

# NEWSLETTER

MARCH 2024



## Solutions for Sports-Related Shoulder Injuries



**Sievers  
Sports  
Medicine**

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## Solutions for Sports-Related Shoulder Injuries

Shoulder injuries are a common hurdle for athletes across various sports. These injuries, ranging from mild strains to more severe tears and dislocations, can significantly impact an athlete's performance and sometimes even sideline them from their passion.

Understanding these injuries and the available solutions is crucial for athletes, and precision in diagnosis and treatment is crucial. Our approach to these injuries at Sievers Sports Medicine involves clinical evaluation, advanced diagnostic techniques, and targeted treatments, including innovative procedures like ultrasound-guided injections.

### The Anatomy of Shoulder Injuries in Athletes

The shoulder, a highly mobile yet inherently unstable joint, is susceptible to injuries, particularly in sports involving overhead movements, repetitive arm use, or contact.

**Common sports-related shoulder injuries include the following:**

- **Rotator Cuff Injuries:** These occur when the tendons around the shoulder joint are damaged. Overuse or acute injury can cause these tendons to become inflamed or tear. This is often seen in sports like baseball, tennis, and swimming.
- **Shoulder Instability:** This happens when the shoulder joint is forced out of its normal position, often as a result of trauma or overuse. Athletes in contact sports like football or

those involved in swimming and volleyball are particularly at risk.

- **Labral Tears:** The labrum, a ring of cartilage that stabilizes the shoulder, can tear due to a direct impact or repetitive stress. Athletes in throwing sports or those participating in gymnastics often encounter this injury.
- **Tendonitis:** Overuse can lead to inflammation of the tendons in the shoulder, resulting in pain and restricted movement. This is common in sports that involve repetitive arm movements.

### Effective Treatment Strategies

At Sievers Sports Medicine, the focus is on a comprehensive approach to treating shoulder injuries tailored to the needs of each athlete.

#### Evaluating the Shoulder: The First Crucial Step

The initial evaluation of a shoulder injury is comprehensive. It begins with a detailed medical history to understand the nature of the injury, the athlete's sport, and any previous shoulder issues.

Dr. Sievers then conducts a thorough physical examination. This includes assessing the shoulder joint's range of motion, strength, and stability and identifying any areas of tenderness or discomfort. Specific movements are performed to replicate the athlete's pain and to pinpoint the injured structures within the shoulder.



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# Effective Treatment Strategies

## Diagnostic Tools: X-rays and Diagnostic Ultrasound

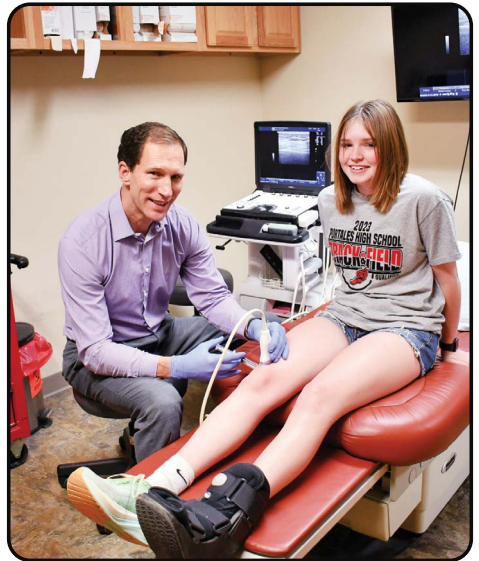
To confirm the diagnosis, sports medicine physicians often turn to diagnostic imaging:

- **X-rays:** These are typically the first imaging tests ordered. X-rays can reveal fractures, dislocations, and signs of arthritis but are limited in showing soft tissue structures like tendons and ligaments.
- **Diagnostic Ultrasound:** This tool is invaluable for visualizing soft tissue structures of the shoulder. Ultrasound can identify tears in the rotator cuff, abnormalities in the biceps tendon, and other soft tissue injuries. It's non-invasive, provides real-time images, and can be used to guide treatments like injections directly to the site of injury.

## Targeted Treatment: Ultrasound-Guided Injections

For many shoulder injuries, particularly those involving soft tissues, ultrasound-guided injections are a key treatment modality:

- **Cortisone Injections:** These are powerful anti-inflammatory agents. Under ultrasound guidance, cortisone can be precisely delivered to the inflamed area, significantly reducing pain and swelling.
- **Platelet Rich Plasma (PRP) Injections:** This regenerative medicine technique involves injecting a concentration of the patient's own platelets directly into the injured area. PRP injections harness the body's natural healing mechanisms, promoting the repair of damaged tendons or ligaments.



## Why Ultrasound Guidance is Crucial

Using ultrasound guidance for injections offers several benefits:

- **Precision:** It allows the physician to pinpoint the exact location of the injury and deliver the treatment directly to the affected area.
- **Safety:** Real-time imaging reduces the risk of damaging surrounding tissues and ensures the medication is accurately administered.
- **Efficacy:** By targeting the specific area of injury, these injections are more effective in reducing pain and initiating the healing process.

## Take Control of Your Recovery: Schedule Your Evaluation

Don't let shoulder pain sideline your athletic journey. Embrace the advanced solutions and expert care at Sievers Sports Medicine.

Schedule your comprehensive evaluation now and step confidently towards effective recovery and enhanced performance. Your shoulder health is our priority; we're here to guide you back to the top of your game!



Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3812837/> - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9524873/> - <https://www.ncbi.nlm.nih.gov/books/NBK559318/> - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8716241/> - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC661988/>

# Exercise of the Month



## High Plank

Place your hands on the ground, stacking shoulders over wrists. Extend your legs outward, engage your core, and lift your body up into a high-plank position. Hold for thirty seconds.



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## Healthy Recipe

### BALSAMIC BERRY VINAIGRETTE SALAD

#### Ingredients:

- ¼ cup balsamic vinegar
- 2 tbsp plain fat-free Greek yogurt
- 1 tbsp sugar-free strawberry preserves
- 1½ tsp olive oil
- 1 tsp Dijon-style mustard
- 1 clove garlic, minced
- ¼ tsp kosher salt
- 1 tsp black pepper
- 3 cups fresh baby spinach
- 3 cups torn romaine lettuce
- 1 small Braeburn/Gala apple, thinly sliced
- ½ cup crumbled blue, feta/goat cheese
- ½ cup pomegranate seeds
- ¼ cup chopped walnuts



**Directions:** For vinaigrette, in a small bowl whisk together vinegar, yogurt, preserves, oil, mustard, garlic, salt and pepper. In an extra-large serving bowl, combine spinach, romaine, apple, cheese, pomegranate seeds and walnuts. Drizzle with half of the vinaigrette; toss to coat. Pass the remaining vinaigrette.



**Congrats  
On Your  
8-Year Work  
Anniversary,  
Claudia!**

**Claudia Cordova, Office Manager and Registered Radiologic Technologist**

Claudia plays a pivotal role in our office, overseeing all business operations, and providing essential support for patient care. She's your go-to person for insurance consultations, working diligently to secure timely authorizations for your treatments, ensuring you receive efficient and effective care. Claudia is also our in-house Radiology Technician, equipped with our state-of-the-art digital x-ray machine. This allows her to perform same-day in-office imaging services, aiding in swift and accurate diagnoses of illnesses or injuries, so we can begin treatment promptly.

Claudia finds great satisfaction in her role at Sievers Sports Medicine, where she actively contributes to patient care. When she's not at work, she enjoys quality time with her family.

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## Patient Success



"I have been a patient of Dr. Sievers for many years, and he has always provided me with excellent diagnoses. His staff is always efficient and friendly." – 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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