

Staying active. It's a goal we should all strive for, and one we all address from different directions. Whether you are exercising or playing sports, one constant remains — an injury can occur at any time.

Many ER visits, in fact, come about due to injuries sustained while participating in sports or exercise activities. Some injuries are accidental. Others result from inadequate training or improper gear. In some cases, people get hurt because they are out of shape or haven't warmed up or stretched enough.



What Should You Do If You Get Injured?

Should you get hurt, stop playing or exercising. Don't try to play through the pain or convince yourself it will go away. Continuing to do so may only cause more harm. A great starting point for treatment is something you can do yourself, using the RICE (Rest, Ice, Compress, and Elevate) method:

» REST

Reduce activity and protect yourself from further injury. Injured your foot, ankle, or knee? Keep weight off of it.

» ICE

Ice the injured area for 20 minutes, at least 4 to 8 times each day.

» COMPRESS

Reduce swelling by putting even pressure on the injury. Use an elastic wrap, air cast, splint, or special boot. Make sure it is not too tight.

» ELEVATE

Raise the injured area to a level above your heart to reduce swelling.

Most Common Sports Injuries

- Sprains and strains
- Knee injuries
- Swollen muscles
- Achilles tendon injuries
- Shin injuries
- Fractures
- Dislocations

We Care for Athletes of All Ages and Weekend Warriors

- ER/Urgent care services for unexpected injuries
- Orthopedic surgeons and physical and occupational therapists who work to get you back in the game as soon as possible

When Should You See a Physician For a Sports Injury?

You may want to see a doctor if your injury:

- + Causes severe pain, swelling, or numbness.
- + Does not allow you to tolerate putting weight on the area.
- + Involves the return of pain or dull ache of an old injury, swelling, or an abnormal or unstable joint.