

# NEWSLETTER

APRIL 2024

*Celebrating Our 16<sup>th</sup> Anniversary!*



## A Deep Dive into ACL Injuries



**Sievers  
Sports  
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## A Deep Dive into ACL Injuries

### What They Are and How Sports Medicine Can Help

You're racing across the field and quickly pivot to the left to avoid a collision with a player from an opposing team. But, at that moment, you hear a loud pop. Pain erupts in your knee, and you can no longer put weight on it.

You've just suffered an ACL injury, one of the more common sports injuries—particularly for those playing football, basketball, or soccer. These can be major injuries that require immediate medical attention.

Fortunately, Sievers Sports Medicine offers same-day urgent care to help assess and diagnose sports injuries. We'll provide any immediate treatment and let you know what your next steps need to be—in the case of an ACL injury, this is often surgery and then rehabilitation. Today, we want to do a deep dive into ACL injuries: what they are, why they happen, and

how we can set you on the road to recovery. And if you need any in-depth guidance, don't hesitate to give us a call!

### What Exactly Is an ACL Injury?

The ACL is one of four ligaments that make up your knee joint. It's located inside the joint and crosses over another ligament, the PCL (posterior cruciate ligament). The ACL stabilizes the knee and prevents you from rotating the joint too far.

Athletes typically injure their ACL during sudden pivot or cutting movements, twisting the knee too far and causing the ACL to tear, either partially or completely. The following are signs that you may have suffered an ACL injury:

- Pain on the outside and back of the knee
- Significant swelling
- Loss of motion
- Inability to put weight on your leg



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# First Steps: What Do I Do If I Experience an ACL Injury?

If you suspect you've torn your ACL, it's essential to perform first aid immediately after the injury:

- Rest and protect your injured knee. Don't put weight on it.
- Ice the affected knee to help decrease pain and inflammation.
- Compress the affected knee with a bandage to reduce swelling.
- Keep your knee elevated.

Next, you should visit our same-day urgent care clinic, as we offer a faster and more personalized approach than an emergency room. There, we can confirm the exact nature of your injury. Our in-house X-ray service can rule out certain injuries, such as a bone fracture, and we can order additional testing to confirm a torn ACL. We can also get you situated with braces or crutches to help protect your knee in the early days of your injury.

## Next Steps: How Do I Treat an ACL Injury?

There are two main ways to treat ACL injuries:

- 1. Conservative treatment** involves extensive rehabilitation with a physical therapist, who will guide you through targeted exercises to improve the strength and mobility of your knee joint.
- 2. Surgical treatment** involves undergoing an ACL reconstruction, a procedure in which a surgeon removes the damaged ligament and grafts a new one crafted out of ligament tissue from elsewhere in your body.

The right treatment option for you will vary based on your injury's severity and specific recovery goals. That said, surgery will likely be your best option if you're an athlete whose sport requires a great deal of pivoting. In either case, we can refer you to a physical therapist and/or an orthopedic surgeon to ensure you get the best treatment for your needs.



Furthermore, it's important to understand that ACL injuries take a long time to fully rehabilitate, no matter your choice. While our team won't guide you through the rehabilitation, we'll provide additional support throughout the process.

## How Can I Prevent an ACL Injury?

Taking the necessary steps to prevent an ACL injury is incredibly important, especially for athletes. Suffering one ACL tear increases the likelihood you'll suffer another. It's crucial that you get an annual sports physical to ensure you're in the right condition to play your sport.

Our sports physicals go into far more depth than a typical doctor's appointment, including evaluating your musculoskeletal system for potential issues. If we notice anything, we can refer you to a sports performance specialist to address it! Whether you've just suffered an injury on the playing field or need to come in for your next sports physical, Sievers Sports Medicine is here to help. Call us today to get started.

