicular

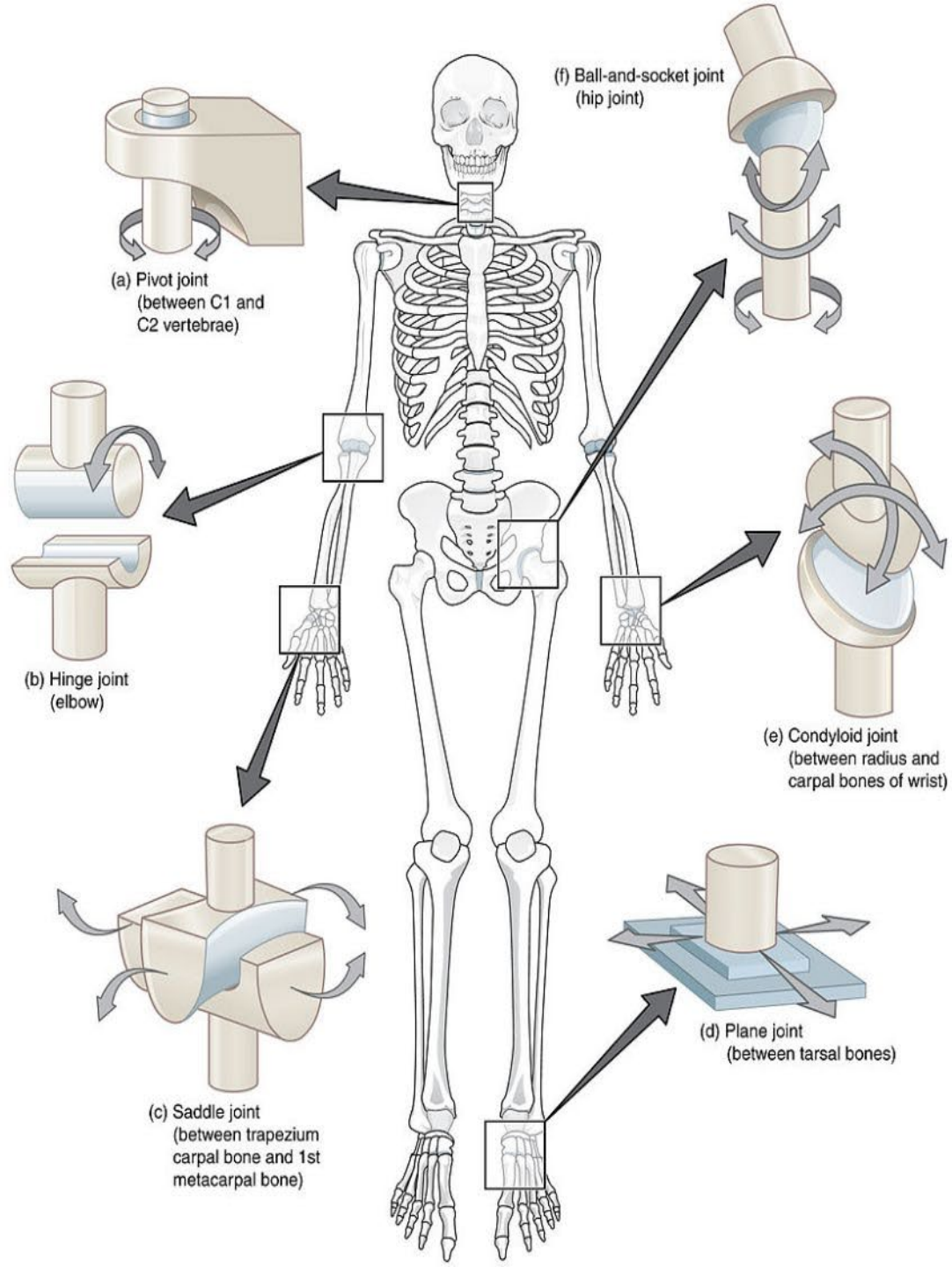
Basic Bone structure



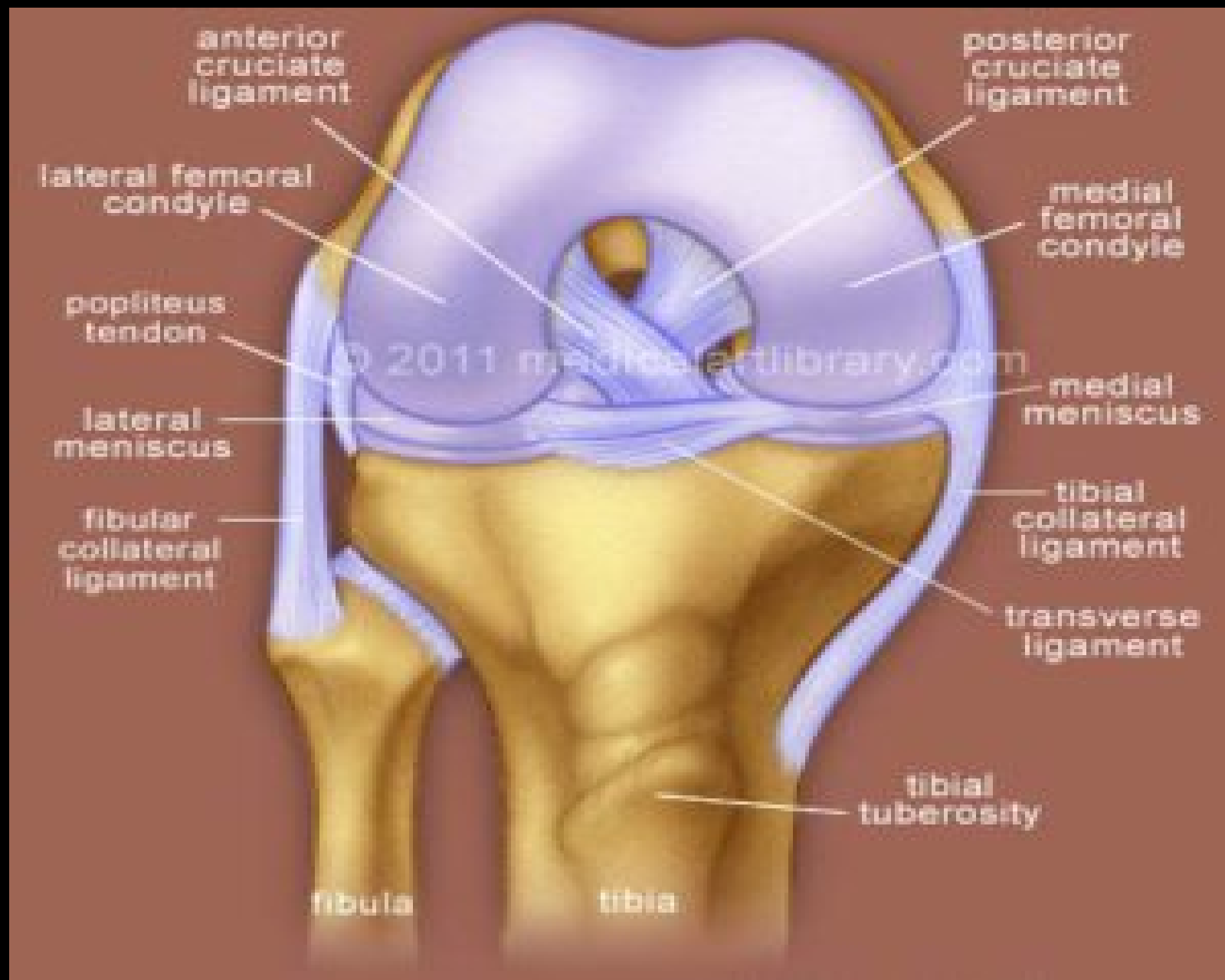
Basic anatomy

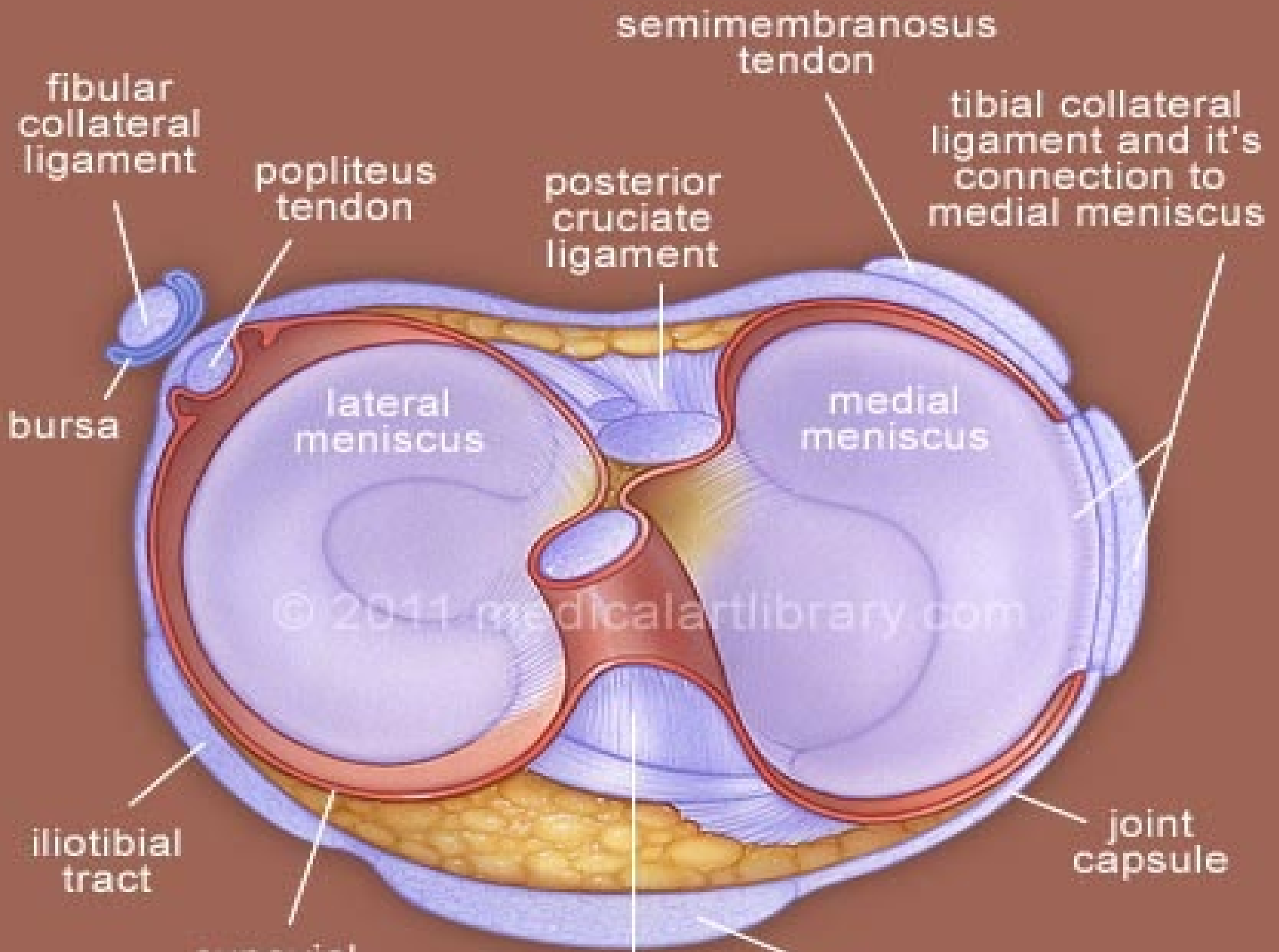
MUSCULOSKELETAL ANATOMY TIPS

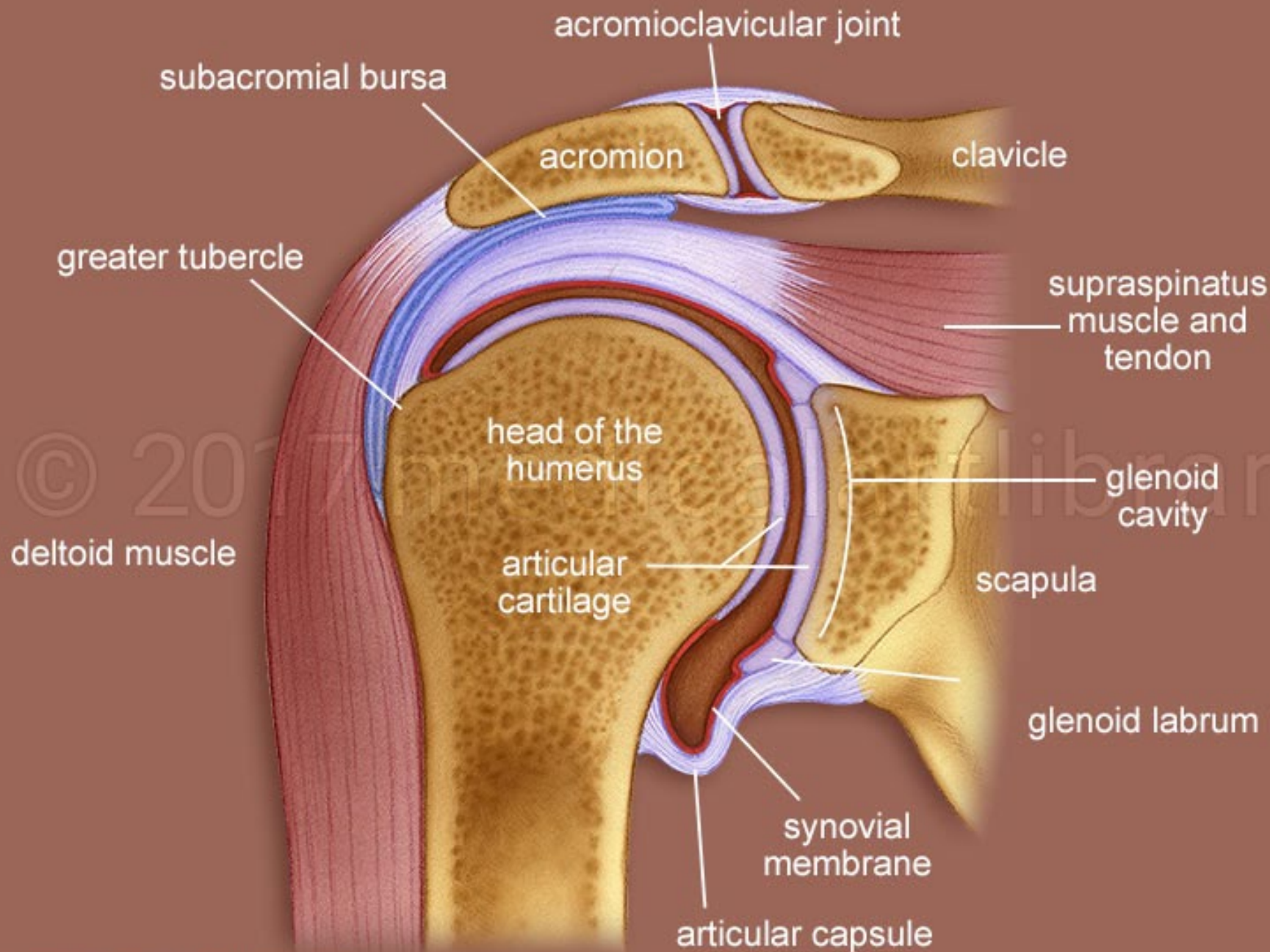


