

Enjoy the season while preventing injury

By CASSANDRA DOWELL
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For some, warm weather means jogs through the park, outdoor sports and other enjoyable outdoor activities.

Board-certified orthopedic surgeon and sports medicine specialist Hany Elrashidy will discuss knee and shoulder injuries common in athletes and board-certified orthopedic surgeon Marcus Talerico will discuss the newest treatment for shoulder injuries during "Don't Shoulder the Pain Alone," a free lecture to be hosted by Advocate Condell Medical Center from 6:30 to 8:30 p.m. Tuesday, April 17, at its conference center, 700 Garfield Ave., in Libertyville.

"Good joint function and musculoskeletal health is critical to maintaining a healthy and happy lifestyle," Elrashidy said. "It allows us to stay in shape, interact with our loved ones, and go about our day-to-day life in a pain-free manner."

Elrashidy sat down with the Lake County Journal to discuss orthopedics, measures people can take to prevent injury and why he enjoys helping others.

What is orthopedics? How does an understanding of orthopedics promote good health?

Orthopedics is the field of medicine focusing on musculoskeletal care. It ranges from the treatment of broken bones and torn ligaments/tendons to arthritis and instability. This includes both non-operative and operative care of all joints and extremities in the body, including the spine.

How long have you been working as a doctor in the orthopedic field?

I spent five years at Northwestern Memorial Hospital training during my orthopedic surgery residency. During this five years, we trained on all the various procedures that orthopedic surgeons perform, from



Photo provided

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arthroscopic rotator cuff repairs and ACL reconstructions, to total joint replacements, fracture care and spine fusions. This also included surgery of the hand, foot and ankle and pediatric orthopedic procedures.

I then went to San Diego for a one year fellowship in Sports Medicine and Arthroscopy. This involved additional, sub-specialized training in shoulder arthroscopy (rotator cuff and cartilage repairs) and knee arthroscopy (ACL reconstructions, meniscus surgery, cartilage regeneration, transplant and repair).

What about orthopedics interests you?

Orthopedics is one of those fields where you can

see the immediate results of your interventions. Fixing something that is broken, repairing a torn ligament or tendon, you get to feel the impact that has on patient's lives.

It also offers tremendous variability in the procedures you perform and the patients you get to meet and interact with on a daily basis, from the middle-aged business man with knee pain, to the teen with a shoulder injury.

Are there any common misconceptions you encounter in regard to orthopedics?

One of the most common misconceptions is that someone may require surgery if they're having pain or dysfunction in an area such as

their shoulder, hip or knee. There are several successful non-operative treatment options that successfully treat and cure common ailments in any joint or extremity. This includes modifying activity to prevent injury, physical therapy, anti-inflammatory medications and several other options. Surgery is always a last resort and if needed, can predictably and reliably improve function and a patient's quality of life.

With the weather getting warmer, more people are engaging in physical activity outdoors. What are some of the most common ways people strain or hurt themselves outdoors?

One of the most common mistakes is to get into high-level activity too quickly after a long period of rest or inactivity. The desire to get outside and get active is fantastic. And, this should begin gradually and steadily. If it's been awhile since you've gone to the gym or taken a jog outside, the first few weeks should be focused on gradual build-up of your endurance and flexibility. Start light and over the course of a few weeks, increase the amount of physical activity you do.

What are some preventative measures people can take to avoid injury? Is there any specific advice for children, adults, men or women?

One of the best ways to prevent injury is to warm-up properly. Currently, the best evidence suggests that you start this with a few minutes of dynamic activity, followed by stretching, and then begin your sport or workout. Some examples of this include: running in place, jumping jacks, arm circles, etc. This will get your heart rate up and begin to pump blood to the rest of your body.

Follow a few minutes of dynamic warm-up and stretching with a few minutes of traditional stretching (stretching your hamstrings,

Elrashidy lowdown

Who he is: Orthopedic surgeon and sports medicine specialist

Village of residence: Deerfield

Hobbies: Working out, running, reading

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To learn more about Elrashidy and Greenleaf Orthopedic Associates in Lake County, visit www.greenleafortho.com.

quads and calves before a run, or your biceps and triceps for an upper extremity workout).

There is a lot of new evidence out there on the effectiveness of pre-rehab for ACL injury prevention in young female athletes. This includes building up their core and hip musculature and teaching them to plant and land properly to avoid putting stress on their ACLs. The incidence of ACL tears in this young population has decreased as we begin to implement these ACL injury prevention strategies.

What is your favorite thing about your job?

My favorite thing about my job is the people I get to meet and the variety of what I get to do each day. Whether it's new patients in clinic, nurses and therapists in the hospital or people out in the community as I give talks, it's great to talk to people about their health and feel the enthusiasm.

And, I love that in any given week, I may be working with athletes one day, laughing with a patient in clinic the next or interacting with a skilled team of health professionals in the operating room on another. It's always new and exciting.