

20 years of sports doctor on the air

By Dr. Robert Weil drweilsportsdoctor@yahoo.com November 15, 2011 12:18PM

When Naperville North coach and teacher Mark Lindo walked into my office last week, we recalled him being on “The Sports Doctor” in 1991. The show was on a local station in Aurora, and Mark was coaching basketball at Aurora Central Catholic High School, soon to take over the Naperville North basketball program.

Wow, that’s 20 years ago — lots of shows, great guests and endless topics, from issues involving foot problems, to drugs in sports, high performance athletics, questions about shoes, childhood obesity etc.

We followed the journey of Naperville’s Evan Lysacek, from when he first showed up at my office as a 10-year-old to his figure skating Olympic Gold Medal in 2010.

Chris Fox, sports director for “the Lombardian” newspaper, has been my co-host since the show moved to WDCB on the College of DuPage Campus in Glen Ellyn. We’ve had doctors, therapists, Athletes, coaches, parents, trainers as guests.

Of course, being in Chicago, sports medicine issues of all our local professional teams have been topics, as well as local high school and college teams, and many sports clubs in dance, volleyball, gymnastics and hockey, to name a few.

Often, I’m answering e-mail questions from our listeners as well as from my readers of the Sports Doctor articles. You can listen to many of the shows by going to sportsdoctorradio.com and clicking on radio shows. We’ve gone from reel-to-reel tapes to cassettes to CDs to discs to the Internet and cyberspace in the recording of the Sports Doctor shows — who knows what the next 20 years will bring. A special thanks to our listeners and guests — keep tuning in.

Let’s answer some e-mails:

Susan, of Wheaton: My 15-year-old daughter plays softball, and runs cross country, she constantly has Achilles tendon problems, we’ve been to physical therapy, but problems persist. She has high arches like her father. Would orthotics help?

Dr. Weil: Almost always, yes — properly positioning the foot, ankle in the best position, decreases the persistent pull and pressure on the Achilles tendon. Often this is missed because thinking is that the high arch foot doesn’t need “arch support”, the orthotics role here is positioning the foot, ankle for increased shock absorption. That’s the key!

Bob, Naperville: Love running 4-5 days a week. I’ve run over 10 years, I’m 50 years old, past six months I’ve been diagnosed with a neuroma in my foot. Doctor talked surgery. What are conservative options?

Dr. Weil: Surgery is last, not first option, often physical therapy, or cortisone injections are helpful. Neuroma is a thickened nerve mass usually between the third and fourth toes in the ball of the foot. Orthotics can be helpful by redistributing the pressure to that nerve area. Most neuroma problems can be solved without surgery.

Dr. Robert Weil is a sports podiatrist from Naperville with an office in Aurora. You can hear him on his weekly radio show at 6:30 p.m. Thursdays on 90.9- FM. Contact him at drweilsportsdoctor@yahoo.com and visit his website at sportsdoctorradio.com.