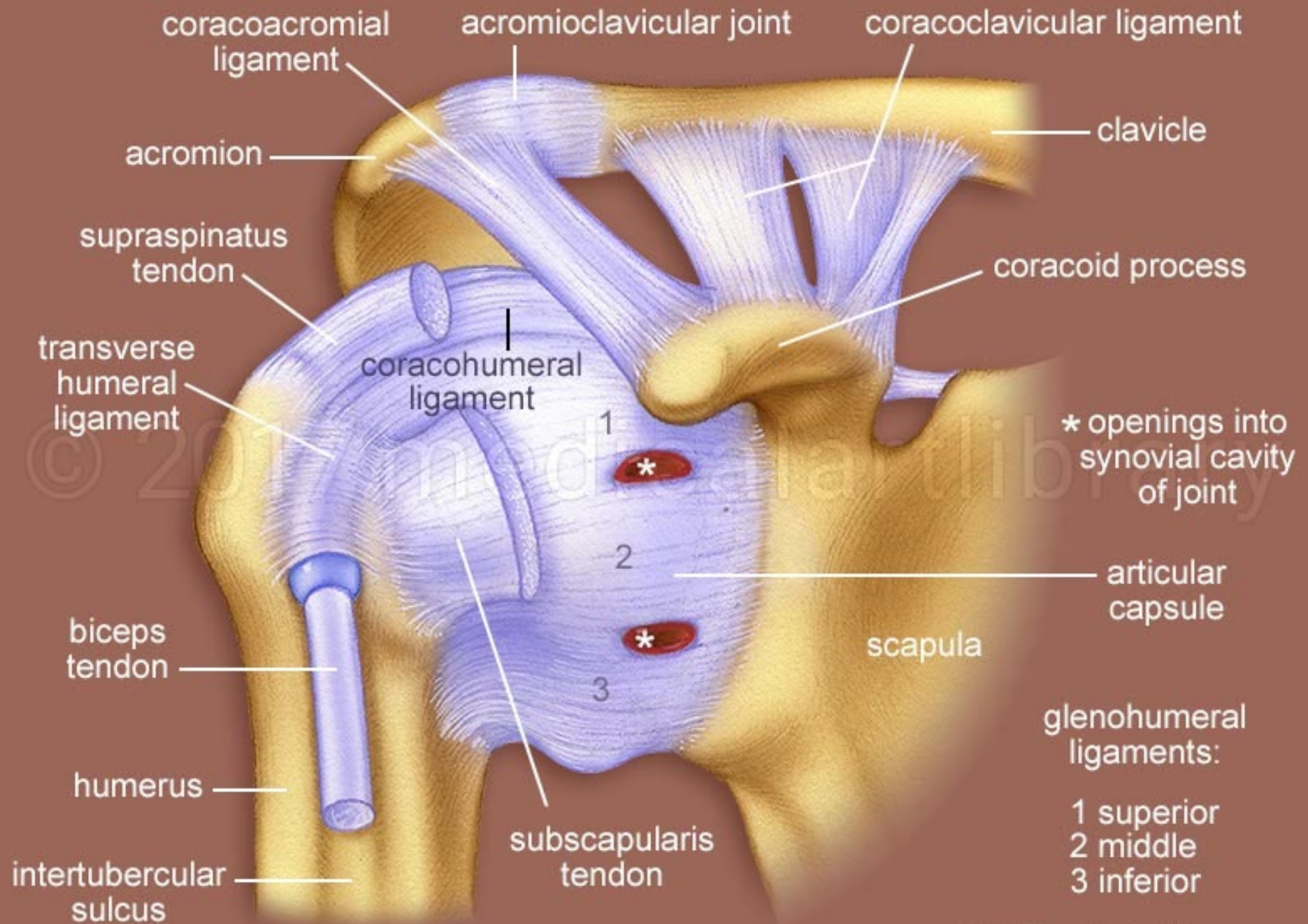






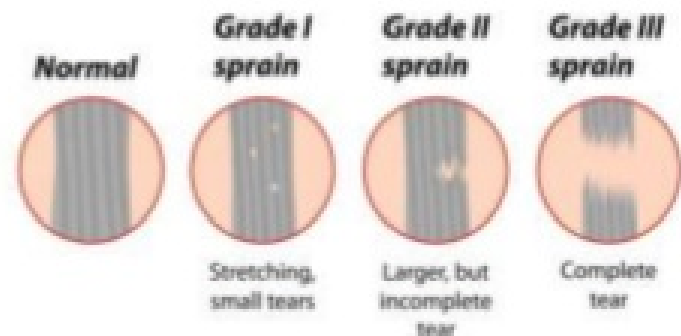






Sprains

- Stretching, partial or complete tearing of ligaments
- Typically occur when joint overextended
- Ankles, knees, wrists, fingers
- Swelling, pain, bruising
- Inability to use joint



Strains

- Tearing of muscle or tendon
- Occurs due to overstretching
- Causes pain, swelling and sometimes inability to use muscle
- Can be prevented by avoiding overexertion, good body mechanics, sports safety



Grade 1



Grade 2



Grade 3



- Fracture
 - Any break in bone (complete or incomplete)
- Dislocation
 - Complete dissociation of a bone from it's normal position in a joint
 - Associated with fracture and soft tissue injury
- Subluxation
 - Partial or incomplete dislocation
 - Typically soft tissue injury

Description

- Described and classified according to:
 - Type
 - Anatomic location
 - Communication or non communication with external environment

