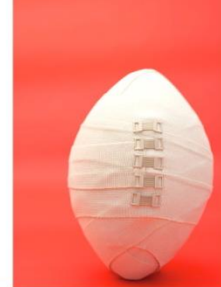




An Osteopathic Medicine Approach to Overuse Sports Injuries (O.S.I)

Sports medicine and Osteopathic physicians grade overuse injuries based on the symptoms and impact on the athlete's performance. This grading helps guide the treatment and rehabilitation process of the patient.

- Grade1:** No pain with activity, but some discomfort afterward.
- Grade2:** Some discomfort with activity but does not interfere with performance.
- Grade3:** Discomfort with activity; interferes with performance.
- Grade4:** Discomfort so intense that activity cannot be performed at all.



Osteopathic Treatment Guidelines

Grade 1: Usually, reducing the intensity or duration of the activity by 25% is all that's required. Activity can be gradually increased as symptoms allow. A runner, for example, should never increase weekly mileage by more than 10%. Similarly, an assembly-line worker should gradually increase production to avoid re-injury. Sudden, excessive overtime is a sure-fire recipe for overuse complaints because workers don't have an opportunity to build up their endurance prior

to the extra work plus a necessary continuous Osteopathic Treatment to keep the joint and the vertebrae free of restriction of mobility thus maintaining a good work performance.

Grade 2: Reduce intensity or duration of the activity by 50%. In addition to ice and stretches, consider using analgics. Manipulative treatment is ABSOLUTE and NECESSARY for the same reason of Grade 1, Physical therapy can be considered but is not absolutely necessary at this point.

When pain is gone, the Osteopathic Physician or the Sports Medicine should teach an endurance program, in addition to concentrating on strengthening exercises.

Grade 3: "Active" rest; the worker should stop performing the offending tasks but is allowed to move the affected part for daily activities. Osteopathic Medicine and Physical therapy are used in parallel to speed resolution of the discomfort, as well as rehabilitate—that is, strengthen, increase endurance, and restore coordination. Analgics help and anti-inflammatory drugs may be considered at this time.

Ice should be used to decrease or prevent inflammatory response in affected regions after work.

Osteopathic Physicians should try to become familiar with the job specifics of their patients and become acquainted with the tools and equipment that their patients use. Identifying poor ergonomically designed workstations can help to prevent certain injuries. For example, placing a shock mat under the feet where a worker stands all day long on a cement warehouse floor can help reduce back and lower extremity discomforts.

Changing the types of tools, much like an athlete's changing tennis racquet types, can also reduce stresses placed on muscles.

Grade 4: Complete rest of the affected part, usually involving the use of a sling or splint (even casting is considered in severe cases). All of the above options are applicable here. If there is no improvement, or the condition recurs despite adequate treatment, injections or surgical intervention may be required—for example, removal of a subacromial spur affecting a rotator cuff tendinitis.

Unlike in sports, there is no "off-season" for workers to recover from a season of overuse, nor is there a "pre-season" to warm up before beginning employment. Common athletes perform all year round. Therefore, it's extremely important to emphasize a continued flexibility program; otherwise, the tissues will be "tight" with reduced flexibility, which will make it easier for microscopic tears to occur, leading to injury. Only after the tissues have achieved a certain degree of flexibility should a strength training and endurance program be initiated. Starting strength exercises too soon will often result in worsening of the condition.

it is ABSOLUTELY IMPORTANT that the therapist must be a Medical Doctor to remove any serious health problem, avoid any delay in the treatment, for that it is especially recommended in Lebanon that the athletes / sports associations/patients verify at the LOP (Lebanese Order of Physicians) that the pretending therapist is a confirmed Medical doctor and this only for a unique purpose; their own health.

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