

**Happy New Year To All!
May the New Year Bring You
Health, Happiness and
Peace!**

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Sports Doctor Radio Show

***Listen to Bob Gajda and John Stelnicki
on Dr. Weil's Sports Doctor Radio Show!!
Log onto www.sportsdoctorradio.com
and click on Radio Shows, December 2nd, 2010 !!***



How To Pick A Doctor by Robert Gajda, RKT

The person who can probably best evaluate an orthopedic surgeon and his results with both surgically and nonsurgically treated patients, is an experienced, physical therapist or certified trainer who has worked with more than one physician. This is because they have seen different doctors treat different injuries and they, more than anyone else, know the results with a large group of patients. Your next best bet is to ask a coach you trust whom he would recommend. If you have had friends who have had surgery themselves, it certainly would be wise to consult them as to who has a solid reputation in your community as well. If none of these tips are helpful, then you need to go to the most experienced orthopedic surgeon you know or can find who treats a large number of athletes.

The most difficult question for us to answer is what to do if surgery is recommended. If one orthopedic surgeon recommends surgery, it is usually possible to find another who won't. So shopping around may keep you from having surgery, but it may not be the best treatment. The reason for this is

twofold: First, surgery is frequently the most conservative method of treatment; performed by an experienced orthopedic surgeon it will lead to the best result in certain instances. Second, most ligament injuries are best treated surgically within the first ten days to three weeks maximum. After two to three weeks, the results of surgery usually are not as good, and often are no different from surgery performed at a much later date.

So the same orthopedic surgeon who might recommend surgery if he sees you within the first week of your injury might not recommend surgery if he sees you three or four weeks after that injury. Our best advice on what to do if surgery is recommended is, if you have confidence in and trust the advice of the orthopedic surgeon you have consulted, then follow his recommendations. If the recommendations sound too radical to you, and deep down you do not believe that you require surgery, then get a second and even a third opinion. Most athletes instinctively know if they have sustained a complete ligament rupture. They may not want to admit it, they may not want to face the fact that they require surgery; but deep down they know "something is gone" or something has completely torn. If you have that feeling and surgery is recommended, then we would advise you to go along with that surgical recommendation. However, if you don't have confidence in your surgeon, then we would advise you not to let him operate upon you, since confidence plays an important part in proper rehabilitation after any surgery.

Avoiding Slip and Falls by John Stelnicki, PT

Every winter in Physical Therapy, we see current patients and new patients who have hurt their backs, hips or knees from slipping on the ice, almost falling, or falling. I can't emphasize enough, TAKE YOUR TIME, TEST THE SURFACE FOR ANY BLACK ICE, DON'T BE RUSHING AROUND, DON'T FALL!. These injuries are 100% preventable. Don't be a victim.

In the extreme, some fracture a bone or have to go to the ER. Mostly, it's a minor or moderate injury that we can treat when they come in for therapy. Typically, for any strains, we will treat with ice, gentle massage, electrical stimulation, range of movement exercises and stabilizing exercises for adjacent body parts, all to help the healing process proceed smoothly, to avoid any abnormal healing, and restore function as early as possible. As pain subsides, further massage will correctly align the tissue for proper functioning along with strengthening exercises to build up the tissue that has weakened from the damage.

Falls/injuries are too costly. Take precautions and be careful. As snow melts, it will freeze again overnight and be pure ice in the morning. Also, snow shoveling can be treacherous for the back. Check with your therapist for proper body mechanics and review snow shoveling tips below. Good luck!



***"Gratitude is a vaccine, an antitoxin,
and an antiseptic."***

- John Henry Jowett (1864-1923)

January Reading Recommendations:

"Using Your Brain and Body for General Health and Happiness"

To create optimal health you need a basic understanding of how, why, when and where specific emotional and mental patterns can set the stage for illness.

by Mona Lisa Schulz, MD, PhD

"Prolo Your Sports Injuries Away!"

"A simple, safe and scientifically sound procedure that has allowed thousands of athletes to return to playing and excelling in athletics.

by Ross A. Hauser, MD

"Brave New World Revisited"

Of utmost importance for a world in transition.

by Aldous Huxley



Cancer Fighting Superfoods by Susie Lawrence

Want to reduce your risk of cancer? Look in your refrigerator. All studies point to eating plant-based foods. Ideally, we should aim for five to nine daily servings of all kinds of fruits and vegetables, especially the following six:

Broccoli: The only vegetable with a sizeable amount of sulforaphane, a potent compound that boosts the body's protective enzymes and flushes out cancer causing chemicals. Helps fight breast, liver, lung, prostate, skin, stomach and bladder cancers.

Berries: All berries are packed with cancer fighting nutrients. But black raspberries contain very high concentrations of these nutrients. Helps fight colon, esophageal, oral and skin cancers.

