

Hospital

Clinics

Emergency Room  
Level III Trauma

Urgent Care

Home Health

Health &  
Rehabilitation

## **SPORTS MEDICINE: BENEFITTING YOUR INNER ATHLETE**

We've all watched sports on TV and seen the athletic trainer rush on to the field and assist an injured athlete. That is one aspect of Sports Medicine, but not all that athletic trainers do, nor the only people sports medicine helps.

Sports Medicine can benefit any physically active individual, including student athletes, industrial and agricultural workers, "weekend warriors", and retirees enjoying an active lifestyle. Sports Medicine can help with chronic issues such as carpal tunnel, knee and ankle pain, and back pain. It also provides rehabilitation and injury-prevention instruction on proper body mechanics for farming, gardening, factory work, and recreation. Thirdly, Sports Medicine provides immediate, on-site care, such as being first on the scene to assess athletes during sporting events or practices.

Treatments to optimize physical performance vary, and may include home exercises, therapy appointments, braces, or surgery. Deciding which option will be most effective, and in the case of surgery, deciding when to schedule the surgery and how to prepare, are all decisions patients make with input from the team of physicians, therapists, and an athletic trainer.

"Whether it's an adult or student athlete and his or her parent, communication on progress and future expectations is key. We see patients within a few days of their call, new radiology equipment allows us to show patients greater detail when a CT, MRI or X-ray are done, and partnering with the McDonough Orthopaedic & Sports Medicine Center brings added skill and expertise to our total program," stated Aaron Wanish, Licensed Athletic Trainer at Memorial Medical Center.

On Wednesday, May 27<sup>th</sup>, from 5:30-7pm, Memorial Medical Center-Neillsville will host a Sports Medicine Showcase. Attendees will have the opportunity to ask questions and have one-on-one conversations with medical physicians, orthopedic surgeons, an athletic trainer, radiology, physical therapy, occupational therapy, and occupational health.

There is no cost to attend, and a progressive meal will be served. RSVPs are appreciated, 743-3101.

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