



Dr. Michael Samuelson

# Common Sports Injuries Need Immediate Attention

With Orthopaedic Surgeon Dr. Michael Samuelson

at Fullerton Orthopaedic are former athletes who have sustained major injuries themselves and now volunteer their time at many local high schools as on field doctors during games. They know first hand the value of early intervention of injuries and put themselves out there in the community to ensure a quick response to sports related injuries whenever they can.



The Fullerton Orthopaedic website is a great resource for information on common injuries associated with specific body parts. Follow the

useful links to the American Association of

Orthopaedic Surgeons and click on the patient information link. There you will find injuries and treatments for the hand, wrist, spine, neck, hip, knee, leg, foot and ankle along with current treatment and rehabilitation recommendations.

The kids are back in school, back in sports full swing and back in the doctor's office with broken bones, strained muscles, torn ligaments and a host of other annoying injuries. Sometimes little injuries that don't seem like much today can create major problems later in a sports career.

"Each sport has its own common injuries," says Orthopaedic Surgeon Dr. Michael Samuelson, "When the normal aches and pains of overworked muscles do not subside after rest, ice, elevation and over the counter pain relievers or if an ache persists and turns into tightness, pinching or sharp pain it's important to get it looked at right away." According to Samuelson, little tears in muscle or

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cartilage today can lead to surgery down the road, so it's important not to ignore the pain. If pain persists, it's hurting for a reason and these are the injuries that can ultimately end sports careers if not handled right away.

Dr. Samuelson and many of the doctors



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### Orthopaedic Specialists on Staff (From left to right)

- Dr. Michael P. Rubinstein MD
- Dr. Harry L. Gibson MD
- Dr. Gerald J. Alexander MD
- Dr. Stewart L. Shanfield MD
- Dr. Eugen D. Williams MD
- Dr. Michael A. Samuelson MD
- Dr. Kendall S. Wagner MD
- Dr. John F. Parker MD

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