

NEWSLETTER

DECEMBER 2023

Heal Better Without Surgery



**Sievers
Sports
Medicine**

575.215.3902
SIEVERSPORTSMED.COM

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Preventing Surgery for Sports-Related Injuries

The Role of Sievers Sports Medicine's Medical Team in Preventing Surgery for Sports-Related Injuries

If you're an athlete or enjoy playing sports, injuries are, unfortunately, a common occurrence. Fortunately, our medical professionals can help you recover after an injury and avoid the need for surgery in many cases.

Our medical team will guide you through preventive steps to minimize your risk of sports injuries. If you sustain an injury, we'll identify all the factors related to your injury and address them one by one.

Through our specialized programs, we can help you recover and improve your physical capabilities. We take a holistic approach that fortifies your overall health and enhances the skills necessary to maximize your athletic performance.

If you're an athlete looking to recover after an injury, prevent surgery, and gain an edge on the field, court, or weight room, we can help. Our medical professionals lead programs designed to help athletes withstand the physical demands of sports more effectively, reducing the incidence of injury and the need for surgery.

Tailored Care After an Injury

If you are trying to avoid surgery and wonder if our medical team can prevent or delay surgery, the simple answer is yes! Most orthopedic-type surgeries are not urgent or emergencies.

Although traumatic situations can be emergencies, most times, there is a significant period between diagnosis and surgery.

Far too often, people mistake their symptoms for signs to rest or avoid the activities causing them pain. Even more common is the number of individuals who ignore aches and pains, thinking they will go away on their own, only to discover those early warning signs were the body's signals to seek help. Unfortunately, rest, avoidance, and trying to push through pain can lead to more significant, often more complex, problems.

At Sievers Sports Medicine, our physician or physician assistant will analyze your symptoms and identify the root cause of your situation. We will equip you with the tools to prevent, delay, or prepare for surgery.

We'll guide you through the steps you need to take to ensure you are ready to return to training and competition without any limitations or impairments standing in your way. Our proactive approach provides a safer and more effective recovery process.

Rather than a one-size-fits-all approach, we believe every patient is unique and deserves a program tailored to their specific situation and goals. You are not merely treated but are guided toward a pathway of enhanced performance and overall well-being!



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Get Started Today

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What to Expect From Our Team

Getting an evaluation should start immediately following most injuries to ensure the fastest recovery possible. One of our medical professionals with sports expertise will thoroughly evaluate the athlete to determine the injury's severity and identify any other weaknesses or limitations that may affect the athlete's recovery, stability, or strength.

Next, our team will create a targeted, individualized care plan to promote accelerated recovery and future injury prevention. Our goal is to minimize the risk of needing surgery so you can return to training and competing in the sport you love.

For example, we will start with pain management and teach you how to address your injury. Next, we will focus on progressing your program by providing guidance on restoring function and recovery quickly. Then, we may recommend incorporating exercises to stimulate the nervous system and help ensure you can run, jump, and cut to change direction, land in the correct position, and avoid future injuries.

At Sievers Sports Medicine, our medical team will provide the foundation for successful training while reducing future injuries and avoiding surgery.

Looking for Results? Don't Wait...Get Started Today!

Navigating the road to recovery and returning to the sports activities you love can be challenging. Fortunately, our experienced medical professionals are here to guide you every step of the way. With years of experience working with athletes, we've been instrumental in rehabilitating individuals post-injury, helping them avoid surgery, and ensuring a smooth transition back to the sports they love.



Whether you're on the brink of surgery or hoping to prevent it, our medical team will create a program specifically tailored to your unique needs. Reach out to our Sievers Sports Medicine to learn more!

Sources: <https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/769864> - [https://www.cell.com/heliyon/fulltext/S2405-8440\(22\)00284-5?_returnURL=https%3A%2F%2Flinkinghub.elsevier.com%2Fretrieve%2Fpii%2F2405844022002845%3Fshowall%3Dtrue](https://www.cell.com/heliyon/fulltext/S2405-8440(22)00284-5?_returnURL=https%3A%2F%2Flinkinghub.elsevier.com%2Fretrieve%2Fpii%2F2405844022002845%3Fshowall%3Dtrue)



Sievers Sports Medicine



Staff Spotlight: Melisa Valmoria, PA

Melisa feels truly privileged to embrace a diverse spectrum of patients and their injuries, spanning across all age groups. Her professional journey is a constant exploration of the new, a path she treads alongside the guidance of the esteemed Dr. Sievers, whose mentorship continually propels her towards becoming a more proficient medical provider.

