

The background is a dark blue gradient with a faint, glowing blue logo in the top left corner that consists of a circle and a vertical bar. In the top right, the words "TWIN CITIES ORTHOPEDICS" are written in a large, 3D, glowing blue font. The main title is in a large, bold, white sans-serif font. The background also features some faint, glowing blue lines and a structure resembling a staircase or railing in the bottom right corner.

EDUCATE TO ELEVATE: ATHLETIC INJURY BASICS

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OBJECTIVES

- Understand basic anatomy and how it relates to sports injuries
- Learn typical presentations for common injuries
- Discuss home treatment options
- Understand when to see a doctor

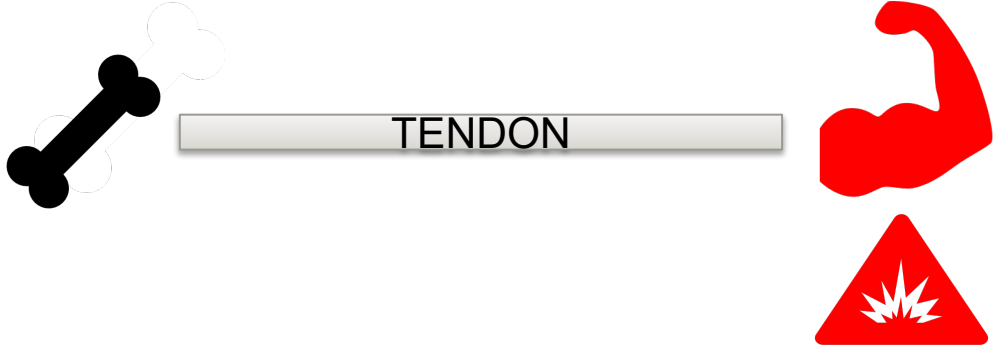
WHAT TYPES OF INJURIES HAVE YOU HAD?

- Please use the chat function to respond to this question

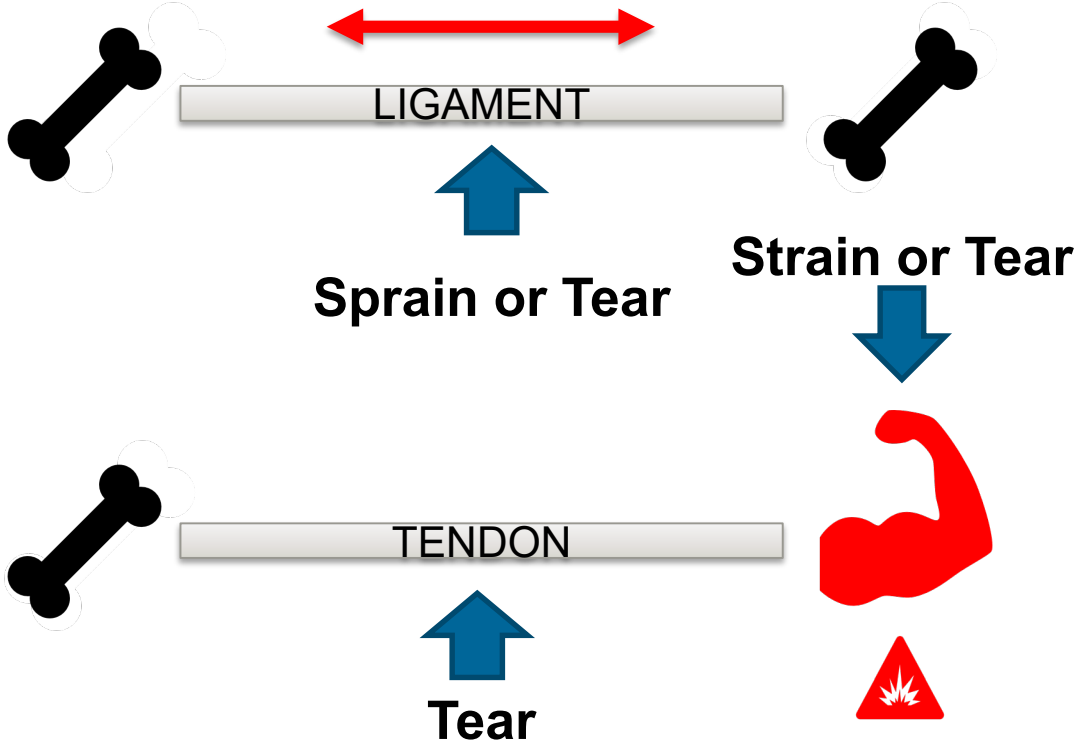
BRIEF ANATOMY LESSON



BRIEF ANATOMY LESSON



BRIEF ANATOMY LESSON



SPRAINS

SPRAINS

- Incomplete injury to the ligament (bone-to-bone connection)
 - Occurs at a joint (ankle, knee, wrist, etc.)
 - Common signs
 - Swelling
 - Bruising
 - When to be seen in the office
 - Can't walk on it
 - Can't move it
 - Tingling
 - Changes in skin color
 - When to be seen in the Emergency Department
 - Severe pain
 - Severe numbness
 - Significant color change (loss of color of the extremity)
 - Large deformity

