

November 2014 Newsletter



Guilford Orthopaedic and Sports Medicine Center would like to wish you a Happy Thanksgiving!



Our office will close a half of the day on Friday, November 14, 2014 and will re-open Monday, November 17, 2014 at 8 a.m. We will also be closed for the Thanksgiving holiday on Thursday & Friday, November 27 & 28, 2014 and will re-open on Monday, December 1, 2014 at 8 a.m.

Dr. Paul Discusses "Dancer's Injuries"



It has been my privileg over the years to take care of the orthopaedic issues and problems of a number of area dancers. While not exactly a sport; make no mistake, these wonderful, expressive artists among us are real athletes. As with all intense repetitive motion activities of human beings, force concentration on musculoskeletal body parts can take its toll. It may be intuitive, but the central point of contact with the ground (a dance floor in this case) is the toes, feet, ankles up to the knees; and not uncommonly, also the thighs and back.

Fortunately, most dancers are among the best conditioned of us and are extremely conscious of pre-activity stretch of any group of people. This is a prerequisite of the dance routine. For modern dance, jazz, tap, clogging, ballroom dance, swing and all the way to classical ballet 'en pointe', all dance styles have unique, as well as common disorders that can occur. Big toe joint arthritis and small bone sesamoiditis under that first toe has particular propensity for "toe" dancers. In all type of movement artists, midfoot arch pain and tendinitis of the Achilles, posterior tibialis and peroneal tendons can all occur as the foot goes up and down and side-side repetitively. Calf muscles can strain and ache and kneecaps can get pounded, pummeled and sore.

Quadriceps muscles, hamstrings, and glutei are at risk, but most well toned and muscle dancers do not have as much problems with these areas. In addition, the back and the upper extremities are not the usual sites of injuries, unless there is throwing, catching, lifting of other dancers or in activities such as "hand" walking.

Important in all of this is the recognition of the exact anatomic part that is inflamed and causing pain or resultant dysfunction. The appropriate anti-inflammatory local modalities of heat, ice, ultrasound, iontophoresis and other physical therapy techniques can be applied to the specific structure. Medication is usually a necessary adjunct, as well as bracing, splinting or even more rigid forms of immobilization for resting the part for a time. Occasionally injection is necessary to aggressively de-inflame a painful tendon or joint. Our Sports Medicine center is adapt at channeling people back to the forefront of their dance routine. Surgery is usually a rare and last resort.

Remember; whenever you see a particularly funky beat to a tap routine, a "foot-stomping" clog, a balletic "pas de deux" or a beautiful "arabesque" - these are hardworking, disciplined people who love their art and give their all to make your enjoyment of the performance they give, able to reach the highest level.

Daily, they incur stresses to their bodies that can overload the normal injury, repair, and heal-up cycle. That is where we step in to help them so they can (much to our and their own pleasure) dance on.



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



We are open Monday- Friday 8 am-5:30 pm & Saturdays from 9 am until 1 pm. 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 Greensboro, NC 27401 or call 336-235-BONE(2663) they are open M-F 5:30 pm until 9 pm and Sat./Sun. 10 am until 2 pm.