

WEBVTT Kind: captions Language: en

00:00:00.293 --> 00:00:02.876 ♪ Intense Piano Music ♪

00:00:08.290 --> 00:00:09.880 - There is increasing pressure

00:00:09.880 --> 00:00:13.530 to have young athletes push through the pain,

00:00:13.530 --> 00:00:18.530 being driven by the desire to be the best at that sport.

00:00:18.580 --> 00:00:20.300 - There's definitely a lot of pressure on athletes

00:00:20.300 --> 00:00:21.960 of all kinds to go out and play through

00:00:21.960 --> 00:00:23.340 all the little nagging injuries

00:00:23.340 --> 00:00:25.370 that happen throughout the season.

00:00:25.370 --> 00:00:26.970 - Athletes feel like they let people down

00:00:26.970 --> 00:00:29.773 a little bit and also let themselves down.

00:00:30.720 --> 00:00:32.230 - With something that's becoming more and more

00:00:32.230 --> 00:00:36.190 of a problem as we see athletes, both young and old,

00:00:36.190 --> 00:00:38.470 training more than ever.

00:00:38.470 --> 00:00:39.790 - They're not stressing their body

00:00:39.790 --> 00:00:42.560 in different ways, but they're doing very specific things

00:00:42.560 --> 00:00:44.770 over and over and over repetitively.

00:00:44.770 --> 00:00:47.870 - And injuries are becoming worse and worse.

00:00:47.870 --> 00:00:49.720 - That's an overuse injury.

00:00:50.570 --> 00:00:53.850 We can break down overuse injuries into two main categories.

00:00:53.850 --> 00:00:56.433 Acute injuries or chronic injuries.

00:01:01.010 --> 00:01:03.736 - With an acute injury a patient can usually identify

00:01:03.736 --> 00:01:06.233 the exact cause of what happened.

00:01:07.090 --> 00:01:10.170 - I heard a pop and I fell down and I was like,

00:01:10.170 --> 00:01:12.870 things hurt sometimes but you can push through it.

00:01:12.870 --> 00:01:14.170 I just remember standing up,

00:01:14.170 --> 00:01:16.270 and it's like my leg didn't work.

00:01:16.270 --> 00:01:19.020 - She tore her ACL as well as her meniscus.
 00:01:19.020 --> 00:01:21.710 In order to be able to allow her safely to get back
 00:01:21.710 --> 00:01:23.630 to playing a sport like lacrosse,
 00:01:23.630 --> 00:01:25.600 we needed to go in surgically.
 00:01:25.600 --> 00:01:28.280 - I had never dreamed of having an injury like
 that,
 00:01:28.280 --> 00:01:30.130 that would have such a long recovery.
 00:01:31.810 --> 00:01:33.740 - Chronic injuries are different in that
 00:01:33.740 --> 00:01:37.763 it's usually an acute injury that hasn't healed.
 00:01:39.120 --> 00:01:40.140 - I was dealing with a lot of
 00:01:40.140 --> 00:01:41.870 dull pain through practice.
 00:01:41.870 --> 00:01:43.270 Pain would be worse one day,
 00:01:43.270 --> 00:01:45.730 feel a little better the next day and then come
 right back.
 00:01:45.730 --> 00:01:46.960 You know you wanna be there for your team
 00:01:46.960 --> 00:01:47.870 and you're just out there trying
 00:01:47.870 --> 00:01:49.890 to play through it as best you can.
 00:01:49.890 --> 00:01:51.870 - We knew that there were a number of things
 going on
 00:01:51.870 --> 00:01:53.460 in his knee and there were a couple of
 00:01:53.460 --> 00:01:55.270 different things to address surgically.
 00:01:55.270 --> 00:01:57.040 The goal of which is to give him pain relief
 00:01:57.040 --> 00:01:59.190 that he hasn't been able to have otherwise.
 00:02:01.200 --> 00:02:04.100 - Surgery is the first step in the process of the
 recovery,
 00:02:04.100 --> 00:02:06.090 but there's still several steps that need to happen
 00:02:06.090 --> 00:02:08.190 for that patient to heal effectively.
 00:02:08.190 --> 00:02:09.780 - [Colleen] We're asking them
 00:02:09.780 --> 00:02:12.840 to go back to foundational movements
 00:02:12.840 --> 00:02:17.270 and those type of activities tend to be more men-
 tally taxing
 00:02:17.270 --> 00:02:19.590 than actually physically taxing.

