

Injured? Do I go to a Sports Medicine Doctor

Pretending that you are young again by hitting the full court press with your buddies on the court is madness this March. You no longer get that rebound at the highest point; rather, you get lower on the court by rolling your ankle on another player's foot. These injuries happen to everyone from seniors in high school to seniors in life.

But when do forgo the RICE treatment and see a sports medicine doctor?

What is a Sports Medicine Doctor?

A sports medicine doctor has extra training in conditions that often affect those active in sports or just physically active in general. These providers offer non-operative treatments and help patients who want to maintain a healthy lifestyle.

Why not my Primary Care Provider?

For typical medical conditions or smaller injuries, you should see your primary physician. If it requires specialized care, he or she might refer you to a sports medicine physician. From there, a sports medicine physician will determine the cause of the injury, give you a diagnosis and a treatment plan, and also look and suggest nutrition and exercise programs that can often help you perform better in the future.

When do I see a Sports Medicine Doctor?

If you have an injury that doesn't improve in two weeks, even after you've seen your primary care doctor

If you have a complicated injury related to overtraining or overuse, like pain in the lower legs

If you have a chronic condition, like tendonitis in your shoulder, knee or hip

If you have a sports injury that requires surgery

If you have a sports injury that causes a concussion

If you are an athlete with chronic or acute conditions, like asthma, diabetes or mononucleosis

In addition to providing comprehensive medical care for both athletes and non-athletes, sports medicine physicians are excellent resources for those who want to become active or begin and exercise program.

What are my options?

Your health can't wait! Precision Sports Medicine and Orthopedics has several providers who can assist you remain athletically active. Make that appointment today! Call 855.219.6200 or visit precisionsportsortho.com

Sources:

Sports Medicine Today

Healthgrades