

OSS News

Winter, 2010

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Greetings!

Warm winter greetings from the physicians and staff at Orthopaedic & Spine Specialists this cold, snowy season. We have some good snow survival tips below. Enjoy!



Urgent Orthopaedic & Spine Care

From sports injuries to slips, trips and falls, OSS offers **extended care hours 7 days a week** to get you back on your feet again.

The OSS Urgent Care Center provides treatment for minor orthopaedic and spine injuries including sprains, strains, muscular pain, possible fractures and other musculoskeletal injuries.



The extended care hours are:

Monday through Friday from 8 a.m. to 8 p.m.
Saturday and Sunday from 10 a.m. to 8 p.m.

Care is provided by an orthopaedic specialist. So avoid the wait in the emergency room! Call to arrange a same day appointment or walk-in patients are welcome.

1855 Powder Mill Road, York
747-8315

Safety Tips for Shoveling Snow

By Joseph Alhadeff, MD
Orthopaedic Surgeon

Here are some tips to avoid injury when shoveling snow.

Stretch before shoveling, as you would with other types of exercise. ***Bend your knees and keep your back as straight as possible*** so that the lifting comes from your leg muscles and not your back. ***Never bend at the waist*** and ***step in the direction that you are throwing snow*** to prevent the lower back from twisting and to alleviate back soreness you might experience from a hard day of shoveling snow.

The average shovel loaded with 16 pounds of snow ends up moving 192 pounds of snow if the shovel is loaded 12 times per minute. That's moving almost 2000 pounds of snow in just over 10 minutes! ***Push snow instead of lifting it whenever possible.***

It is also important to ***dress warmly*** to prevent the constriction of blood vessels. Make sure the

extremities are well protected as these are most vulnerable to the cold. **Take a break every 15 minutes.** Water is best to hydrate, but if something hot is needed, drink hot chocolate. **Don't drink coffee or smoke while shoveling.** Both of these increase the heart rate and constrict the blood vessels.

Since the **heart attack** is the most common fatal complication of snow shoveling, it is important to know the symptoms. If any of these symptoms appear, stop immediately and seek medical attention. According to the American Heart Association, the **signs of a heart attack** can include chest pain, discomfort in other areas of the body, shortness of breath, and lightheadedness, nausea, or sweating. Those people most at risk to have a heart attack have pre-existing heart conditions, high blood pressure, high cholesterol levels, are smokers and have a sedentary lifestyle.

Injury Prevention for Initiating a Workout Program



By Robert M. Burton, MS, ATC
Sports Medicine Coordinator

One of the most popular subjects of New Year resolutions revolves around starting a new exercise program or new activity. Injuries can derail the best intentions and plans. We would like to help keep you going and offer a few tips to prevent injuries from occurring.

First, **Speak with your physician** to determine the appropriate activity level to start. Then make sure you have the proper equipment needed for your chosen activity. The equipment involved should fit and be in good working condition. Shoes should be properly fit for size and control the natural motion of the foot. Shoes not only affect the foot, but also influence the knees, hips, and back motions as well. Proper clothing protects the body from the elements and can help performance.

Strength training is important since muscles help protect bones, cartilage, tendons and ligaments. I often tell athletes I work with, including the players on the York Revolution baseball team, that proper mechanics along with strength training in a full range of motion (ROM) greatly reduce the risk of injury. Proper mechanics, including proper posture during your exercises and activities such as running or throwing, are essential to help your body work in an efficient, lower risk motion. Seek assistance if you do not know or understand proper mechanics.

It is fun to see progress and great to set goals. Advance activity levels in moderation and with adequate recovery time. Even the most elite athlete understands the body needs proper recovery time. The time needed to recover varies between individuals and many factors play a role. A healthy balanced diet that meets the body's requirements in calories and nutrition should be a priority. A healthy amount of sleep is also important.

At any level of activity, stretching is an important part of a healthy program. I encourage athletes to stretch before activity, after activity and before going to bed. Stretching as part of a proper warm-up helps with performance. Gradually work into stretching when the muscles are cold. Stretching when muscles are warm after activity helps maintain and improve flexibility.

The physicians of Orthopaedic & Spine Specialists lead your community sports medicine team and have a long history in our community providing care to athletes at every level including professional, college, high school, youth and master levels. We are here to provide for your orthopedic health care needs at every stage of activity. Should you be injured we are available to get you back in the action, but we want to help you prevent injuries and maximize your performance as well. Please do not hesitate to contact us if you have any questions.

OSS Specialty Hospital

OSS has broken ground to build an ***orthopaedic specialty hospital*** adjacent to the orthopaedic office at 1855 Powder Mill Road in York. The specialty hospital will have four operating rooms and 30 private patient rooms and is expected to open in December of this year, 2010. Surgeries that require an overnight stay will be performed in the hospital including joint replacements, sports injuries and spine surgeries. We will keep you informed of the progress!



We wish you a safe and healthy remainder of the Winter. Before we know it, Spring will be here and flowers will be blooming. Check out our new website at www.ossortho.com. There is an extensive patient education section featuring many orthopaedic conditions and treatments. We appreciate the opportunity to provide you, your family and your friends with orthopaedic care. ***Thank you for choosing OSS.***

Sincerely,

The Physicians and Staff at
Orthopaedic & Spine Specialists