

January 2014 Newsletter!!

Guilford Orthopaedic and Sports Medicine Center
A Division of Southeastern Orthopaedic Specialists, P.A.
"We work to keep you playing"

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HAPPY NEW YEAR!

Guilford Orthopaedic and Sports Medicine Center would like to wish you a safe and Happy New Year! Our office will be closing at 12 pm on New Years Eve December 31, 2013 and will be closed on New Years Day January 1, 2014, we will re-open at 8 a.m. on January 2, 2014.



Dr. Mckinley shares "Surviving the Winter Without Getting Injured"



Each year many individuals present to an orthopaedic office, their primary care provider, the urgent care or to the emergency room due to injuries suffered as a direct result of Winter-related activities. Such activities can include sledding, ice skating or just slipping on the ice/snow. This month's newsletter will discuss ways to consider enjoying cold weather activities and for some enduring this time of year without suffering an associated injury.

Common injuries include sprains, strains, bruises and fractures. These can occur in upper and lower extremities. A lot of these injuries occurred as result of individuals not being mindful of their environment or rushing to complete a task. Elderly women are particularly prone to suffering a fracture as result of slipping during the winter.

It is helpful to remember that ice is more likely to be present on the ground early in the morning or reaccumulate in the evening. This is particularly true on steps and decks of homes or businesses. Although it can be somewhat of a nuisance in the home, it is a good idea to use salt rocks or pellets around the home or business. This can help melt ice along with providing friction to gain greater traction on a slippery surface. High heel shoes or those with slippery bottoms increase an individual's risk of suffering a slipping injury. Consider using a shoe with a good grip bottom (rubber or rough) while outside and using that nice fancy shoe once inside a party, church or home. For those with a debilitated gait, consider using a rubber tip cane, walker or ski pole while venturing outside when precipitation is on the ground.

A lot of injuries occur in parking lots or sidewalks. Slow down. Try to avoid texting, talking on the cell phone or using any other hand held devices while walking on a snow covered or icy surface.

For those who venture to do winter sports activities, it is a good idea to maintain adequate hydration and nutrition. It is also helpful to get adequate rest. A lot of injuries can occur as a result of being overly tired and not having enough energy to complete an activity. Some believe this is particularly true towards the end of a sporting activity. Other helpful tips include the following recommended by the American Academy of Orthopaedic Surgeons:

- Never participate alone in a winter sport.
- Keep in shape and condition muscles before participating in winter activities.
- Warm up thoroughly before playing or participating. Cold muscles, tendons and ligaments are vulnerable to injury.
- Wear appropriate protective gear, including goggles, helmets, gloves and padding.
- Check that equipment is working properly prior to use.
- Wear several layers of light, loose and water- and wind-resistant clothing for warmth and protection. Layering allows you to accommodate your body's constantly changing temperature. Wear proper footwear that provides warmth and dryness, as well as ample ankle support.
- Know and abide by all rules of the sport in which you are participating.
- Take a lesson (or several) from a qualified instructor, especially in sports like skiing and snowboarding. Learning how to fall correctly and safely can reduce the risk of injury.
- Pay attention to warnings about upcoming storms and severe drops in temperature to ensure safety.
- Seek shelter and medical attention immediately if you, or anyone with you, is experiencing hypothermia or frostbite. Make sure everyone is aware of proper procedures for getting help, if injuries occur.
- Drink plenty of water before, during, and after activities.
- Avoid participating in sports when you are in pain or exhausted.

So as you enjoy these winter months or can't wait for them to be over, remember to be safe and know that we here at Guilford Orthopaedic and Sports Medicine Center are here to help you take care of your musculoskeletal needs.

Guilford Orthopaedics strives to ensure the best experience and availability to ALL our patients!



We are open Saturdays from 9am until 1pm.
Be sure to call 336-275-3325 to schedule your appointment.

If after hours please visit our Urgent Care located at 1130 N. Church Street Suite 101 Greensboro, NC 27401 or call 336-235-BONE(2663) they are open M-F 5:30pm until 9pm and Sat./Sun. 10am until 2pm.