In the collaborative environment of her workplace, Melisa is surrounded by a team of individuals who share her unwavering commitment to upholding the highest standards of patient care. It's this collective dedication that propels them to deliver exceptional healthcare experiences. Their reach extends beyond the boundaries of their local community, as they're honored to extend their expertise to individuals from across the beautiful landscapes of New Mexico. Melisa finds great fulfillment in connecting with patients who travel from various corners of the state to receive their compassionate care.

Beyond the realm of medicine, Melisa's passions encompass the joys of friendship, culinary adventures in the kitchen, and the thrill of exploration through travel. These personal pursuits enrich her life and add depth to the compassionate care she offers to her patients.

3 Health Tips for the Holiday Season

How busy are you this holiday season? At Sievers Sports Medicine we understand that this time can be both joyful and hectic. In the midst of it all, it can feel easy to let your health slip through the cracks.

Are you concerned about maintaining your health this winter, but are feeling overwhelmed or don't know where to start? If so, check out these 3 tips for staying fit during the holidays.

1. Make sure you're getting enough sleep

With everything that goes on during December and January, it's understandable to search for more time in the day. Sacrificing your sleep, however, will end up doing you more harm than good. Sleep is how the body recovers and recharges. Poor sleeping habits are linked to an increased risk of heart disease, reduced cognition, and mood shifts. Aim to get 7-8 hours a night, every night.

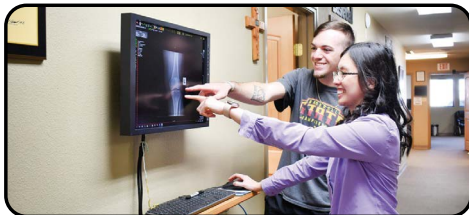
2. Stay active

Exercise supports both your mental and physical health and is an integral part of a healthy lifestyle. The great thing about exercising is that there's certainly no shortage of ways to get active! From going down to the park with your kids, walking

around the neighborhood, biking, doing yoga, or hitting the gym, there are many ways to make exercising fit into your busy lifestyle.

3. Don't skip meals

With big Christmas lunches and dinners to look forward to, it can sometimes be tempting to eat less food during the day to save room for later. However, this can actually encourage you to make less healthy choices and have an unbalanced diet. Eating one big meal a day can also increase your blood pressure and cholesterol. Instead, try to eat regular meals with servings of lean protein, fruits, and vegetables.

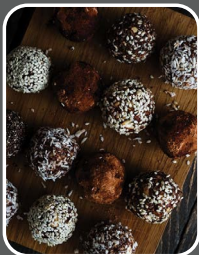


Healthy Recipe

NO-BAKE CHOCOLATE PEPPERMINT PROTEIN BALLS

Ingredients:

- 10 tbsp cocoa powder
- 6 tbsp maple syrup
- 1/4 cup almond butter
- 1/4 cup unflavored pea protein powder
- 1/2 tsp peppermint extract
- 1/4 tsp sea salt
- 2-4 tbsp crushed candy canes
- 2-4 tbsp dairy-free chocolate chips (optional)



Directions: Put everything except the candy cane or cacao nibs, chocolate chips, and water into a bowl and mix well. Slowly add water if needed (You may not need any water if your almond butter is runny). Start with a teaspoon and slowly add until you get a well-mixed batter. If you add too much then the batter will be too soft to roll. Add the candy canes/cacao nibs and chocolate chips and mix again. Allow batter to chill in the fridge while you clean up, then roll into balls.

Recipe: <https://www.veggiesdontbite.com/no-bake-chocolate-peppermint-protein-balls>

Patient Success



**"GREAT AT GETTING TO THE ROOT
CAUSE OF YOUR ISSUE!"**

"Great at getting to the root cause of your issue! He's a great doctor. He spends a lot of time with his patients. Very caring, and you get your money's worth with him."

— David V.

Start Healing Today



Get started with Sievers Sports Medicine today! Scan the QR code to get on our schedule now.



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