

Playing it Safe this Spring (*Interview Transcripts*)

Sujal Desai, D.O., fellowship-trained orthopedic surgeon, OSF HealthCare

“The most common type of injuries that we typically see this time of year are strains and sprains of multiple joints. If it is a sport that involves running, jumping, kicking – we see a lot of knee injuries. If it’s a racquet sport or anything that involves throwing – we see a lot of shoulder and elbow injuries. But basically your garden variety sprains and strains are typically what we see.” (:21)

Sujal Desai, D.O., fellowship-trained orthopedic surgeon, OSF HealthCare

“This spring is a little different because of the pandemic. Kids and adults alike have been deconditioned. And when you go back to sports and activity, sometimes you are more prone to injury if you go back too soon and are not conditioned. Typically what we will see are basic sprains and strains – however, what’s more on the helm is ligament injuries and tears.” (:21)

Sujal Desai, D.O., fellowship-trained orthopedic surgeon, OSF HealthCare

“Before diving right in, have a good program to condition yourself. Stretch out before and after practice. Hydrate well. I would also work on strengthening of the joints and ligaments and muscles that are involved with the sport that you are participating in.” (:17)

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“Don’t push through any kind of pain. We see a lot of injuries happen when people try to push through painful conditions in their joints, muscles, tendons – and it can worsen something. Where if you catch it early, it may just require basic resting, ice, elevation, anti-inflammatories and basic supportive care.” (:17)

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“If someone did get injured, typically I say monitor it for about 24 to 48 hours. If pain, swelling, inflammation doesn’t go away with your typical rest, ice, elevation, and use of anti-inflammatories – then I would say after 48 hours it’s a good idea to talk to your doctor, whether it be a family practitioner or an orthopedic surgeon.” (:21)