



Remember R.I.C.E. rest, ice, compression, elevation--as **FIRST** aid for joint and muscle injuries. But, if problems persist, seek professional medical guidance.



Greetings!

August is an exciting time as we await the arrival of the Olympics, share the quest for the World Series and begin rooting for our favorite football players during Training Camp.

As we watch and listen to various sports commentators, we will inevitably hear about athletes on the 'DL' (aka Disabled List) or 'injured lists' with 'dislocations', 'rotator cuff tears' and many other injuries. Regardless of what shape some of these athletes are in, these injuries are very common. I'll use this newsletter to explain what some of these shoulder problems are as well as stress the importance of rehabilitation after an injury or surgery. Although we get disappointed at times not being able to see a favorite athlete play or feel the heartache when an Olympian spends years training, only to get to the Olympics and find that they were not quite ready to perform, an injury is 'par for the course' at times but proper management is the key to a successful return to play!

Sincerely,
Raphael S. F. Longobardi, MD, FAAOS

An inside look at Shoulder Injuries

Most common shoulder problems:

- ◆ Instability
- ◆ Impingement
- ◆ Rotator Cuff Injuries
- ◆ Fracture
- ◆ Arthritis

Shoulder problems can affect men, women & children at any age, at any time mostly dependent on activity level. Shoulder injuries are frequently caused by athletic activities that involve excessive, repetitive, overhead motion, such as swimming, tennis, pitching, and weightlifting. Injuries can also occur during everyday activities such as washing walls, hanging curtains, and gardening.

Instability

Sometimes, the shoulder joint moves out of its normal position. This condition is called instability. Individuals suffering from an instability problem will experience pain when raising their arm. They also may feel as if their shoulder is slipping out of place.

Impingement Impingement is caused by excessive compression of the rotator cuff tendon against the top part of the shoulder blade, called the acromion.

Rotator Cuff Injuries The rotator cuff is one of the most important components of the shoulder. It is comprised of a group of muscles and tendons that hold the bones of the shoulder joint together. The rotator cuff muscles provide individuals with the ability to lift their arm and reach overhead. When the rotator cuff is injured, people sometimes do not recover the full shoulder function needed to properly participate in overhead activities.

Fracture Usually involves the collarbone or upper arm bone. Often caused by a fall or blow to the shoulder

Arthritis can be one of two types: Osteoarthritis (a disease caused by wear and tear of the cartilage) or Rheumatoid Arthritis (an autoimmune disease causing one or more joints to become inflamed)

Treatment of Shoulder Injuries

Early detection is the key to preventing serious shoulder injuries. If you have any additional questions, please talk with Dr. Longobardi.

Warning Signs of a Shoulder Injury

If you are experiencing pain in your shoulder, ask yourself these questions:

Is your shoulder stiff? Can you rotate your arm in all the normal positions? Does it feel like your shoulder could pop out or slide out of the socket? Do you lack the strength in your shoulder to carry out your daily activities? —

If you answered "yes" to any one of these questions, you will need help in determining the severity of the problem.

Common Shoulder Injuries Most problems in the shoulder involve the muscles, ligaments, and tendons, rather than the bones. Athletes are especially susceptible to shoulder problems. In athletes, shoulder problems can develop slowly through repetitive, intensive training routines. Some people will have a tendency to ignore the pain and "play through" a shoulder injury, which only aggravates the condition, and may possibly cause more problems. People also may underestimate the extent of their injury because steady pain, weakness in the arm, or limitation of joint motion will become almost second nature to them.

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UNIVERSITY
ORTHOPAEDIC
CENTER

Continental Plaza
433 Hackensack Avenue,
2nd Floor
Hackensack, NJ 07601

Office Hours:
Monday 9:30 - 2:30
T & TH 10:30 - 4:30 pm

Phone: 201 343-1717
Fax: 201 343-3217
E-mail: univorthoctr@verizon.net

To subscribe to our
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Rehabilitation & YOU



Key Points to Remember

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Take it slow and steady

If you are unclear on any instructions (ie: how to do an exercises/stretch) don't hesitate to ask questions

Follow the recommended amount of time

Protocols for rehabilitation are readily available at www.universityorthopaedic.com under Patient Information for easy download and printing.

Rehabilitation is defined as a combination of methods that are focused in restoring the patient's useful life. Whether you have been in an accident or just experienced an orthopaedic problem, rehabilitation could help your body achieve the normal daily functions by different kinds of recovery techniques. Whether physical or psychological, rehabilitation from injuries or musculoskeletal disorders is important to improve one's medical and mental health through different techniques, medication and support.

However, rehabilitation methods differ from one patient to the next. If a person has gone through injuries from sports, accidents or other reasons, rehabilitation can help in improving functionality of movements and maximizing one's health. Through this kind of rehabilitation, not only is the physical aspects covered, but also the mental, psychological and sociological aspects in achieving full recovery.

Although the road may seem long, the time that is taken to rehabilitate yourself correctly will be minimal compared to the payoff you will receive when you are back to normal.

If you have questions or concerns regarding your rehabilitation program, please contact Dr. Longobardi at 201-343-1717.

ORTHO Q & A Ask Dr. Longobardi

Q. What is "Little Leaguer's Elbow"?

A. It is a condition that affects the growth plate of growing children. Children who do excessive throwing (ie: pitching) develop a stress reaction of the growth plate on the inner aspect of the elbow (specifically, the medial epicondyle.) The injury or stress reaction is called an epiphysitis. It is treated with a period of rest and physical therapy.



Our Mission

TO UNDERSTAND THE NEEDS of our patients and their families TO COMBINE COMPASSION knowledge and skill to give each patient the resources and treatment to obtain the highest level of productivity possible TO PROVIDE THE FINEST QUALITY orthopaedic specialty care utilizing the latest surgical techniques and treatment modalities TO RESPECT EACH PERSON'S DIGNITY. TO TAILOR TREATMENT to each patient's individual needs TO PROVIDE EACH PATIENT WITH THE BEST TREATMENT possible—now and for the future.



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Orthopaedic &
Sports Medicine
links for you:

www.aossm.org
www.fitness.gov