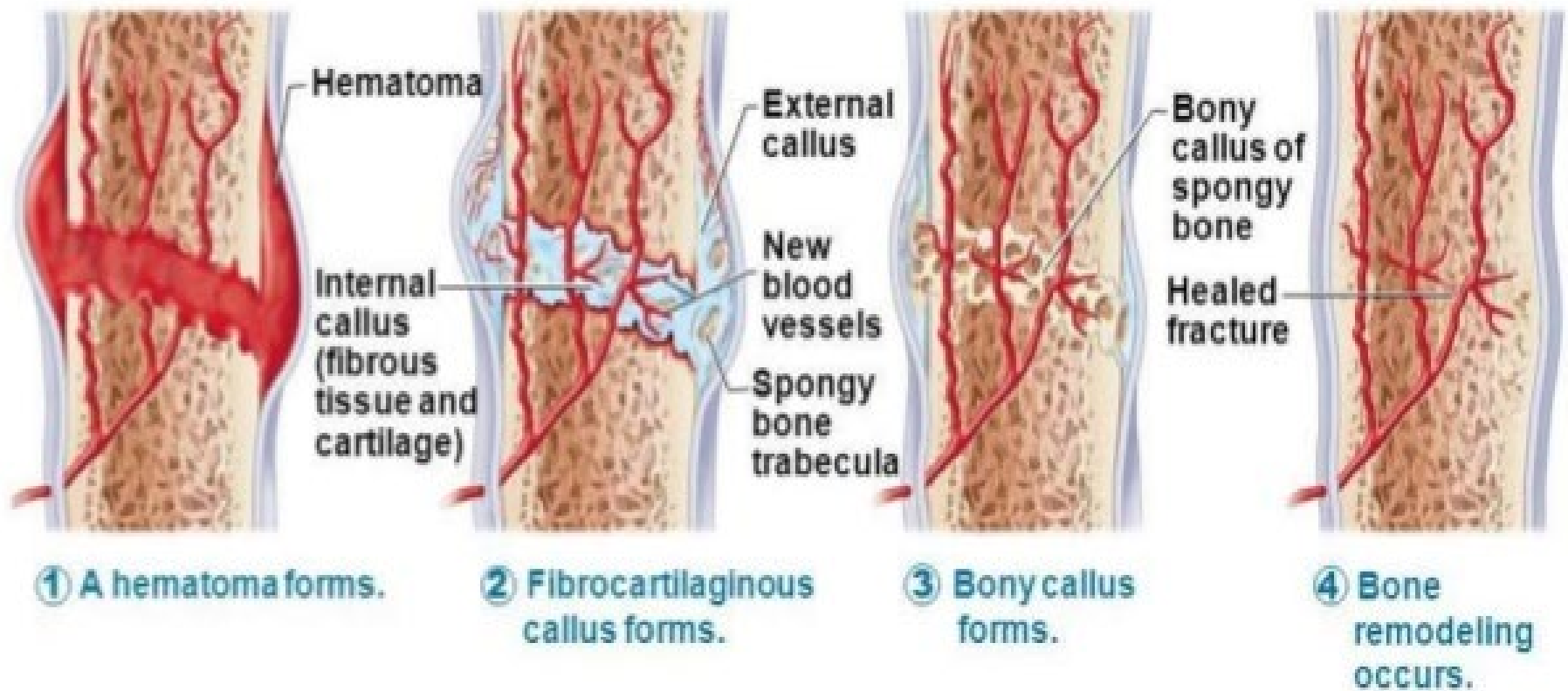
- Open (~~Compound~~)
- Closed (~~Simple~~)
- Complete
- Incomplete
- Displaced
- Non-displaced
- Greenstick
- Comminuted
- Segmental
- Butterfly
- Spiral
- Oblique
- Transverse
- Hairline
- Occult
- Epiphyseal
- Fatigue (Stress Fracture)
- Impacted

47 yo M, 4-Wheeler Rollover





Fracture Healing



Treatment



What can YOU do tomorrow to prevent falls, reduce harm from falls and enable recovery following a fall?

Care for Musculoskeletal Injuries

- Proper care vs identifying the type of injury
- Assume any injury to an extremity includes a bone fracture.
- The general care for injuries to muscle, bone and joints includes following R.I.C.E.



