Don't Let Sports Injuries Slow You Down
With Dr. Christian Peterson and Dr. Katherine Fahy

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https://secretseattle.co/seattle-marathon/
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Christian Peterson, DO

- Shoulder and Knee Arthroscopy
- Bishop Blanchet High School
- University of Montana
- KCOM
- Ohio University
- The Sports Medicine Clinic
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Department of Family Medicine/Sports Medicine

- Practices primary care/sports medicine at the UW Sports Medicine Clinic in Ballard
- University of Florida College of Medicine graduate
- Family Medicine residency and Sports Medicine fellowship at UCLA
- Team physician for UW Men’s Soccer and Women’s Crew and Seattle Pacific University
- Team Physician for FC Ballard alongside Dr. Peterson
- Team physician for Shorecrest High School
Benefits of Exercise in Healthy Aging

- Reduces blood pressure
- Improves cholesterol along with a healthy diet
- Decreased risk of heart disease
- Decreases risk of dementia and falls
- Injury rates are similar to younger adults
- Long-term exercise does not cause degenerative changes in the joints or arthritis

Aim for at least 30 minutes of moderate physical activity 5 days weekly (total of 150 minutes weekly).
Don’t Let Sports Injuries Slow you Down

• Shoulder

Recognize the Injury

Know the Anatomy
The Shoulder Joint

- Very mobile yet stable joint
- Complex interplay of bones, muscles, tendons, ligaments
The Layers of the Shoulder

- AC Joint
- Clavicle (Collarbone)
- Glenohumeral Joint
- Scapula (Shoulder blade)

Muscles:
- Supraspinatus
- Infraspinatus
- Subscapularis
- Teres minor
Common Problems with the Shoulder Joint

- Tendons – rotator cuff
- Cartilage – arthritis
- Ligaments – instability
- Capsule – frozen shoulder
- Bones – fractures
Q: What are some initial things that I can do for my shoulder pain before considering surgery?

https://www.npr.org/sections/health-shots/2017/10/19/558212306/pickleball-for-all-the-cross-generational-power-of-play
Nonoperative Options

• Physical Therapy and Home Exercises
• Activity Modification
• NSAID’s and heat therapy
• Steroid injections in the joint (arthritis, frozen shoulder, labral tears)
• Steroid injections in the subacromial space (bursitis, impingement, rotator cuff disease)
• Platelet rich plasma or autologous blood injections (chronic rotator cuff disease, arthritis)
• Tenex

https://venturaortho.com/avoid-shoulder-pain-while-playing-golf/
Arthroscopic Surgery

- Special thanks to Dr. Jason Hsu for the use of photos
Don’t Let Sports Injuries Slow you Down

- Knee
- Anatomy
The Knee Joint

- Very stable joint
- Complex interplay of bones, muscles, tendons, ligaments
- Six degrees of freedom
Acute Knee Injuries

- Ligamentous injury
  - ACL - ‘Twist and plant’ injury
  - PCL - Direct blow to the front of the knee
  - MCL - Outer force applied to the knee
  - LCL - Inner force applied to the knee

- Meniscal Injury - Typically twisting or hyperextension
  - Acute meniscal tear
  - Degenerative meniscal tear

- Cartilage Injury
Chronic Knee Pain

- Knee arthritis
- Baker cyst due to arthritis
- Degenerative meniscal changes
- Chronic tendon injuries

How can you tell what I hurt in my knee when I come in for a visit?

- History
- Physical Exam
- X-rays
- MRI (in some cases)
- CT scan (in some cases)

I get knee pain when I run due to arthritis. Is there anything that I can do other than surgery?