00:02:19.590 --> 00:02:20.450 - When you're going in there every day

00:02:20.450 --> 00:02:22.530 doing the same routine, obviously you're going through

00:02:22.530 --> 00:02:23.980 a lot of physical rehab,

00:02:23.980 --> 00:02:26.870 but you're also going through a tough mental process.

00:02:26.870 --> 00:02:29.440 - I became really really depressed after my surgery.

00:02:29.440 --> 00:02:31.480 I felt so lost.

00:02:31.480 --> 00:02:33.820 - [Dr. Gardner] Really coming to grips with that emotional

00:02:33.820 --> 00:02:36.590 and psychological side of the injury is very important.

00:02:36.590 --> 00:02:38.640 It's actually often that piece to it

00:02:38.640 --> 00:02:40.913 that drives the physical recovery.

00:02:41.860 --> 00:02:43.950 - [Dr. Medvecky] Once their pain starts to subside,

00:02:43.950 --> 00:02:46.070 that's when they feel, okay the clock is on.

00:02:46.070 --> 00:02:48.660 They have to get back into their sport right away.

00:02:48.660 --> 00:02:51.340 - As I always say, we can't outpace biology.

00:02:51.340 --> 00:02:52.490 - [Dr. Medvecky] That's where we properly guide

00:02:52.490 --> 00:02:54.083 the rehabilitation process.

00:02:55.040 --> 00:02:56.820 - In the rehabilitation process,

00:02:56.820 --> 00:03:01.530 it's critical that we correct patient's movement strategies

00:03:01.530 --> 00:03:05.350 in order to reduce the risk of potential reinjury.

00:03:05.350 --> 00:03:08.790 - [Dr. Gardner] Being able to retrain and reprogram

00:03:08.790 --> 00:03:11.530 those movement patterns is one of the essential parts

00:03:11.530 --> 00:03:15.280 of what we call neuromuscular training programs.

00:03:15.280 --> 00:03:17.690 - [Dr. Medvecky] This is really balance, coordination,

00:03:17.690 --> 00:03:18.950 what's called proprioception,

00:03:18.950 --> 00:03:21.660 which is knowing where your body is in space.

00:03:21.660 --> 00:03:23.710 - You learn a lot more of the technicalities
00:03:23.710 --> 00:03:25.200 of every day living.
00:03:25.200 --> 00:03:28.200 - This really allows us to move away from the
00:03:28.200 --> 00:03:31.740 somewhat arbitrary guidelines for rehab
00:03:31.740 --> 00:03:34.560 that have things happening by dates on a calendar
00:03:34.560 --> 00:03:36.410 rather than the achievement
00:03:36.410 --> 00:03:38.703 of different milestones along the process.
00:03:40.050 --> 00:03:41.900 Data really is something that is becoming
00:03:41.900 --> 00:03:44.980 increasingly valuable, being different types of
00:03:44.980 --> 00:03:48.790 strength tests or functional tests that simulate the
motions
00:03:48.790 --> 00:03:50.320 that might happen during sports,
00:03:50.320 --> 00:03:53.010 to be able to provide some objective feedback
00:03:53.010 --> 00:03:55.300 about where they are in the rehab process.
00:03:55.300 --> 00:03:59.200 Especially for an athlete who is usually quite goal-
driven,
00:03:59.200 --> 00:04:01.510 to give them numbers and data to work with
00:04:01.510 --> 00:04:02.900 can be very powerful to them.
00:04:02.900 --> 00:04:04.330 - [Blake] When you come in every day and you're
able
00:04:04.330 --> 00:04:07.800 to actually see on paper that you're improving,
00:04:07.800 --> 00:04:09.580 definitely helps with the mental side of things
00:04:09.580 --> 00:04:12.020 and makes the process a little bit easier.
00:04:13.520 --> 00:04:16.050 - [Colleen] We wanna give them a new skill set to
be able
00:04:16.050 --> 00:04:19.300 to go back to do what they want to do.
00:04:19.300 --> 00:04:24.180 We can't make them better, they make themselves
better.
00:04:24.180 --> 00:04:27.560 Being able to see them do that is fantastic.
00:04:27.560 --> 00:04:30.723 - I was working towards being confident again.
00:04:32.070 --> 00:04:35.850 In myself and who I was and also
00:04:35.850 --> 00:04:38.120 what I had the ability to do.