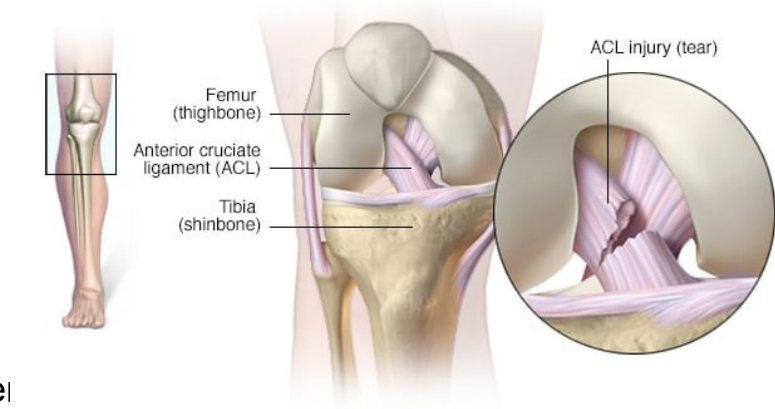


Bouldercentre.com

LIGAMENT TEARS

LIGAMENT TEARS (FULL)

- Complete injury to the ligament (bone-to-bone connection)
 - Occurs at a joint (ankle, knee, wrist, etc.)
 - Common signs
 - Swelling
 - Bruising
 - When to be seen in the office
 - Can't walk on it
 - Can't move it
 - Tingling
 - Changes in skin color
 - When to be seen in the Emergency Department
 - Severe pain
 - Severe numbness
 - Significant color change (loss of color of the extremity)
 - Large deformity



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Mayoclinic.org

FRACTURES

FRACTURES

- Injury to the bone
 - Occurs anywhere in the body
 - Common signs
 - Pain
 - Swelling
 - Deformity
 - When to be seen in the ED
 - Severe pain
 - Severe numbness
 - Significant color change (loss of color of the extremity)
 - Large deformity
 - Open fracture (out of skin)

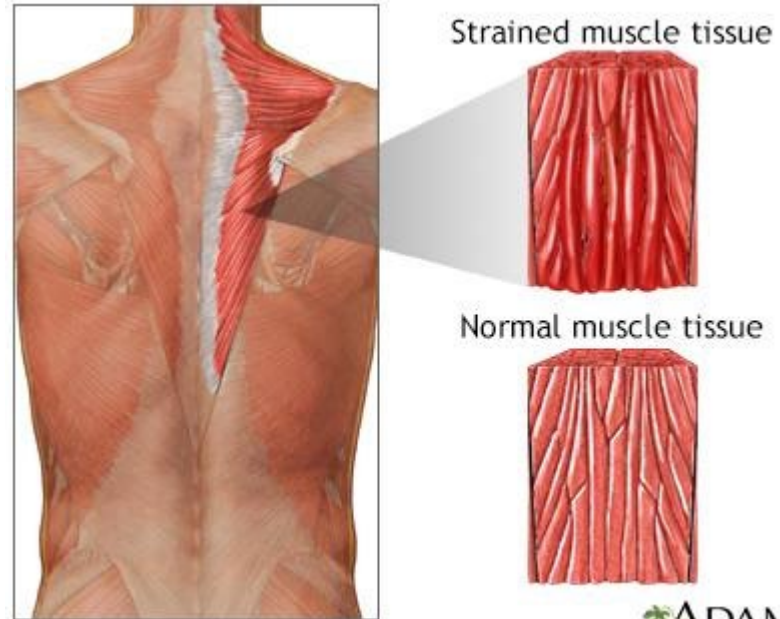


Movementortho.com

STRAINS

STRAINS

- Injury to the muscle
 - Occurs anywhere in the body
 - Common signs
 - Pain
 - Spasm
 - When to be seen in the office
 - Bruising
 - Can't move it
 - Tingling




ADAM.

