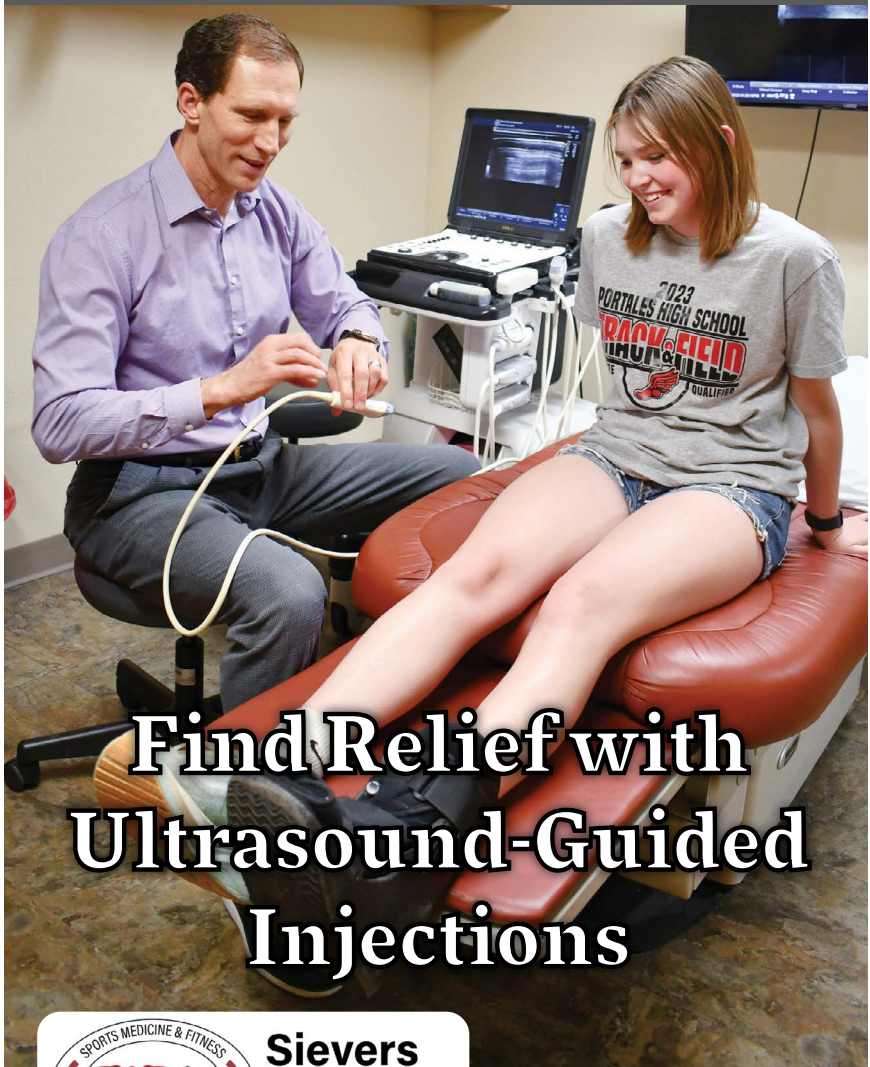


NEWSLETTER

FEBRUARY 2024



Find Relief with Ultrasound-Guided Injections



**Sievers
Sports
Medicine**

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Ultrasound-Guided Injections: Small Needle, Big Benefits

Are you struggling with persistent joint pain? Have you recently suffered a musculoskeletal injury and need a little boost in your rehabilitation? One of the many ultrasound-guided injection treatments we offer at Sievers Sports Medicine could be what your treatment plan is missing!

Ultrasound is a noninvasive imaging technology that uses sound waves to give us a glimpse inside your body. With this technology, our sports medicine specialist can more accurately guide an injection needle to the exact location—making our injections quick and hassle-free.

We offer several different injections that address various conditions, from joint pain to musculoskeletal injuries. Curious about which ones might work best for you? Call us to schedule an appointment today!

Four Treatment Injections—And What They Can Do For You

All treatment injections have one thing in common: they're delivered via needle. These simple procedures require no prep work from you and don't require you to spend hours in our office. However, they offer several unique benefits and complement other rehabilitation techniques, such as therapeutic exercise.

Platelet-rich plasma (PRP) Injections:

This technique uses your body's enriched plasma to facilitate healing and reduce pain. We'll draw your blood, process it to increase the platelet count, and then inject it back at the site of pain or injury.

What Do We Use Them For? **Tendon and other soft tissue injuries, osteoarthritis**

Corticosteroid Injections:

Corticosteroids are an anti-inflammatory medication that can help reduce pain and swelling at an injury site. They offer acute pain relief so you can focus on mobility stretches or other exercises.

What Do We Use Them For? **Joint pain, injury rehabilitation**

Hyaluronic Acid Injections:

Hyaluronic acid occurs naturally in your body; it helps lubricate your joints so they can work properly. People with osteoarthritis have less hyaluronic acid, which contributes to their symptoms. Hyaluronic acid injections (also known as viscosupplementation) increase this fluid, helping to reduce pain.

