



Coach-Athlete Q&A

A look at some coach-replies to common questions by topic.

Q: Sonni, need some advice....my insurance company can't help me with direction to take... and I think it's a sports medicine area....

tendon or nerve between my elbow knob and top of elbow bone over last several months has developed a pain when I try to pick up, use that arm, or even twist a jar top off. Pain is great enough now arm is useless.

strangely, i can work out with no problem...just rest of life uses an issue.

i suspect there is a specific type doctor to go to with that but don't know whom and don't want to waste time or money with starting with a general exam. Can you suggest type doctor?

Thanks, JH

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A: Hey JH!!!

Sounds to me like Tendon pain.....(aka: tendonitis)....but this is just an educated guess based on the fact that it hurts w/ very specific movements.....and not @ all w/ others.

The tendon is like a peice of yarn that runs inside a sheath that's like a drinking straw. When it is strained, imagine that you tied several knots in that string-o-yarn and now try to run it, repeatedly, through the same straw. Where it binds, is where tendon-related scar-tissue has formed. Left un-treated, this can become chronic and even get worse.....because the more we "tie knots" in that yarn, the shorter it gets. The shorter it gets.....the TIGHTER it gets.....and the more it ADDS scar tissue (a "tissue-protective" mechanism).

What to do.....any general doctor is going to say: "ice, anti-imflamatories, rest".....and this WILL treat the current symptoms. But you'll likely be back @ square ONE unless you treat the source. And in this case.....that "source", as w/ MOST tendon related injuries, is residual (left-over scar-tissue).

If a general doctor says the word "over-use".....that's code-language for "I haven't got a clue."

With our athletes who've experienced this type of tendonitis, we reccomend that they see a doctor or sports-practitioner who practices something called A.R.T. (Active Release Technique). Warning: this doesn't FEEL good (while you're having it done), because he's physically going in and digging into your tendon to find and 'release' the scar-tissue on that tendon.

However, it is VERY, VERY effective. (I've personally, successfully treated 3 injuries like this in 2 years) So much so that, now, the US Olympic Committee (and the US Olympic training center) has, on staff, a licenced A.R.T. provider for most all soft-tissue issues of athletes.

The best A.R.T. guy in the state is a Chiropractor named Dr. Todd Staker in Cary. He is the team doctor for the NHL team Carolina Hurricanes. Believe me, he has to pass several extensive "checks/exams" before he can work on guys who get paid \$3-million/year to play hockey.

His office # is 919-460-1515. It'd be worth the trip. He'll work on you.....and then, of course, have you hit the usual coctail of ice, Vitamin-I ("ibuprophen" in coaches terms), and rest.

Hope this helps. Let me know if I can further.

Sonni