Tomatoes: The best source of lycopene, which gives tomatoes their red color. Lycopene was found to stop endometrial cancer cell growth. Helps fight endometrial, lung, prostate, and stomach cancers.

Walnuts: Their phytosterols have been shown to block estrogen receptors in

breast cancer cells, possibly slowing the cells' growth. Helps fight breast and prostate cancers.

Garlic: Phytochemicals in garlic have been found to stop the formation of nitrosamines, carcinogens formed in the stomach when you consume nitrates, a common food preservative. Helps fight breast, colon, esophageal and stomach cancers.

Beans: Black and navy beans significantly reduced colon cancer incidence in rats, because a diet rich in the legumes increased levels of the fatty acid butyrate, which in high concentrations has protective effects against cancer growth. Helps fight breast and colon cancers.



This information was taken from Richard Beliveau, PhD, chair in the prevention and treatment of cancer at the University of Quebec and Author of Foods to Fight Cancer. For more details log onto <http://shine.yahoo.com/event/vitality/6-cancer-fighting-superfoods-2428408/>

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*"The Metaphysician Within"
Transforming Weakness to Wellness*

How you feel in any one moment is more important than anything else, because how you feel right now is creating your life.

*"The mind acts like an enemy for those who do not control it."
- Bhagavad Gita (5th century BC)*

Keep your mind as much as you can from dwelling on your ailment.
Think of strength and power and you will draw it to you.



Metaphysician Survey Question for February:

Do you feel safe in lieu of experimental government spraying?

Please email your answers/thoughts to gajdahpn@yahoo.com
Results will be shared in our February Newsletter

Tips for Bringing Up Kids in a 'Sports Culture' by Robert Weil, Sports Podiatrist

Being a parent is one of life's great joys. It's also one of life's great challenges. Add in the world of sports with all its "stuff" and here we go! Over the years, I've got to say that the vast majority of parents handle very well all that goes with balancing all aspects of youth sports.

Of course, when children are young, and "everybody plays", sports fit in quite comfortably with everything else. As kids get older, the pressure's on everyone - parents, the kids, the whole family. When we're talking parenting the young "serious athlete" then things can mount into problems.

Pushing kids too far, too fast, or too aggressively often leads to injuries, and all sorts of potential problems. Most injuries are overuse - just too much pressure on young growing bodies. Many times we are talking about pre-adolescents who are already playing their sport every day, almost year-round.

The late, great Dr. Jim Vicory, who shared The Sports Doctor radio show with me in the mid-1980's and early 1990's, was a prominent sports psychologist. He has some excellent general rules for parents to pay attention to with their young athletes.

1. Don't criticize or analyze details of your child's performance.
2. Pay attention to what they did well.
3. Always use encouragement.

4. Don't be afraid to speak to coaches "respectfully" regarding questions you have or problems your youngster has.

Remember, sports are supposed to be fun.



Dr. Robert Weil is a sports podiatrist from Naperville with an office in Aurora. You can hear him on his weekly radio show at 6:30pm Thursdays on 90.9FM. Contact him as drweilsportsdoctor@yahoo.com and visit his website at www.sportsdoctorradio.com.

Acupuncture by Cliff Morland

Snow Shoveling Tips

Snow shoveling can cause muscle strain to the back and shoulders. Follow these tips to avoid winter shoveling injuries:

1. If possible, wait until the afternoon to shovel. Many disc injuries occur in the morning when there is increased fluid in the disc.
2. Lift smaller loads of snow. Take care to bend your knees and lift with your legs rather than your back.
3. When you dump the snow, avoid twisting at the waist. Turn your hips and shoulders as a unit to decrease strain on your muscles.



Patient Testimonial by Carl Amari

I play baseball on three men's leagues and toward the end of this year's season I started feeling like my arm was dead - with severe pain in my right shoulder. Then in October with an Arizona tournament looming, I didn't want to go down there and not be able to throw the ball. My pal Rick Sorci told me about GHPN and I went in for an appointment. In just two treatments, he had my shoulder

and arm feeling well enough to make the trip and I played virtually pain free. Now that I'm back, I've gone in for a few more treatments and my shoulder and arm now are nearing 100%. I've recommended GHPN to a few of my friends and to my wife who suffers with chronic neck pain. Dr. Bob is a magician - plus he has the most interesting stories to tell while he's working on you :) I could not more highly recommend GHPN.

Sincerely,
Carl Amari

Host of "Hollywood 360" Saturday nights from 8 pm till 1 am on WIND AM 560
www.hollywood360radio.com



Carl Amari

Article Featured in Barrington Magazine

Friend and colleague, Master Dave Garrison, owner of Tiger Martial Arts in Lake Barrington was featured in the January/February issue of Quintessential Barrington. To view his article on fitness, log onto www.qbarrington.com and click on *Fitness* on their home page.

*Wishing you a New Year
of Peace, Good Health and Happiness.*

-Bob, Mary Lou, John and Susie

