OSTEOPATHIC APPROACH TO TRAUMATIC SPORTS INJURY

THE ABC’S FOR “HANDS-ON” MANAGEMENT OF SPORTS INJURIES

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INTRODUCTION

• Video introducing Trauma In Sports
Quote From Hippocrates & A. T. Still

In Health – We Maximize Performance

In Injury & Disease – We Maximize Recovery and Use Rehabilitation Techniques That Restore a Person to Maximum Functional Potential
Goals of Osteopathic Management of Sports Injuries

A. Provide An Early Accurate Diagnosis
B. Restore Normal Structural Integrity
C. Restore Normal Function
D. Provide A Successful Restorative Rehabilitation Program
E. Return the Athlete to Competition Quickly and Safely
F. Maintain Excellence in Performance
Spectrum of Athletic Performance
(per) Gordon J. Zink, DO

A. EASE
1. Peak Fitness with Normal Structure & Balance Providing Maximum Functional Performance
2. Ease of Achievement

B. UN-EASE
1. Signs & Symptoms of Departure From Peak Condition
2. Mechanical Imbalance and Disharmony
3. Uneasy About Maintaining Top Performance

C. DIS-EASE
1. Failure & Inability to Achieve Top Performance
2. Structural Malalignment with Inability to Compensate.
3. Physical Dysfunction & Emotional Instability

Above Sequence Can Be Reversed with Properly Applied OMT
APPRAOCH TO ACUTE INJURY
ON THE FIELD
(R.O.L.E. OF OSTEOPATHIC PHYSICIAN)

A. - R. = RESTRICT

B. - O. = OBSERVE

C. - L. = LISTEN

D. - E. = EXAMINE
SUBACUTE FOLLOW-UP

A. History:
1. Where do you hurt?
2. What can or can’t you do?
3. Describe how it happened (Mechanism of Injury)

B. Look:
1. Inspection (Show Me)
2. Static Postural Exam
3. Functional Exam (How can you move?)
C. Feel:
   1. Palpation
   2. Passive R.O.M.
   3. Active-Assistive R.O.M.
   4. Active to Active-Resistive R.O.M.
   5. Progressive-Resistive R.O.M. & Exercise

METHODS OF AVOIDING REINJURY

A. Don’t over train – Create stress to strengthen but avoid distress.
B. Heed warning signs of re-injury – Learn to scan and read your body’s response to training.
C. Prevent muscle tightness – Use slow, easy non-balistic stretching during exhalation & self-relaxation.
D. Find methods of compensating for structural imbalance while maintaining normal R.O.M. & receiving properly applied O.M.T.
SUMMARY

A. TO REST IS TO RUIN

B. TO STRESS IS TO STRENGTHEN

C. TO MAINTAIN MOTION IS TO MAINTAIN LIFE AND TOP PERFORMANCE
REFERENCES


REFERENCES (continued)