

# Wellness Monthly

By: Orthopedic & Sports Physical Therapy

## September

www.ospti.net



### Staff Feature

#### Benjamin Guck- PT, DPT, ATC, CSCS

Ben was born in Marshall, MN in 1980, spent his elementary years in Duluth, MN and his high school years in Ely, MN where he graduated in 1998. Ben attended North Dakota State University in Fargo, ND and graduated in 2003 with a bachelor's degree in Athletic Training and a minor in Health Education. He went on to physical therapy school where he graduated in 2008 with a Doctorate in Physical Therapy from the Mayo Clinic College of Medicine in Rochester, MN. Besides being a physical therapist, Ben is also a Certified Athletic Trainer and a Certified Strength & Conditioning Specialist, both nationally recognized certifications. He worked as an athletic trainer for the Mayo Clinic Sports Medicine Center in Rochester from '05-'08 and Orthopaedic Associates in Fargo from '03-'05 and has been with OSPTI from '08 to current. Ben enjoys working with patients of all ages and conditions and has a special interest in working with sports specific patients. In his free time he camps, hunts, fishes, attends Twins & Vikings games, and spends time with his wife Tiffany and dog Jersey.

### Work Anniversaries

Kari Matecjeck- September, 1<sup>st</sup>

### Birthdays

Chris Roberts- September 15<sup>th</sup>  
Ann Heideman- September 26<sup>th</sup>

### Wedding Anniversaries

Benjamin Guck- September 20<sup>th</sup>

### Joke Submitted by Ben Guck- PT, DPT

Back-2-School Edition

Q: What's worse than finding a caterpillar in your school lunch?

A: Finding half a caterpillar when you're done eating!

Q: What kind of food do math's teachers eat?

A: Square meals

Q: Why did the teacher wear sunglasses?

A: Because his students were so bright

### Services at OSPTI

Physical Therapy  
Occupational Therapy  
Massage Therapy  
Paraffin Wax  
Aqua bed Massage  
Open Gym  
Open Pool  
Personal Training

### What's happening at OSPTI

**Water Aerobics-** \$30/mo 2x/wk

Monday & Thursdays 10:30 am

Tuesday & Thursdays 5:15 pm

**Water Arthritis-** \$15/mo 1x/wk

Wednesdays 9:00 am

**Swimming Lessons-** \$32.00 2x/wk

Mondays & Wednesdays 6:00 & 6:45

September 14<sup>th</sup>- October 14<sup>th</sup> &

October 19<sup>th</sup>- November 19<sup>th</sup>

**Boot Camp-** \$50.00 4x/wk

Monday-Thursday 12:30, 4:30 & 5:15

September 28<sup>th</sup>- November 6<sup>th</sup>

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### Sports Injury Prevention

By: Lindsey Hill

All sports have a risk of injury. In general, the more contact in a sport, the greater the risk of injury. Most injuries occur to ligaments (connect bones together), tendons (connect muscles to bones) and muscles. Only about 5 percent of sports injuries involve broken bones. The more frequent injuries include sprains and strains. A strain occurs when a muscle or tendon over stretches or tears. If the force created by muscular contraction exceeds the strength or flexibility of a tendon, the tendon fibers rip, causing pain and swelling. A sprain is an injury that damages a ligament. Sprains often occur when a joint undergoes a forceful or sudden twist, exceeding the joint's range of motion.

Here are some ways to prevent injuries:

- **Wear the right gear.** Players should wear appropriate, properly fitted, and sports specific protective equipment such as pads (neck, shoulder, elbow, chest, knee, and shin), helmets, mouthpieces, face guards, protective cups, and/or eyewear. Young athletes should not assume that protective gear will protect them from performing more dangerous or risky activities.
- **Strengthen muscles.** Conditioning exercises before games and during practice strengthens muscles used in play.
- **Increase flexibility.** Stretching exercises before and after games or practice can increase flexibility.
- **Use the proper technique.** This should be taught and learned in the off season and reinforced during the playing season.
- **Take breaks.** Rest periods during practice and games can reduce injuries and prevent heat illness.
- **Play safe.** Strict rules against headfirst sliding (baseball and softball), spearing (football), and body checking (ice hockey) should be enforced.
- **Stop the activity** if there is pain.
- **Avoid heat injury** by drinking plenty of fluids before, during and after exercise or play; decrease or stop practices or competitions during high heat/humidity periods; wear light clothing. In general on cup of water every 20-30 minutes is recommended to maintain proper fluid levels.

You should always practice these prevention strategies, but you may not always be able to stop an injury from happening. To control an injury remember the PRICE principle.

- **P- Protect the injured site.** The injured muscle, joint, or structure should be protected from further injuries for a minimum of 24 hours. Example: wearing a brace to prevent movement.
- **R- Rest.** Rest may include a decrease in activity or a complete cessation of activity. Many medical/orthopedic professionals recommend gentle range of motion of an injured joint rather than complete immobilization after the acute injury to improve healing and potential rehabilitation.
- **I- Ice.** Ice constricts blood vessels and limits the infiltration of fluid and blood into adjacent tissue. It also numbs nerve endings which decreases pain. Ice should be applied as soon as possible after an injury by using a cloth barrier between the ice and skin to prevent skin irritation. It should stay on for no longer than 20 min. The injury should remain uncovered for an hour before ice is reapplied.
- **C- Compression.** Ice and compression work most effectively together. Compression can be as simple as leaving the shoe on an injured ankle or wrapping a towel tightly around an injured limb.
- **E- Elevate.** Elevation of the injury above the heart reduces swelling to the area as gravity impedes the blood flow. A person should keep the injured area above the heart as able.

If the pain and swelling is not controlled or reduced with these steps contact your physician for further care.

**OSPTI**  
**ORTHOPEDIC & SPORTS**  
**PHYSICAL THERAPY INC.**



Striving to Meet Your Goals!

For further information please contact OSPTI at  
218-641-7725