

Play it Safe when Jack Frost Visits (*Interview Transcripts*)

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

“I think people should be aware that falls can be a serious hazard to the body. Bones can be brittle and certain falls can cause bones to break. In orthopedic surgery we see major extent of falls. It’s important to keep your bones healthy, keep your joints strong, keep your muscles strong with appropriate use of vitamin D and calcium to prevent fractures.” (:24)

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

“There’s two causes of rotator cuff tears, which is the thing you worry about when it comes to rotator cuffs. Number one is usually from an overuse or repetitive injury – for example, shoveling in the winter, overhead lifting or overhead movements. Repetitive movements can cause tearing of that tissue and that would cause long-term pain. Number one is a repetitive cause of it. Number two is traumatic – if someone falls on an outstretched hand or someone has a sudden movement about their body and they’re trying to stabilize a fall.” (:30)

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

“Typically patients report a pop or a tear, that they felt something went wrong in their shoulder. Sometimes people don’t necessarily report that and they just feel sudden pain that just doesn’t go away and difficulty with moving their shoulder or upper arm.” (:12)

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“The first line of treatment is rest, ice, anti-inflammatories to rest the joint and relieve some of the local inflammation that happens from the injury. But if something is more severe, 48 hours later patients will still have symptoms and they may need to come in.” (:15)

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

“I think patients should be aware of their surroundings number one. Typically the risk of falling is carrying too many objects in their hand and losing their balance, slippery surfaces on the ground. Patients should wear good footing, good footwear with traction to prevent falling.” (:18)