

NEWSLETTER

JANUARY 2024

We Can Help You Tackle Tendonitis



**Sievers
Sports
Medicine**

575.215.3902
SIEVERSSPORTSMED.COM

NEWSLETTER

JANUARY 2024



How Sports Medicine Physicians Make a Difference

Did you know a sports medicine physician can be a key ally in managing tendonitis? Here's how they can help:

At Sievers Sports Medicine, the focus is on understanding your specific situation and setting realistic goals. The physicians are experts in diagnosing and treating tendonitis, ensuring you get the right care right from the start. They use a step-by-step approach, focusing on your individual needs and the end goal you and the team set together.

One of the significant methods used by sports medicine physicians is diagnostic testing. This helps pinpoint the exact nature of your tendonitis, making treatment more effective. Also, injections are often utilized to alleviate pain and reduce inflammation. These treatments are tailored to provide relief and help you get back to your activities quicker.

Our sports medicine services go beyond just treating injuries. We're about refocusing your strengths and developing healthy habits as an athlete. If you're not sure who to turn to manage your tendonitis or looking to prevent it, the team is there to support every step of your athletic journey.

So, if you're dealing with tendonitis and wondering where to turn, consider scheduling a consultation today. Our team is ready to work with you toward your athletic goals, using proven strategies and personalized care. Remember, overcoming tendonitis is not just about treatment; it's about setting a path toward lasting health and peak performance!

Athlete's Guide: Understanding Tendonitis Causes, Risks, and Hotspots

Tendonitis is a common hurdle for athletes, and understanding its causes, risk factors, and typical locations is key to prevention and effective treatment. Our sports medicine physician at Sievers Sports Medicine is well-versed in these aspects and can guide athletes in managing risk.

Common Causes of Tendonitis in Athletes:

- **Repetitive Motion:** Sports that involve repetitive movements, like tennis, swimming, or running, often lead to tendonitis. These motions put continuous stress on the tendons.
- **Overuse:** Intense training without adequate rest can overwork the tendons, leading to inflammation.
- **Improper Technique:** Using incorrect techniques in sports can put unnecessary strain on tendons.

Common Locations for Tendonitis:

- **Shoulder (Rotator Cuff Tendonitis):** Often seen in sports like baseball or tennis.
- **Elbow (Tennis or Golfer's Elbow):** Common in racquet sports and golf.
- **Knee (Jumper's Knee):** Prevalent in sports with a lot of jumping, like basketball.
- **Achilles Tendon:** Often occurs in runners and athletes involved in jumping sports.



**Sievers
Sports
Medicine**

Get Started Today

P: 575.215.3902 | [SIEVERSSPORTSMED.COM](https://www.sieverssportsmed.com)

What to Expect From Our Team

Risk Factors:

- **Age:** As athletes age, tendons become less flexible and more prone to injury.
- **Certain Sports:** Activities that involve repetitive motions or sudden, intense bursts of activity are more likely to cause tendonitis.
- **Physical Condition:** Poor flexibility or strength can increase the risk of developing tendonitis.

At Sievers Sports Medicine, sports medicine physicians focus on identifying these risk factors and customizing treatments and preventive strategies. Our team works with athletes to modify training regimens, improve techniques, and suggest exercises to strengthen the muscles and tendons, reducing the likelihood of tendonitis. Effective prevention and early intervention by a skilled sports medicine physician can be the key to a swift recovery and continued athletic success!

Precision Treatment for tendonitis at Sievers Sports Medicine

Our sports medicine physician at Sievers Sports Medicine offers several innovative injection-based treatments to manage tendonitis effectively. These treatments are enhanced by the use of ultrasound technology, ensuring precision and effectiveness.

Ultrasound-Guided Injection Treatments:

- **Platelet-Rich Plasma (PRP) Injections:** These are used to treat tendonitis by promoting healing in the affected tendons.
- **Corticosteroids:** Effective in reducing pain and inflammation, providing relief, and aiding in rehabilitation.
- **Percutaneous Needle Tenotomy (PNT):** A needling procedure that stimulates healing in damaged tendons.



The use of ultrasound in these treatments is a game-changer. It's a noninvasive tool that uses sound waves to see inside your body, allowing for extreme accuracy. This accuracy is crucial for better results and minimizing the pain associated with these procedures.

When you visit Sievers Sports Medicine, our sports medicine specialists take a personalized approach. We will work closely with you to determine the most suitable treatment for your condition. This commitment to precision and advanced technology and expertise ensures you receive the best care for your tendonitis, helping you return to your sport with confidence and strength.