What Do We Use Them For? **Knee osteoarthritis**

Percutaneous Needle Tenotomy (PNT):

This technique isn't actually an injection—but it does utilize an ultrasound-guided needle. The process involves piercing a damaged tendon (the flexible tissue that connects muscle to bone) with a needle, helping to reduce scar tissue and promote blood flow to the injury site. The overall goal is to facilitate your body's natural healing processes

What Do We Use It For? **Tendon injuries, such as tennis elbow, Achilles tendonitis, or rotator cuff injuries**



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How We Use Injection Treatments

At Sievers Sports Medicine, we use our ultrasound-guided injection treatments as part of a comprehensive treatment plan. During your first appointment, we'll thoroughly evaluate your symptoms, health history, and overall health goals to find the right blend of treatment options to suit your needs. While everyone's plan is a little different, here are a few examples of approaches we might include alongside your injection treatments:

- **Additional pain relief methods, such as hot or cold therapy or electrostimulation**
- **Mobility work**
- **Targeted strengthening exercises**
- **Information about safely returning to sports or other activities**

Often, we use injection treatments to help you manage acute pain so you can exercise more comfortably, allowing you to resolve the underlying muscular weaknesses that might have contributed to your injury. PRP injections can also help speed up your recovery process, helping to maximize your rehabilitation.

Our specialists will give you more personalized guidance and information when they provide your treatment plan.

What to Expect: Your Injection Treatment Appointment

Receiving your injection is a straightforward process. Our injections don't require any anesthesia and can be performed in our office, usually in under an hour.

We'll start by numbing the injection site to ensure you have the most comfortable experience possible. Next, we'll set up the ultrasound equipment to guide the needle to its target location more accurately.



After we've completed the process, we'll let you know exactly what you can expect, how you can manage any pain or discomfort at the injection site (over-the-counter medication will usually do the trick), and any instructions specific to your needs.

Request Your Appointment To Learn More

We use our ultrasound-guided treatments to help address a wide range of conditions. If you want to learn more about how they might benefit you, call Sievers Sports Medicine to schedule an appointment today!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8675626> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7589810/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC740740/>



Staff Spotlight: Dr. Joel Sievers MD

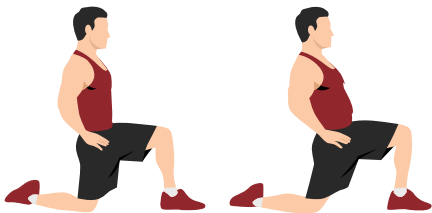
In my role as a healthcare provider, I find immense fulfillment in the opportunities and challenges presented by each patient's unique medical journey. Witnessing their progress and contributing to their well-being brings me great joy.

The collaborative spirit within our team at Sievers Sports Medicine is truly exceptional. Working alongside my dedicated colleagues, we unite our strengths to improve the health and lives of our patients, making each day in the office a rewarding experience.

Our local community is another source of inspiration. The friendly and supportive atmosphere here, with its unwavering commitment to our schools, sports teams, local businesses, and churches, is heartwarming and truly special.

Outside the realm of medicine, I cherish the moments spent with my family and church community. My passion for fitness leads me to activities like mountain hiking, climbing, and skiing, while my role as a pole vaulting coach allows me to inspire and mentor aspiring athletes. This balance between my professional and personal life enriches my journey as a healthcare provider, offering me a well-rounded perspective and a deeper connection with the people I serve.

Exercise of the Month



Hip Flexor Stretch (Kneeling)

Kneel on your affected leg and bend your good leg out in front of you, with that foot flat on the floor. If you feel discomfort in the front of your knee, place a towel under your knee. Keeping your back straight, slowly push your hips forward until you feel a stretch in the upper thigh of your back leg and hip. Hold the stretch for at least 15 to 30 seconds. Repeat 2 to 4 times.



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We hope everyone had a wonderful holiday season and a happy start to the new year!

Healthy Recipe BAKED FALAFEL

Ingredients:

- 1 15 oz can chickpeas drained and rinsed
- ½ cup white onion finely diced
- 1 cup fresh parsley lightly packed
- 1 cup fresh cilantro
- ½-1 tsp sea salt (to taste)
- ¼ tsp black pepper
- 1 tsp garlic powder
- 1 tsp coriander
- 2 tsp cumin
- 2 tsp baking powder
- 2 TBS ground flaxseed
- 1 TBS olive oil



Directions: Preheat oven to 400 degrees F. Add chickpeas, onions, parsley and cilantro to your food processor fitted with an "S" blade. Process until well combined (but still chunky). Add salt, pepper, garlic powder, coriander, cumin, baking powder and flaxseed. Process until well mixed and fine. (mixture will ball up in the processor). Grease a large baking sheet with oil (olive or canola). Roll about 2 TBS of falafel mixture into balls and then flatten into discs and place on baking sheet evenly spaced. Bake in preheated oven for 20 minutes, flip and bake on second side for 10-15 minutes. Remove from oven and serve with tzatziki sauce, in a pita, or on a salad!

Source: <https://joyfoodsunshine.com/baked-falafel/#recipe>

Patient Success



"Dr. Sievers is extremely thorough and very professional, he knows what he's doing and he seems to enjoy it. I have been to literally dozens of orthopedic and sports medicine doctors, without getting any real answers. Dr. Sievers is the first doctor that really seems to be helping me out and has an interest in me having any improvement in my function and reduction pain." – R.C.

Start Healing Today



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



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