- Maintain a healthy weight
- Anti-inflammatory diet and turmeric supplementation
- Stay active and maintain muscle strength
- NSAID’s and Tylenol as needed along with heat/ice therapy
- Physical therapy and home exercises
- Injections: Steroid injections, viscosupplementation, platelet rich plasma, stem cell, prolotherapy

Knee Surgery - Arthroscopy

- Normal ACL
- Torn ACL
- Torn meniscus (cartilage)
- Medial plica
- Damage to articular surface
Overuse Injuries

- Hip
- Anatomy
The Hip Joint

- Anterior View
The Hip Joint

• Posterior view
Acute hip injuries

• Anterior hip:
  • Groin strain, exacerbation of hip arthritis, labral tear

• Lateral hip pain:
  • IT band syndrome, greater trochanteric bursitis, gluteal tendinopathy

• Posterior hip:
  • Hamstring strain or chronic hamstring tendon injury, piriformis syndrome, SI joint injury, low back injury
Are there nonoperative options for hip arthritis or degenerative labral tears?

- Maintain a healthy weight
- Anti-inflammatory diet and turmeric supplementation
- Stay active and maintain muscle strength
- NSAID’s and Tylenol as needed along with heat/ice therapy
- Physical therapy and home exercises
- Injections: Steroid injections, viscosupplementation, platelet rich plasma
I pulled my groin (or hamstring/glute) during exercise. What can I do to speed recovery?

- Initial compression and elevation
- Physical therapy
- Home exercises
- Initial rest with gradual return to activity
- Heat therapy
- NSAID’s
- Soft tissue techniques

https://www.veinclinics.com/blog/what-are-health-benefits-elevating-your-legs/
Chronic tendinopathy

Q: I had a tendon strain that has become more chronic pain over the past 6 months. I’ve tried physical therapy and it’s not improving. Are there other options for treatment?
• Yes!
  • Percutaneous needle tenotomy
    • Autologous blood injection
    • Platelet rich plasma injection
  • Tenex procedure
  • Surgical referral
Greater trochanteric bursitis

- I have pain right on the side of my hip that is worse when I lie on that side or touch the area. What is wrong with my hip?
- Inflammation of the bursa on the side of the hip
- Caused by weak hip muscles
- Treatment: Physical therapy, home exercises, heat/ice therapy, NSAID’s, avoid direct pressure. Cortisone injections if not improving and surgery if not improving with conservative care.
Prevention of Injuries- Nutrition

• Older athletes have lower caloric needs to maintain body mass.

• Individuals who are active require higher amounts of protein than their non-athletic counterparts.

• Sports dieticians can be very helpful.

• Vitamin D and calcium intake should be discussed with your primary care physician. Over-supplementation with calcium can lead to calcium deposits in the walls of your arteries.


https://blog.nasm.org/sports-nutrition-guide
Prevention of Injuries- Dehydration and Heat Illness

• Thirst decreases with age

• Older athletes produce less sweat than younger athletes in hot and dry environments

• Older athletes are at higher risk of heat illness and dehydration

• Need to balance hydration without overdrinking.

• Measuring pre-exercise and post-exercise weights is the best way to replenish fluid lost.

• Caution exercising in hot and dry conditions.

Final Thoughts

• Get in shape for your sport, don’t let your sport get you in shape.

• Don’t over do it. (10%/week)

• If the pain changes your mechanics-get evaluated.
Helpful Tips for your Appointment

• Please bring all **imaging and reports**.

• Wear loose-fitting clothing to help make the exam easier (ie. tank top if your shoulder hurts, shorts or loose pants for a knee or hip injury).

• Bring a list of questions.

https://mobile.twitter.com/dubsuw
QUESTIONS?
Shoulder Questions

• How to “heal” rotator cuff injury and avoid surgery?
• Prognosis of partial-thickness supraspinatus tear?
• What is the recovery time after surgery for rotator cuff and labrum?
• What is the most commonly torn tendon?
• I thought my issue was from my playing tennis. Then I switched from side sleeping to back. The pain seems to be gone.
Knee Questions

• I was told I have an insufficiency fracture. What is it?
• I had PRP six months ago and I worked. How soon can I have another injection?
• How Long after surgery before I am able to return to my sport?
• Do I need surgery for my Baker’s cyst?
Hip Questions