

Sports injuries are on the rise and young girls are five times more likely to sustain a knee related injury than their male counterparts. We met with Dr. Michael Samuelson of Fullerton Orthopaedic, a well known and highly respected orthopaedic surgeon specializing in sports related injuries and minimally invasive arthroscopic surgeries.

Dr. Samuelson who does regional seminars on sports injuries for physicians tells us because sports clubs go year round this is a big reason for the dramatic increase in sports injuries. "In the past, sport injuries correlated with the season- more knee and ankle injuries in soccer and basketball season and more shoulder injuries in baseball, swimming, and



WITH ORTHOPAEDIC SURGEON
DR. MICHAEL SAMUELSON

Simple Solutions to common Sports Injuries

water polo season. "Now, with club sports, we see these injuries year round because there is no off season to rest." We are also seeing a lot more overuse injuries."

Samuelson, who grew up in Fullerton and graduated from Sonora High School, became interested in sports medicine primarily because he was very involved in athletics. In fact, Samuelson and two of his brothers were on the same basketball team that took the CIF championships in 1983. During his years as a basketball player he sustained several injuries



"I know what my patients are going through, I've been there"

himself, resulting in multiple surgeries to correct the problem. "I know what my patients are going through, I've been there," says Samuelson.

"Young female athletes in particular are at a much greater risk than boys," says Samuelson. "There is a physiological difference between boys and girls in the way they land after jumping. This is largely responsible for this variation in injuries." According to Samuelson, boys land with their knees flexed and apart. When girls land their knees have a tendency to come together on impact. (Editors note: There's something about watching a six foot four inch grown man jump like a girl that is kind of funny.) Samuelson continues, "When girls land, it puts extra stress on their knee joints that boys don't get, and it only happens after puberty. Quite simply, it sounds bad, but, they need to land more like a man," Samuelson says with a laugh. There are exercise programs available to prevent these injuries.

With nine nieces in competitive sports you can bet he is passing out a lot of advice and educational tips during the holidays.

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