

Check out our new web site!  
www.orsmi.com

**TOLL FREE:**  
877-202-2175

*Getting YOU back to working, playing & living*

June Patient Appreciation

Summer is fast approaching and that means the return of our famous smoothies!



Join us at any of our 3 locations on Friday June 6th!

ORTHOPAEDIC REHAB NEWS!



ORS IS THE PROUD PREMIER SPONSOR OF THE 38TH ANNUAL ROSE RUN

Don't Forget to register for the 38th Annual Rose Run held at the beautiful campus of

Jackson Community College!

Visit: [www.roserun.net](http://www.roserun.net)

to register today!

- 5k Run
- 5k Walk
- 5 Mile Hybrid Run
- 5 Mile Hybrid Relay
- Kids 1/4 & 1/2 Mile Run

**June Employee of the Month: Jenny Simon**

Jenny is a wonderful employee and always willing to help wherever she is needed. She is patient and kind when dealing with difficult tasks and accepts new responsibilities whenever we need her to do so. Keep up the good work Jenny!

**June Patient of the Month: Sue Rochester**

Sue is a joy to have at the clinic because of her smiling & bubbly personality. She not only works hard at her own therapy but she is constantly encouraging those around her!



206 Page Avenue  
Jackson, MI. 49204  
(517) 783-6670

2136 Robinson Road,  
Suite 1  
Jackson, MI. 49203  
(517) 750-2540

113 South East Avenue  
Jackson, MI. 49204  
(517) 990-6231

*May Prep Athletes of the Week:*

5/5: Emily White  
Columbia Central Soccer

5/12: Jaelynn Pryor  
Jackson HS Track

5/19: Abbey Richardson  
Napoleon Softball

5/26: Erin Rappleye  
Lumen Christi Soccer

\*Log on to our website to listen to the ESPN radio 1450 WIBM for these Prep Athletes!



A Subsidiary of Orthopaedic Rehab Specialists, PC



*Getting YOU back to working, playing & living*

[WWW.ORTHOPAEDICREHAB.COM](http://WWW.ORTHOPAEDICREHAB.COM)

Published monthly by Orthopaedic Rehab Specialists, P.C.

SMART COMMUTE DAY 2008



For ORS employees, Spring brings back the Annual Smart Commute to Work day on May 16th. Between our 3 locations, we had several people participate by either riding their bikes to work or joining in the walk from the park.

Each year the Fitness Council of Jackson coordinates this event to raise awareness of alternative means of transportation not only for environmental protection, but for healthier lifestyles.

With the addition of the Falling Water Trail now completed, the path is clear for all to enjoy.

As we continue throughout the year, each beautiful day is an opportunity to adopt the smart commute option. So as a company that promotes health and fitness on a daily basis, you can be sure that we will continue to enjoy these ideas!

ORTHOPAEDIC REHAB THERAPISTS:

Jerome Malone, P.T./Founder/Co-Owner  
Kevin Barclay, P.T., A.T.C., S.C.S./Co-Owner

Aaron Holly, PT  
Brandon Klump, PT, ATC  
Lisa McCarrell, PT  
Emily Klump, DPT

Dave Polson, MSPT  
Becky Bowman, MSPT  
Kim Cwynar, PT  
Erika Gerding, PTA

Betsy Sinkovitz, PTA  
Michelle Dominick, PTA  
Angie Fiedler, PTA  
Susie Huffman, PTA

## TOTAL JOINT REPLACEMENT: GETTING PHYSICAL WITHOUT OVERDOING IT

BY LISA MCCARRELL, PT

Total joint replacements of the hip and knee have become an extremely successful and relatively common way to relieve pain and restore motion. Due to the high success rate of these procedures, several hundred thousand knees and hips are replaced each year. Because of their physical improvement after surgery, people who have a total joint replacement often expect to participate in any and all types of activities. However, by engaging in certain strenuous activities, a patient can potentially cause damage to the artificial joint. As younger and younger people opt for joint replacement surgery, failure of artificial joints is becoming an increasing problem. Although people who have total joint replacement surgery should limit participation in some sports after surgery, they can participate in a wide variety of activities that will not damage their new joint.



