Sports health: Start slow for the long haul

***SOT***
Dr. James Murphy, orthopedic surgeon for OSF HealthCare in Urbana, Illinois.

“When you’re having pain that’s consistent and pain that’s very bothersome, get it looked into. Get it worked out. It’s probably nothing. It usually doesn’t mean any kind of surgery or anything else is indicated. But oftentimes it does indicate that maybe some icing or some sort of an over-the-counter medication might be indicated.” (:20)

***SOT***
Dr. James Murphy, orthopedic surgeon for OSF HealthCare in Urbana, Illinois.

“The practice of [playing hurt] is detrimental not only to the athlete but really to the team. Because if you’re the starting point guard of the basketball team but you’re playing with an ankle that’s 70%, the second string point guard is sitting there waiting for his opportunity. And I think that you owe it to your team to be honest with your trainer and say, ‘my ankle isn't back 100% yet.’” (:27)

***SOT***
Dr. Robert Leb, orthopedic surgeon at OSF HealthCare in Alton, Illinois.

“High school coaches are often telling their athletes, here's what we want you to do on the offseason. Here’s the running you need to do. Here [are] your strength goals. Here [are] the flexibility things that we want you to work on. And if you don’t have those goals, you should talk to your trainer, talk to your coach and get those so that when you do come back, you’re not coming back in a deconditioned state. And you don’t get an injury that ruins the rest of that season for you.” (:28)

***SOT***
Dr. Robert Leb, orthopedic surgeon at OSF HealthCare in Alton, Illinois.

“When you’re stretching a muscle, it's a lot like pulling taffy or maybe stretching plastic. You stretch it, it snaps back. You stretch it, it snaps back. But if you do it on a continuous basis over and over again, you can eventually get that taffy to pull out and stay out or get that piece of plastic to elongate and be more limber.” (:22)