



**Sievers
Sports
Medicine**

MAY 2024

NEWSLETTER



Seeking Urgent Care? Here's What to Expect

Picture this: You're in the middle of a run when you roll your ankle and take a fall. Unfortunately, scraped palms are the least of your worries, as your ankle is weak, swollen, and throbbing with pain. It clearly needs medical attention. What to do next?

While you could head to the emergency room (where you'll likely face long wait times and a high bill), we have another suggestion: urgent care at Sievers Sports Medicine. Our urgent care services offer quick, effective care for various minor to moderate sports injuries, including sprained ankles, bone fractures, and more. Today, we want to let you know what to expect when you visit our clinic for urgent care. That way, when an accident happens, you'll be prepared!

And if you have any additional questions, don't hesitate to give us a call.

When To Utilize Urgent Care

We offer urgent care to provide same-day treatment for sudden injuries. Here are some of the things we treat, along with their most common signs and symptoms:

- **Bone fractures:** Intense pain, swelling and bruising, and a visibly misshapen limb
- **Ankle sprains:** Pain, swelling, and instability in the ankle
- **Knee ligament tears:** Pain, swelling, and instability in the knee
- **Concussions:** Develops after a fall or bump to the head; symptoms include dizziness, nausea/vomiting, confusion and memory issues, and headache, among others
- **Asthma flare-up:** Wheezing, coughing, and shortness of breath
- **Open wounds:** Bleeding; pus, redness, and swelling can indicate an infection

Not every injury requires urgent care. However, if you're experiencing severe pain or swelling and can't use the affected limb, you should visit our clinic for an evaluation. We offer same-day service for urgent care—just give us a call first so we can make sure you have a spot on the schedule.

CLICK HERE TO GET ON OUR SCHEDULE & START YOUR HEALING JOURNEY.

First Steps: Diagnosing the Issue

When you come into the urgent care clinic, our sports physician will conduct a thorough exam using our diagnostic ultrasound and X-ray machines. This equipment allows us to correctly diagnose your injury; for example, the X-ray can confirm if you've suffered a broken bone or a ligament sprain. If needed, we can also order additional laboratory tests. And if you're in particularly intense pain, we can help with initial pain management, too.

Next Steps: Treating the Issue

Once we've accurately diagnosed your injury, we'll develop a personalized treatment plan to set you on the journey to a full recovery. Depending on your injury, your plan might include the following:

- **Pain Medication:** Dr. Sievers can prescribe the appropriate medication for your needs and suggest additional pain management solutions.
- **Immediate Treatment:** We'll also provide immediate treatments based on your injury. For example, if you've suffered a concussion, we can provide guidance on how to recover at home.
- **Full-Service Casting:** Many sports injuries require protective equipment such as casts, braces, or crutches. We provide full-service casting in our clinic, so if you've broken a bone, you can get a cast without going to the hospital. We'll also

set you up with any additional protective equipment.

- **Referral for Additional Treatment:** If an orthopedic injury brings you to our urgent care clinic, it typically requires additional treatment. In some cases, that may be surgery. Often, however, you can rehabilitate with a physical therapist or athletic trainer. Either way, we'll direct you to the right healthcare provider for your needs.
- **Lifestyle Modifications:** Finally, we'll suggest immediate modifications to your day-to-day activities so you can stay safe as you recover and/or work on additional treatment.

A Convenient Alternative to Visiting an Emergency Room

Sports injuries don't always require a trip to the emergency room, even if they do require immediate care. Sievers Sports Medicine's urgent care center is the perfect in-between option, offering same-day service without an appointment, several diagnostic tools, and a compassionate team of healthcare professionals. We're also significantly quicker and cheaper!

The next time you suffer an injury on the field, in the weight room, or anywhere else, give us a call. We'll set you on the right path to resolving your injury—and getting back in the game as quickly and safely as possible.

Sources: <https://pubmed.ncbi.nlm.nih.gov/27870667/> • <https://pubmed.ncbi.nlm.nih.gov/36605059/>

Clinic News

Here are some pictures from our team's most recent outing for the 16-Year Sievers Sports Medicine Anniversary Lunch!



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Contact Us

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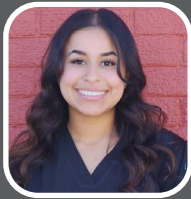
PATIENT SUCCESS



“Dr. Sievers is thorough and kind! He has taken care of our aches and pains for years and we have never been unhappy!!!” – K.H.

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STAFF SPOTLIGHT



McKinzie Garcia,
Medical Assistant

McKinzie is a dedicated medical assistant who finds immense joy in assisting patients, and her main goal is to greet patients with a smile and to ensure patients that they are in good hands. McKinzie’s role involves providing excellent patient care in assisting Dr. Sievers which may include but is not limited to: recording and updating patient medical histories, measuring and recording vital signs, preparing patients for examination and procedures, etc.

Being a member of the team at Sievers Sports Medicine is a source of fulfillment and joy for McKinzie. The family-like environment makes her job more enjoyable. McKinzie derives a lot of satisfaction from the personal care and compassion she gives to each individual patient. McKinzie is attending ENMU attaining her bachelor’s degree in biology with an emphasis in pre-med and a minor in psychology. She plans to attend TIU to further her passion in the medical field. Outside of work, McKinzie enjoys going to the gym, traveling, and spending time with family and friends.

**Wishing McKinzie a Happy
Birthday on May 25th!**

Our Men’s Basketball Team Won Regionals And Made It To Nationals!

Dr. Sievers proudly supported our Eastern New Mexico University men’s basketball team as they faced off against Colorado Mesa in the NCAA DII tournament! With an impressive 23-24 season behind them, our greyhounds played their hearts out, and we were there to cheer them on every step of the way. Go greyhounds!



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