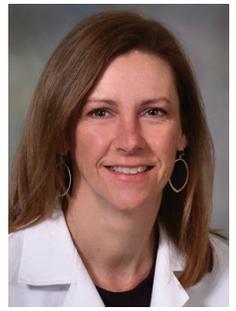


BUSINESS FOCUS:

How to shake off winter inactivity, injuries and staying home

By Sara Christian, PA-C, Concord Orthopaedics



Sara Christian, PA-C

The definition of moving is very different for every individual. An 85-year-old grandmother may define it as someone who wants to play on the floor with her grandchildren, while a professional athlete may want to compete at the highest level he or she can achieve. Most of us fall somewhere in-between.

Movement comes with challenges as we age and experience unexpected setbacks in the form of injuries. While many people deal with lingering pain, others suffer from acute injuries that need immediate attention from a medical professional.

What is an acute injury?

An acute injury is a sudden injury resulting from any type of physical activity with a severe and immediate onset of pain. It is different from a chronic injury — a chronic injury takes place over time. More times than not, acute injuries are caused by traumatic events during exercise or playing sports due to sudden movements or impact of the body. Most acute injuries sustained are contained to the specific area of the body that experienced the trauma and do not affect other parts of the body.

Common acute injuries

Winter weather brings slips and falls that may result in a trip to the doctor. While these injuries may be quite painful in the moment, an acute injury clinic can both diagnose your injury and help you through your recovery. Classic examples of acute injuries are sprains, strains and dislocations.

Sprains occur when joints bend at odd angles, causing tears in the ligaments of the joint. Whether it is rolling an ankle playing basketball or getting your wrist caught in a

funny position when slipping on ice, you will experience very sudden pain and discomfort.

Strains affect muscles or tendons, and can cause swelling or spasms. Back strains are very common in the winter when shoveling snow due to lifting the shovel by bending one's back, as opposed to squatting and lifting through the legs.

Dislocations occur from a fall or impact, resulting in joints that are displaced from their normal position.

Orthopaedic injuries include sports injuries, sprains, strains, fractures, back and neck injuries, hand and wrist injuries, shoulder injuries, knee injuries, hip injuries, minor lacerations and wound care.

Protection starts from within

Winter is great for outdoor activities, but not in terms of vitamin D. With the limited sun and being bundled up, it's easy to drop vitamin D levels during the colder months. Vitamin D is essential to us. Not only does it promote good bone health, it helps prevent osteoporosis. You can get natural sources of vitamin D from food and through supplements. Consult with your doctor to see if a supplement is right for you.

With so many people working from home these days, it's easy to forget about best practices when you're on a Zoom call in your slippers. When you're sitting in your home office, make sure your feet are firmly on the ground and your shoulders are back. This will help with your posture, but will also help engage your core muscles, helping you avoid the dreaded back pain. It's also important to get up and walk around for a few minutes every hour. This will help your circulation and keep your back from becoming stiff.

Start slow

By gradually increasing your movement and taking protective measures with snow and ice, you can shake off winter and enjoy all the activity that comes with summer weather.

Sara Christian is a Physician Assistant at Concord Orthopaedics. Sara earned her bachelor's degree from Tufts University and her Physician Assistant Certificate and Masters of Health Professions from Northeastern University.



264 Pleasant Street
Concord, NH 03301
(603) 224-3368

www.concordortho.com

Concord Orthopaedics has 26 physicians, 18 advanced practitioners and three nurse practitioners providing specialized orthopaedic and rheumatology care. Each physician specializes in a particular area of orthopaedics including: sports medicine, total joint surgery, spine surgery, hand surgery, orthopaedic trauma foot and ankle surgery, pediatric orthopaedics and rheumatology. Located in Concord, N.H., Concord Orthopaedics also offers satellite care in Derry, New London and Windham.

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kathi.russ@cruiseplanners.com
(603) 738-4404
epictravelbykathi.com

Kathi Russ
EPIC TRAVEL LLC

