

# Weekend Wounds

## Injury management for the recreational athlete

By Charlotte Brown-Zalewa

**F**or many recreational athletes who have experienced the aches and pains associated with chronic rotator cuff or tendon issues, knee tendonitis, osteoarthritis or tennis elbow, primary care sports medicine physicians, also known as nonsurgical orthopaedic physicians, maintain the specialized training in caring for injuries to the bones and joints that don't require surgery.

Primary care sports medicine physicians help maximize function and minimize time away from activities, school, sports and work. Plus, they can help guide treatment and work with physical and occupational therapists to get individuals back to an active lifestyle as quickly as possible.

There are a number of nonsurgical orthopaedic treatments to consider depending on the nature of the condition or injury. One of these might include the use of biologic therapies, a more comprehensive and holistic area of regenerative medicine and treatment that helps to regrow damaged tissue. Biologic therapy is found to be very effective in treating orthopaedic injuries among recreational and young athletes.

In addition to the musculoskeletal care patients receive, Aaron Vaughan, MD, and Brent Fisher, MD, primary care sports medicine physicians with Asheville Orthopaedic Associates, an affiliate of Mission Health, also manage traumatic brain injury in athletes. "During the fall months especially, for individuals who experience an accidental fall at home or a head injury at work or play, which includes a direct blow to the head or indirect blow to the body that causes the brain to shift in the skull, it's important to remember the signs of concussion: blurred vision, dizziness, headaches and nausea, to difficulty concentrating and remembering," said Dr. Vaughan, "It's important to seek medical care immediately if these signs and symptoms are present." ■

By appointment and on a walk-in basis, Dr. Vaughan and Dr. Fisher welcome sports medicine patients at the Asheville Orthopaedic Associates office located in the Mission Health Biltmore Park medical office building at 310 Long Shoals Road, Suite 200, in Arden, Monday through Friday from 8 a.m. to 4:30 p.m. They also see patients at their Concussion Clinic on Friday afternoons. To schedule an appointment, call (828) 782-9330.



Aaron Vaughan, MD, is a primary care sports medicine physician with Asheville Orthopaedic Associates, an affiliate of Mission Health.

