

Orthopaedic Connection

Gee, I Didn't Know That.....

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Transforming patient information into patient understanding.

Field Turf May Be Safer Than Grass

Since we are starting football season I think this may be of interest. Field Turf, an artificial surface designed to have the same characteristics as natural grass may be a safer surface for athletes than natural grass.

An earlier study of more than 24 universities over 3 years compared 230 games played on Field Turf to 235 played on natural grass. Guess what? Of all documented injuries 46% happened on Field Turf and 54% happened on grass. The results show a trend and studies are ongoing to reach a final conclusion.

In addition, Athletic Department laundries love Field Turf so if studies indicate equal injuries in this violent sport at least laundries win with Field Turf!

Electrical Stimulation Not Effective For Back Pain

TENS is a popular pain therapy used by Physical Therapists. It is a portable pocket device that supplies a mild electrical current to nerve endings. It is not effective and not recommended to treat chronic lower back pain that has lasted more than 3 months. It is used on occasion to treat more acute lower back pain and might be effective in that setting. Chronic pain = No.

Radiation From CT Imaging Scans

By now I think most people know (or should know) that CT scans expose the patient to radiation. I certainly use CT in my practice, but I use it if it is the only way I can get the information I need.

I don't think the patient or family should be challenging physicians when they are ordering CT. I hope that other physicians use CT in the same cautious way I do.

MRI on the other hand produces no radiation. CT and MRI are not simply interchangeable and do not give the same information. They have somewhat different indications.

Bilateral Total Knee Replacements

I see many patients who have arthritis in both knees, but one is usually bothering the person more than the other. Almost always the patient chooses which knee to have operated first.

An occasional patient will insist on having both knees operated at the same surgery. While it is surgically possible to do that the decision has to be based on the health status of the patient.

The ideal patient is younger, in good health and of average size.

Pro: You have only one surgery event with a single anesthesia.

Con: Early rehabilitation can be very difficult and there is a slightly higher risk of cardiac events.

Tie: Overall risk of infection, blood clots, emboli is about the same.

Most Orthopaedic Surgeons including me don't recommend that a person have both total knees done at the same time.

NFL Lineman Return To Play After Back Surgery

Linemen in the National Football League frequently return to football after back surgery for lumbar disc herniation.

80% of players treated surgically successfully returned.

By contrast only 28% of players with lumbar disc herniation returned to play who were treated conservatively (non-operatively).

You would think it would be the other way around, but it's not the case. While I have not treated NFL lineman, some of my most grateful patients are those patients that I have operated for a single level lumbar disc protrusion.

Hope you learned something this week.

My patients put their trust in me and what I do improves the quality of their lives.

Gratiot County Herald Archive and Office Website

I sincerely appreciate all of you loyal readers and patients present and future and welcome to all newcomers!

Besides what you read today there is a huge treasure trove of Orthopaedic and musculoskeletal information at www.orthopodsurgeon.com. It contains the 1) Website Library 2) Your Orthopaedic Connection 3) complete archive of every GCH article I have written.

I specialize in you. Be well.

Dr. Haverbush