

# LOCAL

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keeping you in motion

A HINSDALE ORTHOPAEDIC ASSOCIATES PUBLICATION

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## Feeling the Heat

Ketan Mody, MD and Rob Neighbors, MS, ATC

Individuals participating in activities under hot and humid weather conditions need to be aware of the dangers of heat-related illness. Heat-related illnesses such as heat cramps, heat exhaustion, and heat stroke are very serious conditions that can be potentially life threatening (see chart on page 2).

The management of heat-related illness begins with awareness and recognition.

Heat cramps are marked by muscle spasms that result from an excessive loss of electrolytes such as potassium and sodium through sweating. Heat exhaustion; characterized by headaches, confusion, irritability, decrease in performance, nausea/vomiting; is caused by a loss of circulatory volume through excessive sweating. Untreated, heat exhaustion can quickly progress to heat stroke, the most dangerous and life-threatening form of heat illness. Heat stroke involves a failure of the body's ability to regulate heat and is marked by mental status changes and an elevated core temperature above 104 degrees F (40 degrees C). Without emergent cooling, cells die and organs fail, causing permanent damage and possibly death.

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## Hinsdale Orthopaedic Associates Sports Performance Institute

Hinsdale Orthopaedic Associates is proud to announce the opening of the Orthopaedic Sports Performance Institute (OSPI), a new 12,000 square foot sports medicine facility just down the road in Westmont, Illinois.

The Orthopaedic Sports Performance Institute (OSPI) has been designed to provide comprehensive state-of-the-art sports medicine care. OSPI houses expert physicians fellowship-trained in orthopaedic surgery and sports medicine; x-ray; physical therapy; dedicated space for dance medicine, sports performance and injury prevention; as well as an educational conference center, all to help keep you at the top of your game.

The physicians and staff at OSPI are recognized for their leadership in education, state-of-the-art technology and research. Whether you are an athlete, injured worker, weekend warrior, or someone who just enjoys an active lifestyle, the physicians at OSPI treat everyone like a champion and are committed to keeping you healthy, active and going strong.

OSPI also hosts the Hinsdale Orthopaedic SPORTS MEDICINE INJURY CLINIC (urgent hotline: 1-877-4HO-SMIC) with available same day-next day physician visits with evening and Saturday hours to help get you healthy and back in the game as quickly as possible.



**Hinsdale  
Orthopaedic**

*Sports Performance Institute*

At OSPI, with a sports performance and physical therapy area just a few steps from the physician exam area, physicians can bridge the gap between in-the-office care and on-the-field care and evaluate athletes in action. This allows an entire sports medicine team including physicians, physical therapists, athletic trainers, and strength coaches to work together and meet your every care need.

OSPI offers much more than just physical therapy. Under the direction of your sports medicine physician, physical therapists and athletic trainers are available to help you naturally enhance your athletic performance and prevent injury with specific programs focused on general fitness, balance, core stability, vertical leap, speed, agility, power, overhead throwing, hitting, or other sport-specific goals.

OSPI also has a conference center to provide lectures and seminars to other physicians, coaches, athletic trainers, athletes, and parents in our community on sports performance (steroids, nutrition, performance training, psychology, etc), injury prevention and safety (ACL, pitching, skiing, etc), innovations and technology in orthopaedic surgery, and research related to sports injuries and their management.

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# Hinsdale Orthopaedic

*Sports Performance Institute*

For map and directions, visit:  
[www.hoasc.com](http://www.hoasc.com)

Whether you are an athlete, injured worker, weekend warrior, or someone who just enjoys an active lifestyle, OSPI is geared to today's athlete and focused on keeping you healthy, active, and going strong.

OSPI opened in January of 2008 and is located at 1010 Executive Court, Suite 250, in Westmont. It is just west of Route 83, north of Ogden Avenue.

