

# The Sports Doctor: Lysacek plans to defend gold medal

By DR. ROBERT WEIL drrweilsportsdoctor@yahoo.com February 18, 2013 4:26PM



Dr. Robert Weil poses with Olympic Gold Medalist Evan Lysacek after he won his gold medal in 2010. | Submitted

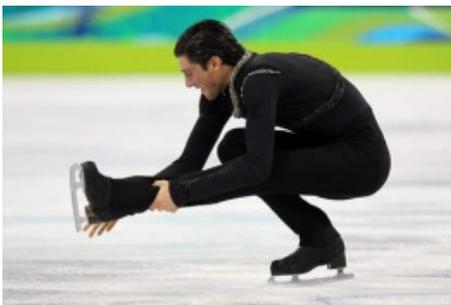
‘Here comes Evan!’

Believe it or not, it’s been three years since Naperville’s own Evan Lysacek won the men’s figure skating Olympic gold medal in Vancouver. (Really?) It’s now only a year away from the 2014 winter games in Sochi, Russia, and it appears that Evan has set his sights on trying to become the first since American legend Dick Button (1948 and 1952) to win back to back gold medals!

Evan hasn’t competed since his gold medal win in 2010. He toured with “Stars on Ice” for two years after the Olympics, and spent a year traveling the world representing our state department as a special sports emissary.

After successful surgery in November for a hernia, Evan is back to serious training, and after watching his performance in Rockefeller Center on “The Today Show” Feb. 6, he looked great and skated strong with his trademark “style and pizzaz!”

Knowing and working with Evan since he was 9 years old, watching him win national and world titles culminating in that incredible Olympic gold, I don’t doubt for a minute his “steel resolve” when he said during the Today Show interview about his yearlong goal of defending his title ... “I’m gonna live this goal!” Rock ‘n Roll, Evan — we’ll all be rooting for you!



VANCOUVER, BC - FEBRUARY 18: Evan Lysacek of the United States competes in the men's figure skating free skating on day 7 of the Vancouver 2010 Winter Olympics at the Pacific Coliseum on February 18, 2010 in Vancouver, Canada. (Photo by Matthew Stockman/Getty Images) R:\Merlin\Getty\_Photos\GYI0059661308.jpg

Here are a few emails:

**Gerry, Naperville** — My daughter is 12 and plays club soccer almost all year. She's always battling shin splints, X-rays are negative for stress fracture.

Dr. W — Most persistent shin problems are foot type (like flat feet) related — have her foot type and mechanics evaluated. Often prescribed orthotics and physical therapy and strengthening solve the problem.

**John, Lisle** — I've got heel spurs and it hurts! Is this a surgical problem?

Dr. W — Rarely is surgery necessary for heel spurs — problem usually is plantar fasciitis, inflamed attachment of the arch fascia to the heel bone is the culprit.

Proper arch support and physical therapy usually are very helpful. Possible cortisone injection or oral anti-inflammatory medicine also could be considered.

See you next month!

*Dr. Robert Weil is a sports podiatrist from Naperville with an office in Aurora. Listen to him on his weekly radio show at 6:30 p.m. Thursdays on 90.9-FM. Contact him at [drrweilsportsdoctor@yahoo.com](mailto:drrweilsportsdoctor@yahoo.com) and visit his website at [sportsdoctorradio.com](http://sportsdoctorradio.com).*