Most joint replacement failures are due to loosening of the artificial components or bone loss around the artificial joint from wear and tear. Impact loading activities such as jumping, running and heavy lifting cause increased wear of the joints weight bearing surfaces. For example, walking places forces of approximately 1.2 times the body weight on the implant, while with running, these forces double to approximately 2.5 times the body weight. The greater the forces, the greater the chance of wear or damage to the implant. Therefore, impact forces should be minimized.

For the most part, after total hip or total knee replacement, a patient can participate in low impact sports such as, bicycling, bowling, cross-country skiing, fishing, golf, swimming, walking and non-aggressive doubles tennis. Sports that are generally unacceptable include: baseball, basketball, down-hill skiing, football, running and volleyball.

Total joint replacement of the hip or knee is one of the most effective ways to relieve pain and restore function, but remember you have to take care of the new joint so it will last. Limiting sports participation to low impact activities will allow you to be active without causing excessive stress or damage to the artificial joint.



## Supplements by Carrie Stevens, ATC - Lumen Christi High School

Supplements are often advertised to make athletes believe that taking them will enhance their performance. Athletic trainers are frequently asked about the use of supplements, and if the current "fad" supplement will do as promised. Before you decide on whether you are going to take a specific supplement, you should first look at your overall diet. If you are getting a well balanced diet that follows the food pyramid, chances are you do not need that supplement!

One of the most recent "fads" involved the use of protein. According to mypyramid.gov, the average 2000 calorie diet should contain about 5 1/2 ounces of lean protein per day. Athletes often use products like "Muscle Milk" as a quick way to increase their protein intakes. This particular product also contains a high amount of saturated fat, the unhealthiest type of fat. While you do use more protein when healing from illness or injury, for most of us excess protein is broken down and stored as fat in the body. This is not usually the desired outcome of a high protein diet.

Nitric oxide (NO<sub>2</sub>) is another growing "fad" among athletes. Nitric oxide is a vasodilator (which means it dilates the blood vessels) that claims to build lean muscle, increase fast twitch muscle speed, create a faster recovery after exercise and increase muscle strength. When you exercise you get small blood surges that give you a rush. The idea behind NO<sub>2</sub> is they want to sustain the rush feeling for a longer period of time. Currently there are no studies that can back up the claims of NO<sub>2</sub>. Athletes are paying a lot of money for no guarantee of results.

Creatine supplements are also big among high school athletes. Creatine is believed to build lean muscle mass, increase strength and reduce recovery time. Research has shown that this supplement does not help all people. Some people have shown no response to the supplement, and it has proven to be ineffective in endurance athletes. There are very few studies on the long term effects of creatine. Side effects of creatine use can include anxiety, breathing difficulty, diarrhea, headache, nausea, and kidney problems. Creatine can also have dangerous interactions with other medications such as diabetes medications, acetaminophen (Tylenol) and diuretics. Caffeine and ephedra taken with creatine can increase the risk of side effects.

Energy drinks are also being used by athletes to "boost" their performance. Energy drinks are very high in sugar and caffeine. The caffeine acts as a diuretic that will increase your dehydration level and will also increase your blood pressure. The sugar will give you excess empty calories. Local athletic trainers have reported cases of complications with energy drink use in athletes that are also taking medications for ADD/ADHD. These complications have included severe muscle cramps, anxiety, and an increased heart rate.

Although a few people may have limited benefits from supplements, most of us will not experience any significant benefit. Everyone is encouraged to eat a healthy, well balanced diet. One of the best resources available for establishing your dietary needs is the food pyramid on [www.mypyramid.gov](http://www.mypyramid.gov). You can enter your information and you will get your own guidelines based on your age, gender, height, weight and activity level.