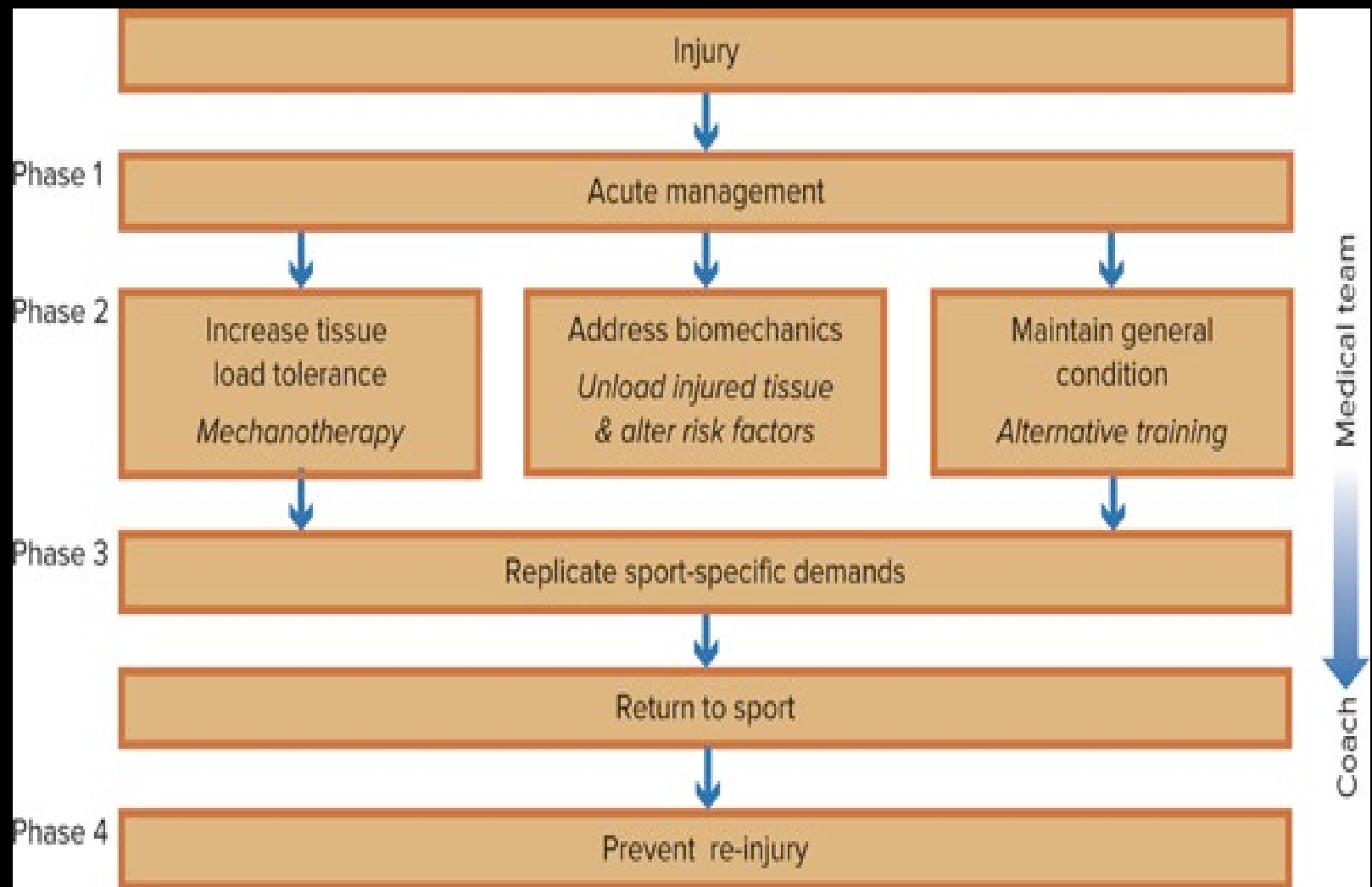
- Rest
- Ice
- Compression
- Elevation



- Protection
- Rest
- Ice
- Compression
- Elevation



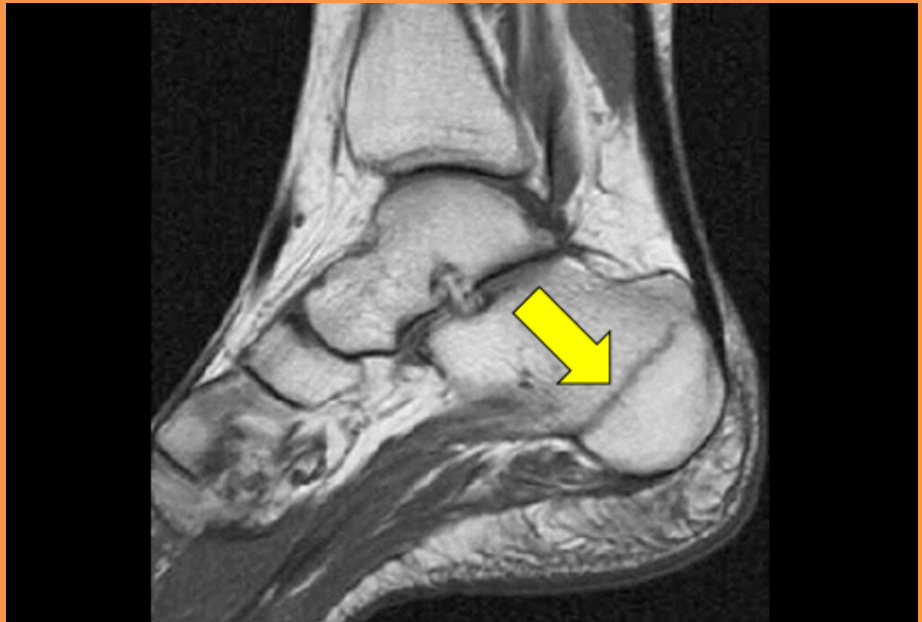
- Protection
- Optimal loading
- Ice
- Compression
- Elevation



Source: Peter Brukner: *Brukner & Khan's Clinical Sports Medicine: Injuries, Volume 1, 5e*: www.csm.mhmedical.com
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Injury Diagnosis