- **Fellowship-trained Orthopaedic surgeons and non-operative physicians specializing sports medicine**
- **Physical Therapy**
- **Sports Performance (general fitness, balance, core stability, vertical jump, speed, agility, power, throwing, overhead hitting, or other sport specific goals)**
- **Injury Prevention (ACL, throwing, long distance training, etc)**
- **Dance Medicine**
- **Sports Medicine Injury Clinics 1-877-4HO-SMIC (877-446-7642)**
- **Newsletter**
- **Educational conference center to provide lectures and seminars to other community physicians, coaches, athletic trainers, athletes, and parents on sports performance enhancement (steroids, nutrition, performance training, psychology, etc), injury prevention and safety (ACL, pitching, skiing, etc), innovations and technology in orthopaedic surgery, and research related to sports injuries and their management research**
- **Injury surveillance and prevention research**
- **Clinical outcomes and basic science research in orthopaedic surgery and sports medicine**

**Sports Medicine Injury Clinics**  
**1-877-4HO-SMIC**  
**(877-446-7642)**

**Saturday hours available during the Football Season starting August 30th**

*(Heat continued from page 1)*

Because adequate cooling means are not always readily available and heat-related illness can progress quickly, prevention is critical and all efforts should be made to minimize risk. The intensity and duration of workouts should be limited and progressed gradually, typically over 14 days, until the body has acclimated (adapted) to exercising under hot and humid conditions. Proper hydration and nutrition before, during and after activity is crucial to prevent excessive losses of electrolytes and water. Avoiding environmental extremes of the mid-day with early morning and late evening workouts when temperatures are at their lowest will reduce the risk. In extreme heat, workouts should be modified to eliminate the need for heavy equipment such as helmet-only practices for football. Regular rest periods to allow the body to cool and rehydrate can also prevent heat-related illness.

Risk factors for heat-related illness also include obesity, extremes of age (<15 or >65 years of age), poor cardiovascular fitness, dehydration, lack of sleep, intense activity, excessive clothing, history of heat illness, recent illness with fever, other medical conditions (heart, lung, blood) and the use of certain drugs and medications including alcohol, dietary supplements (ephedra), anti-anxiety medications (valium) and high blood pressure medications (beta blockers and diuretics).

If heat-related illness is suspected, immediate treatment is required. Individuals suffering from heat cramps should drink electrolyte-replacement fluids and rest in a cool environment to prevent the progression to more severe heat-related illness. Those with early signs of heat exhaustion including headache, nausea, or dizziness should do the same and closely monitor their core temperature (rectal thermometer is most reliable and the standard). Individuals demonstrating mental status changes, even without core temperatures greater than 104 degrees F (40 degrees C) should be treated as early heat stroke. They must be immediately cooled with water and fans;



## Signs and Symptoms of Heat-related Illnesses

### Heat Cramps

Possible Elevated Body Temps  
Muscle Cramps  
Thirst  
Sweating

### Heat Exhaustion

Elevated Body Temps (98.6° - 104°)  
Nausea/vomiting  
Headache  
Dizziness  
Light Headedness  
Excessive Sweating  
Cold and Clammy Skin

### Heatstroke

Elevated Body Temps (>104°)  
Confusion  
Irritability  
Incoordination  
Hyperventilation  
Heart Palpitation  
Shock  
Coma

ice packs to the neck, axillae, and groin; and/or immersion in an ice water bath (if the individual can be properly monitored) and transported to an emergency medical facility where they can be more appropriately monitored and resuscitated.

When working out in hot and humid weather, it is important to be aware of the risks for heat-related illness, take preventive measures, recognize the early signs and be prepared to act quickly and appropriately when heat-related illness is suspected.



## What is an Athletic Trainer?

Geoffrey S. Kuhlman, MD and Lark Welch, MS, ATC, CSCS

When covering stories about athletes and steroid abuse, the media have made the word "trainer" a household term. When the media says a "trainer" gave the substance to an athlete, who is "the trainer?" There are many different types of trainers and one should be careful not to confuse this general term of "trainers" with certified athletic trainers.

An athletic trainer is a board-certified health care professional who provides sideline care for professional, collegiate, high school and club sport athletes during practices and competitions. Most athletic teams, from professional to high school, employ athletic trainers to supervise their athletic training rooms and provide care for their in-season athletes.