Webmd.com

TENDON RUPTURE (TEAR)

TENDON RUPTURE (TEAR)

- Injury to the tendon (muscle-to-bone)
 - Occurs anywhere where muscle connects to bone
 - Common signs
 - Pain
 - Swelling
 - Bruising
 - Cannot move extremity when asked to (loss of voluntary movement)
 - When to be seen in the office
 - All those things 



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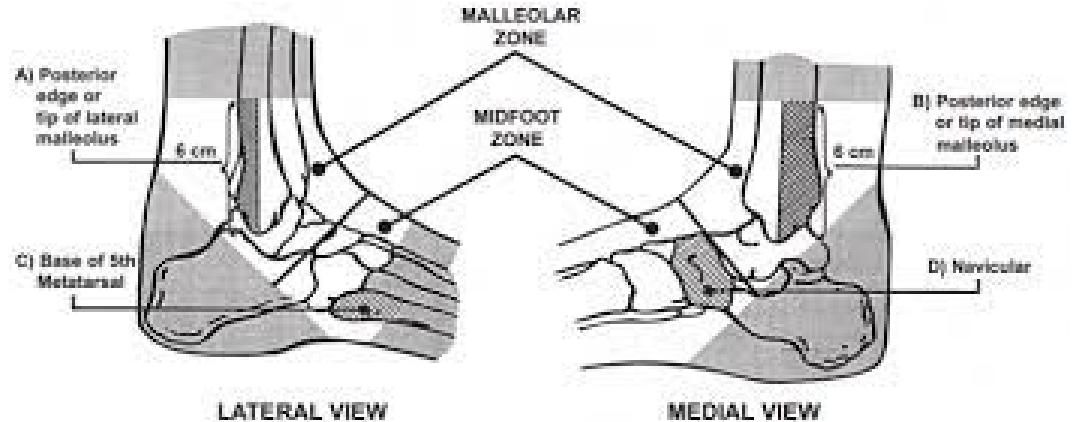
COMMON INJURIES

ANKLE SPRAIN “ROLLED ANKLE”

Ottawa Ankle (and foot) Rules

- Used in the first week after an injury
- Pain at the listed locations OR inability to walk at least 4 steps at the time of injury and at the time of evaluation

Need an x-ray if pain is



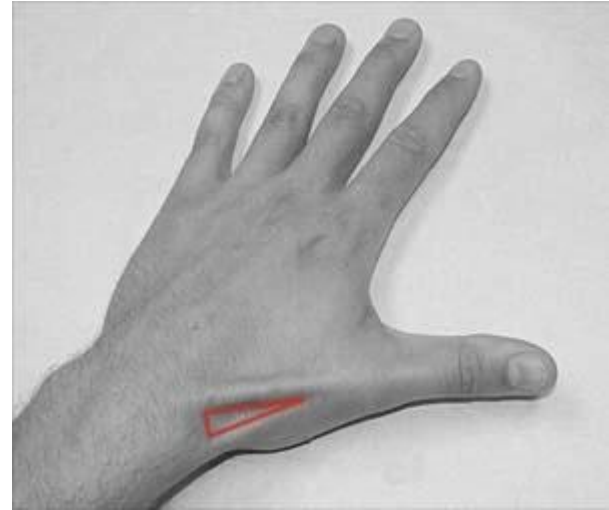
Physio-pedia.com

FALL ON OUTSTRETCHED HAND (FOOSH)

Scaphoid Fracture

- Wrist bone that is commonly broken, but hard to detect on x-ray
- Look for pain in the “anatomic snuff box”

Need an x-ray if pain is 



Teachmeanatomy.info

TREATMENT OPTIONS

- RICE
 - Rest
 - Ice
 - Compression
 - Elevation (above the heart)
- Acetaminophen (tylenol)
 - Maximum adult dosing: 1000 mg three times a day
 - Pediatrics: look at the bottle
- Ibuprofen
 - Maximum adult dosing: 400-600 mg three times a day
 - Do not take if you have history of kidney problems or stomach/intestine bleeding

Question 1

Question 2

BEING SEEN AT TCO

VISIT OPTIONS

- Scheduling a visit with a physician
 - 35 locations across the metro and western Wisconsin
 - Partner athletes and families have access to our clinical navigators
- Orthopedic Urgent Care: 8:00am – 8:00pm, 7 days per week
 - Locations can be found at www.tcomn.com/ouc

CLINICAL NAVIGATOR ROLE

- Help partner athletes and their families navigate TCO following an injury by:
 - Helping find the right physician for you and your condition
 - Helping expedite the process with priority scheduling
 - After hours and weekend scheduling assistance

WHEN TO CONTACT CLINICAL NAVIGATOR

- Following an acute orthopedic injury that needs to be evaluated by a physician
- When you have a chronic injury that needs further evaluation
- When you just aren't sure what your next steps should be
- If you have questions regarding TCO and the services we offer

HOW TO CONTACT CLINICAL NAVIGATOR

- By email at ClinicalNavigator@tcomn.com
- By QR Code
- By phone
 - Mairead: 952-456-7415
 - Alyssa: 952-808-3044

COMING UP NEXT!

Topic 2- Fueling Logistics: Preparing Student-Athletes to Conquer Nutrition Barriers

November 16, 2022 | 6:30 – 7:30 PM

Topic 3- Athlete Recruiting: NCSA (Next College Student Athlete)

December 21, 2022 | 6:30 – 7:30 PM

Thank You! Questions?