Sources: <https://journals.sagepub.com/doi/abs/10.1177/0363546519870175> • <https://orthoinfo.aaos.org/en/diseases--conditions/anterior-cruciate-ligament-acl-injuries/>

## 3 Benefits of Spring Cleaning

Have you been putting off spring cleaning? If so, you certainly aren't alone. With your hectic schedule, it can be easy to overlook this essential activity. However, there are many reasons why you should include spring cleaning into your routine. Here are 3 good reasons to make time for spring cleaning this season.

### 1. It is better for your immune system

Mold, dust, and pet dander can accumulate in your home during the colder months when there is less opportunity for air circulation. A deep dive into spring cleaning helps to air out your home, preventing respiratory issues.

### 2. It's an easy way to get active

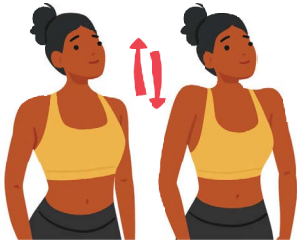
Cleaning can be a real workout! From sweeping the floors to scrubbing tile to moving around furniture, spring cleaning can help you get active. Exercise has numerous benefits, including stress reduction and better heart health.

### 3. It lessens the possibility of injury

A cluttered home puts you, your children, or an elderly family member at risk of injury. Clearing out high-traffic areas and walkways can help to prevent falls, which can be especially dangerous for older individuals.

With so many benefits to spring cleaning, what are you waiting for? Get started today!

# Exercise of the Month



## Shoulder Shrugs

Stand with the feet hip-width apart. Let the arms hang down at the sides of the body. Breathe in and lift the shoulders up toward the ears. Move the shoulders back, squeezing the shoulder blades together. Exhale and drop the shoulders back. Move the elbows forward, feeling the stretch at the back of the shoulders. Repeat this 10 times.



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## Recipe of the Month

### HOMEMADE MAC & CHEESE

#### Ingredients:

- 1/2 c. (1 stick) butter
- Kosher salt
- 1 lb. elbow macaroni
- 1/2 c. all-purpose flour
- 5 c. whole milk
- 1 tsp. mustard powder
- Ground black pepper
- 12 oz. shredded cheddar
- 8 oz. shredded Gruyère
- 3 oz. finely grated Parmesan
- 1 c. panko bread crumbs
- 3 tbsp. extra-virgin olive oil

**Directions:** Preheat oven to 375°. Grease a 13"x9" baking dish with butter. In a large pot of boiling salted water, cook macaroni, stirring occasionally, until al dente, 5 to 6 minutes. Drain. In a large saucepan over medium heat, melt 1 stick butter. Sprinkle flour over and cook, stirring, until slightly golden, 2 to 3 minutes. Pour in milk and whisk until combined. Add mustard powder; season with salt and pepper. Bring to a simmer over medium-high heat and cook, stirring, until sauce starts to thicken, about 2 minutes. Remove pan from heat and whisk in cheddar, Gruyère, and 1 cup Parmesan until melted and smooth. Stir in macaroni and transfer to prepared dish. In a small bowl, combine panko, oil, and remaining 1/2 cup Parmesan. Sprinkle over macaroni; season with more pepper. Bake mac and cheese until bubbly and golden, 25 to 30 minutes. Let cool 10 minutes.

## Welcome To The Team, Destiny!



**Destiny Gomez, Medical Receptionist**

Meet Destiny, the dedicated Medical Receptionist at Sievers Sports Medicine in Portales, New Mexico. Ensuring a seamless patient experience is her mission, from scheduling appointments to addressing inquiries. Beyond work, Destiny is a travel enthusiast who loves exploring hiking trails and channels her creativity into the world of painting. Excited to infuse positivity and efficiency into both her professional and personal endeavors, Destiny strives to make every interaction count!

*Wishing a Happy Birthday to  
Dr. Sievers on April 18<sup>th</sup>!*

## Patient Success



"Dr. Sievers helped me figure out what was wrong with my ankle and provided some great solutions. He took the time to explain what was going on and confirmed his diagnosis with an ultrasound. I never felt rushed, he took the time necessary to help." — C.T.

## Start Healing Today



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



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