

Medical Edge Radio from Mayo Clinic

Sports Medicine

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	FROM SPRAINS AND STRAINS TO BROKEN BONES, SPORTS-RELATED INJURIES CAN TAKE THEIR TOLL. AND WHEN YOU'RE HURT, GETTING THE RIGHT TREATMENT IS KEY TO GETTING BACK IN THE GAME.
Michael, Stuart, M.D.	"IT RUNS THE GAMUT FROM THE HIGH PROFILE PROFESSIONAL ATHLETE TO THE COMMITTED EXERCISE ENTHUSIAST."
	DR. MICHAEL STUART IS CO-DIRECTOR OF THE SPORTS MEDICINE CENTER AT MAYO CLINIC. WHILE EVALUATING AND

	TREATING SPORTS-RELATED INJURIES IS THE BULK OF WHAT THEY DO, THE DOCTORS AND STAFF CAN ALSO HELP AN ATHLETE ELEVATE HIS OR HER GAME.
Dr. Stuart	“THERE’S AEROBIC AND ANAEROBIC CONDITIONING INVOLVED IN ALL SPORTS, BUT YOU MAY WANT TO HIGHLIGHT THE MUSCLE GROUPS, THE SPECIFIC MOVEMENT PATTERNS, AND THE PHYSIOLOGIC DEMANDS ON THE BODY ACCORDING TO THAT SPORT.”
	AND THAT, SAYS DR. STUART, MAY ALSO HELP PREVENT SOME OF THOSE SPORTS-SPECIFIC INJURIES.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.