00:04:38.120 --> 00:04:39.670 - [Blake] Where at one point it was something
 00:04:39.670 --> 00:04:42.030 that I would think about for entire games,
 00:04:42.030 --> 00:04:43.820 now it's something that doesn't even come to mind
 00:04:43.820 --> 00:04:45.460 when I'm playing and I can play more free
 00:04:45.460 --> 00:04:47.833 and it's definitely a lot more fun that way.
 00:04:49.150 --> 00:04:51.760 - [Erin] I was just so excited to get back out there
 00:04:51.760 --> 00:04:54.020 and just do the one thing
 00:04:54.020 --> 00:04:56.920 that I've been striving to do for so long.
 00:04:56.920 --> 00:04:58.460 - [Dr. Gardner] As an athlete, for many of us,
 00:04:58.460 --> 00:05:00.210 it remains a part of your identity
 00:05:00.210 --> 00:05:02.090 really for the rest of your life.
 00:05:02.090 --> 00:05:04.340 I was fortunate enough to have many people there
 00:05:04.340 --> 00:05:07.230 helping me during my athletic career.
 00:05:07.230 --> 00:05:10.460 And so to now be able to give that back to my
 patients,
 00:05:10.460 --> 00:05:13.770 to be able to help them, is incredibly fulfilling.
 00:05:13.770 --> 00:05:15.260 - Orthopedic surgery in general tends to be
 00:05:15.260 --> 00:05:18.770 very reactionary, meaning somebody has an injury
 or trauma
 00:05:18.770 --> 00:05:21.740 and we react to that and try to help them through
 that.
 00:05:21.740 --> 00:05:24.280 - [Dr. Gardner] What's exciting is what we're now
 able to do
 00:05:24.280 --> 00:05:29.010 to try to both prevent as well as treat injuries
 early
 00:05:29.010 --> 00:05:30.350 so that they don't get to the point
 00:05:30.350 --> 00:05:32.270 of needing to have a surgery.
 00:05:32.270 --> 00:05:36.170 That's where things like the biologic treatments,
 00:05:36.170 --> 00:05:41.170 stem cells and PRP are very exciting in their
 ability to use
 00:05:41.240 --> 00:05:43.640 and harness the body's own healing factors
 00:05:43.640 --> 00:05:47.360 to be able to heal injuries that in the past we've
 treated

00:05:47.360 --> 00:05:51.620 by simply telling you to take off six or eight weeks.

00:05:51.620 --> 00:05:54.300 It's very important to be able to make sure that we have

00:05:54.300 --> 00:05:57.010 not only the important biologic aspects

00:05:57.010 --> 00:05:59.450 of the injury in mind, but also the specifics of

00:05:59.450 --> 00:06:02.970 what the patient is looking for after their recovery

00:06:02.970 --> 00:06:05.522 to make sure that everybody's achieved their goals.