



**Ada Bone & Joint Clinic**  
brings you  
**Common Sense in Medicine**  
by  
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**Stay in the game!**

Don't let an injury put you on the sidelines when you want to be in the game. I am talking about the game of life.

All too often we will let an injury, or worse yet a bad habit, keep us from doing the things we enjoy like playing softball, golf, jogging or even walking. If an injury gets you down, get back up. There are ways to treat or rehab injuries. You just need to work on it and don't quit.

Many of my patients who are injured actually end up stronger after their injury because they put forth the effort to get better. Sadly some people just give up. Don't join that group. Get back in the game.

If an injury does keep you from returning to a certain sport or activity, find another one. When Joe Theisman broke his leg, he said he couldn't return to being a quarterback, but found 100 other things he could do he had never taken the time to try. The injury was one of the best things that ever happened to him. He is a winner. You can be too.

A worse problem I see is when we let inactivity let us get so fat and weak we can't do anything and then we blame it on old age. I hope I am not stepping on anyone's toes, but if I am, maybe it will get them moving.

Everyone can get stronger and healthier by just doing a little extra. Start simple. Get off the couch every commercial. Then walk around the house, then the block, then the park. Gradually you will find you can do more and more.

If you don't know where to start, get help. You may need some medicine to help with some aches, or maybe just heat and stretching would be enough. Find someone to exercise with but if someone tries to tell you that you can't, prove them wrong. In the game of life, you came to play; 50 yard line seats don't interest you. **Get in the game.**

**By David Hubler M.D.**

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