

# May 2013 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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[www.guilfordortho.com](http://www.guilfordortho.com)



## Happy Mothers Day from Guilford Orthopaedic and Sports Medicine Center!



### Dr. McKinley shares his thoughts on National Physical Fitness and Sports Month

The month of May has been designated National Physical Fitness and Sports Month by the President of the United States with the support of his council on Fitness, Sports and Nutrition. Americans are being encouraged to include 30 minutes of physical fitness activity into their daily lives. Guilford Orthopaedic and Sports Medicine Center want to help you to achieve this goal.

We enjoy treating musculoskeletal problems, but more importantly we want our patients to maintain healthy active lifestyles. Regular physical activity is an important part of reaching and maintaining such a lifestyle. Regular physical activity increases your chances of living a longer, healthier life. It also reduces your risk for high blood pressure, heart disease, and some types of cancer. It has been shown to be beneficial in patients with joint arthritis. We at GOSM encourage our patients to make it a point to get involved in a new physical activity or resume an old activity. These activities can include: tennis, swimming, bowling, training for a 5k (3.1 mile race) or a longer run and biking to name a few.

The Physical Activity Guidelines for Americans recommend that people:

- Aim for at least 2 hours and 30 minutes of moderate aerobic activity each week. More strenuous and enduring exercise is encouraged as long you are healthy enough to do so.
- Moderate activity includes things like walking fast, dancing, swimming, and yard work.
- Do muscle-strengthening activities - like lifting weights and using exercise bands - at least 2 days a week.

What if I can not exercise do to my knee arthritis?

- Try water aerobics or recumbent exercise biking.

What if my arm is injured?

- Try an exercise bike, an elliptical machine, walking or dancing.

Local activities available to help with being physically active:

- Silver Sneakers program at participating YMCAs for medicare patients.
- Joining a local gym (i.e. YMCA, YWCA, The Rush and activities at the Greensboro Aquatic Center)
- If you wish to be outside, the Greensboro News and Record recently ran an article entitled "Go Get Moving" in which it highlighted the local track and field facilities open to the public. The list included college, high school and middle school tracks that are available. You can go to [news-record.com](http://news-record.com) to learn more.

Risk of sustaining an injury commonly include:

- "Doing too much too soon". Start slow and gradually increase your exercise doing no more than a 10% increase each week.
- Wear adequate footwear or appropriate attire for whatever activity you choose. It is recommended athletic shoes should be changed after 300 - 500 miles of use or after 4 - 6 months if they are regularly used for exercising. This includes casual walking.

Symptoms and signs to stop exercising and get evaluated include:

- Gradual pain that develops and persists more than 1 - 2 weeks.
- Pain that causes you to change your normal level of function
- Pain that effects your quality of sleep.
- Joint swelling that last more than 5 - 7 days.
- Loss of normal joint motion.

Other resources include:

- [Guilfordortho.com](http://Guilfordortho.com)
- [Healthfinder.gov](http://Healthfinder.gov)
- [cdc.gov](http://cdc.gov)

Regardless of what activity you choose have fun, be consistent and stay safe. Make sure you get adequate sleep, eat healthy and stay hydrated.

If you should need our services here at GOSM, know that we will "work to keep you playing" and moving.

**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 201 E Wendover Avenue Greensboro, NC 27401 or call 336-235-BONE(2663) they are open M-F 5:30pm until 9pm and Sat./Sun. 10am until 2pm.**