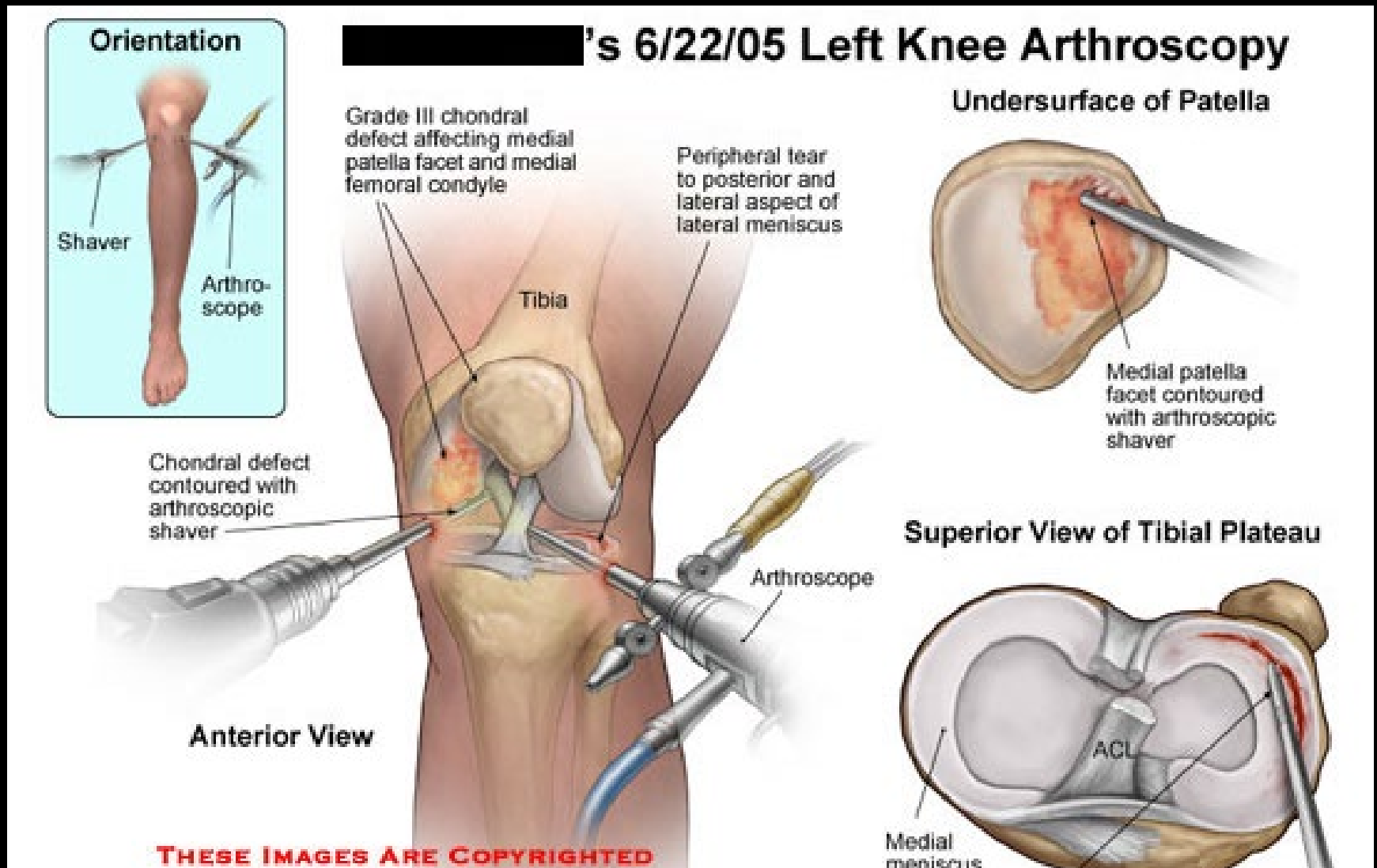
- History
- Examination
- X-rays, MRI, CT Scan, Ultrasound, bone scan
- Labs
- 2nd opinion (if needed)



Acute treatment

- Conservative management: RICE, Anti-inflammatory meds, modalities, narcotic meds, injections, physical therapy, rehabilitation
 - Minimize the extent of initial damage; reduce associated pain and inflammation; promote healing, maintain and restore strength, flexibility, proprioception, and fitness; functionally rehabilitate for Return to play; assess and correct predisposing factors
- Surgical management: fracture fixation, tendon or ligament repair or reconstruction, arthroscopy

Arthroscopy



Arthroscopy





GAME OVER