We also offer urgent care appointments, with same-day visits and no appointment necessary during business hours. Our services include general orthopedics, fracture care, digital X-ray, bracing, casting, and custom splinting.

| Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5865563/>

Celebrating Portales High School's Big Win with Dr. Sievers

Here at Siever's Sports Medicine, we're passionate about providing the best possible care to our patients and supporting our local athletes. Dr. Sievers, the team physician for Portales High School, was on the sidelines, cheering on the Rams as they clinched their victory at the state semi-final game on November 18th!

Dr. Sievers has been a dedicated supporter of Portales and Clovis athletics for many years, and we're so proud of the incredible bond he has built with the players and coaches. His commitment to their success is truly inspiring, evident in the energy and enthusiasm he brings to every game.

As a sports medicine specialist, Dr. Sievers understands athletes' unique challenges and demands. He is committed to providing them with the highest quality of care, from preventing injuries to helping them recover quickly and safely. His expertise and dedication are vital in assisting athletes to reach their full potential. We're so excited to see Portales High School continue its incredible journey, and we have no doubt that Dr. Sievers will be there every step of the way, cheering them on and providing them with the support they need to achieve their goals!



How To Warm Up & Cool Down Properly

Are you looking for the most effective ways to minimize injuries and maximize performance? At Sievers Sports Medicine, our team is up-to-date on the most advanced strategies to help you reach your highest potential. There have been significant changes in sports performance and the most effective way to prepare an athlete for competition. Rather than wasting your time with outdated strategies, our therapists at Sievers Sports Medicine will teach you how to warm up and cool down correctly to give you the edge in preparing for competition and preventing injuries at the same time!

What are the most effective warm-ups and cool-downs to prevent injuries?

Dynamic stretching involves performing active movements that repeatedly stretch the muscles to their full range of motion while mimicking the sport you are about to play. Dynamic stretching has been shown to help improve range of motion and increase blood flow and overall performance, especially in sprinting and jumping sports.

Warm-ups that simulate the actual sport (functional movements) give you an added advantage by helping improve your performance during practice or competition. There is

significant evidence to support the use of warm-up programs in team and individual sports, with an expected reduction of the risk of injury by over 35%.

But long-duration (<60 seconds) static stretching may impair your performance and should be avoided or followed up by dynamic stretching and/or a general warm-up.

Cooling down after participation is also known as recovery. Recovery is as important as warming up and should consist of proper hydration, nutrition, gentle stretching, and/or foam rolling to minimize post-workout soreness. Adequate recovery also ensures your body is ready to handle training demands the following day.

Request an appointment with our team at Sievers Sports Medicine, and let us teach you how to warm up and cool down properly. No matter your age or ability, learning to warm up and cool down can make all the difference between injury and playing pain-free!

Sources: <https://link.springer.com/article/10.1007/s40279-018-0958-5> • <https://www.sciencedirect.com/science/article/abs/pii/S1521694219300312> • <https://link.springer.com/article/10.1007/s40279-017-0834-8> • <https://www.frontiersin.org/articles/10.3389/fphys.2019.01468/full> • <https://www.sciencedirect.com/science/article/abs/pii/S136089522030218> • <https://www.hs-niederrhein.de/produkt/ejournals/abstract/10.1055/a-0905-3103>

Healthy Recipe COWBOY CAVIAR

Ingredients:

- 1 15-oz. can black eyed peas, drained and rinsed
- 1 15-oz. can black beans, drained and rinsed
- 1 1/2 c. diced roma tomatoes
- 1 jalapeño pepper, chopped
- 1 yellow bell pepper, chopped
- 1/2 c. red onion, chopped
- 1/4 c. chopped cilantro
- 3 tbsp. olive oil
- 2 tbsp. red wine vinegar
- 1 tbsp. Worcestershire sauce
- 1/2 tsp. seasoned salt
- 1/2 tsp. ground cumin
- 1/2 tsp. ground black pepper
- Tortilla chips, to serve



Directions: In a large mixing bowl, combine the black-eyed peas, black beans, tomato, bell pepper, red onion, jalapeño, cilantro, olive oil, vinegar, Worcestershire sauce, seasoned salt, cumin, and black pepper. Mix well to combine. Serve with tortilla chips.

Patient Success



"I TOTALLY RECOMMEND HIM TO ANYONE."

"I have seen Dr. Sievers for several years for long standing injuries I have. He and his staff have always done a great job. I totally recommend him to anyone. I've even brought my mom to see him all the way from Oklahoma." — J.B.

Start Healing Today



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



P: 575.215.3902

SIEVERSSPORTSMED.COM