

## Team concept new to sports medicine

April 21, 2010

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The athletes of today, at all levels, enjoy great advances in sports medicine. Emphasis on prevention, maintenance, nutrition, and performance are examples.

What was once strictly the orthopedic surgeon's position as team doctor has expanded greatly. The new sports medicine "team" involves doctors in many specialties along with trainers and therapists and strength coaches.

The old thinking that sports medicine was mostly surgical has changed to the understanding that over 90 percent of problems and concerns are everything else. Overuse injuries, sprains and strains, training methods, nutrition are all examples of areas of attention, only for on the field, on court injury evaluation, but also for their role as rehabilitation specialists. They work closely with all the various doctors and therapists involved with the new sports medicine.

Sports specialists in podiatry, chiropractic, physical medicine, pediatrics, orthopedics, osteopathic and dentistry all can be part of these inclusive approaches. Add massage therapy, acupuncture, optometry and sports psychology.

I find that often in my sports podiatry practice, I'm helping "quarterback" referrals to these various experts for my young athletic patients.

The areas of sports nutrition has grown tremendously. Great attention to everything from sports drinks to sports supplements, to water. For the recreational athletes as well as the baby boomers, information regarding diet and nutrition is important.

The mental side of sports continues to grow in attention.

Sports psychology and mental training is huge today. As participants -- walkers, runners, bike riders -- parents of young athletes, or serious athletes, it's great to see these positive changes in sports medicine.

### **Terrible twos**

Take some caution now that spring is "finally" here. Take it easy with your return to physical activity if you haven't done much over the winter. Too often, the recreational athlete's jumps into the outdoor running, tennis, golf, biking, etc. activities too aggressively.

I've called it the "terrible twos" too much -- too soon -- too aggressive. I recommend becoming a walker for the first few weeks, then graduate into your particular program at about 50 percent (time, distance, intensity) for another week or so. Everything good, then pick it up. Especially if you've had problems with previous injuries, or overuse problems.

Make sure that you're in good shoes for whatever the sport. Be fitted properly for the shoe that's best for your foot type. If your previous shoes have worked well for you, stick with the same brand and style. Don't depend on shoes over a year old -- treat yourself to a new pair. Questions about what is the best shoe for your foot type -- check out my free foot screenings at the office. Call my friends at Naperville Running Company or Dick Pond shoes for walking or running shoe questions.

### **Lysacek can dance**

Hey -- Evan can dance! Naperville's Evan Lysacek, Olympic gold medalist looked great the first few weeks on Dancing with the Stars! What a great time we had at Raffi's Restaurant for Lysacek's debut! Cheers from almost 100 people watching the big screen presentation of the premier show. I want to thank Raffi, and Denise Provenzano, owner of Zano Salons for helping make it happen. The event helped benefit the Naperville YMCA which was great. Pay attention! -- if and when Evan gets to the Finals -- we'll have another party!