



University Orthopaedic Center

Sports Medicine & Athletic Injuries Tip Sheet



Sports Medicine 101

Sports medicine specializes in the diagnosis, treatment, rehabilitation and prevention of athletic injuries and the effects of exercise on the human body. In addition, sports medicine is concerned with the evaluation and enhancement of athletic performance.

Sports Medicine & YOU

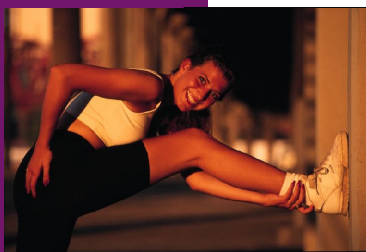
Whether you exercise lightly or are extremely athletic, injuries do occur. A sports medicine specialist can help you diagnose an injury, help you to regain the strength and mobility you need to get you back on the playing field.

FAQ's...

What is the ACL?

ACL stands for Anterior Cruciate Ligament of the knee. The ACL connects the front top part of the shin bone to the back bottom of the thigh bone and keeps the shin bone from sliding forward. An injury can either occur from a direct blow to the knee (football) or without contact between the knee and another object ie, when the running athlete changes direction or hyper extends their knee when landing from a jump. In many cases, when the ACL is torn, you will feel the knee give way with an audible "pop."

For answers to more frequently asked questions, go to UOC's Ortho Q & A website page.



Exercise = Better Bone Health

Any form of exercise is better than no exercise!

Here's a few tips to get you on your way to better bone health:

Before you begin...

- Consult your doctor & orthopaedist to be sure you have no restrictions
- Select an activity that you like and that works in your lifestyle.
- Decide upon cardiovascular or aerobic activities (such as walking, jogging or swimming) or resistance exercises (free weights, weight machines)
- Begin slowly; increase your intensity over time

"Don't let what you cannot do interfere with what you can do"
- John Wooden

Check out more on-line at www.universityorthopaedic.com