

**Mayo Clinic Medical Edge**  
**Recovery from Sports Injury**

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	FOR A YOUNG ATHLETE, THERE'S NO GOOD TIME FOR AN INJURY. BUT IF IT'S YOUR SENIOR SEASON, OR A CHAMPIONSHIP IS WITHIN REACH, YOU DON'T WANT TO BE WATCHING FROM THE SIDELINES.
<b>Amy McIntosh, M.D.</b> <b>Track 2 (5:10)</b>	"I THINK THAT'S WHERE A LOT OF KIDS AND PARENTS HAVE PROBLEMS. THEY JUST DON'T WANT TO WAIT."
	AS AN ORTHOPEDIC SURGEON AT MAYO CLINIC, DR. AMY MCINTOSH ROUTINELY DEALS WITH YOUNG ATHLETES AND THEIR PARENTS. SHE SAYS MOST SPORTS-RELATED

	<p>INJURIES THAT SHE SEES TAKE TWO OR THREE MONTHS TO HEAL. THEN...</p>
<p><b>Dr. McIntosh</b> <b>Track 2 (4:45)</b></p>	<p>“YOU HAVE TO GO FROM WALKING PAIN FREE TO JOGGING PAIN FREE TO RUNNING PAIN FREE TO NOW RUNNING AND CUTTING AND PIVOTING PAIN FREE. AND THAT JUST TAKES A PERIOD OF TIME. IT’S A PROCESS.”</p>
	<p>DR. MCINTOSH SAYS THERAPY IS JUST AS IMPORTANT AS SURGERY. AND IT’S NOT SOMETHING THAT ENDS ONCE YOU’RE BACK IN THE GAME. THE STRETCHING AND EXERCISES NEED TO BECOME PART OF YOUR DAILY ROUTINE.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a>. I’M VIVIEN WILLIAMS.</p>

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