Please Welcome Back
Robert Cassidy, M.D.
Martinsville Orthopaedics

Memorial Hospital of Martinsville & Henry County is proud to announce that Dr. Robert Cassidy has rejoined forces with our medical team and will practice at the new Martinsville Orthopaedics office on Hospital Drive.

“We are very excited to have Dr. Cassidy back on our team at Memorial Hospital,” said Skip Philips, CEO. “He will make a special effort to discuss diagnosis and treatment plans with each patient and encourage any questions needed when it comes to orthopaedic care.”

Among the most common problems Dr. Cassidy will treat are those related to arthritis, sports injuries, spine injuries, fractures and sprains. Most musculoskeletal conditions have non-surgical options for treatment, so he will make sure those options are discussed first. Although Dr. Cassidy has retired from active surgical practice, he has a broad range of contacts, so when surgery is necessary, an appropriate referral will be made at each patient’s convenience.

“I am very thrilled and honored to be back in Martinsville practicing in my hometown,” said Dr. Cassidy. “I look forward to seeing old faces again and meeting new ones along the way. My patients are my life and my goals are to treat all of them with the utmost respect they deserve.”

For more information or to schedule an appointment call Martinsville Orthopaedics at 276.666.2663.
Dr. Howard Brown

PREVENTING INJURIES

Experts estimate that up to 50 percent of sports injuries can be eliminated by taking a few proper preventative measures.

Schedule a Physical Exam: A yearly physical exam with your family’s primary care physician can spot and correct potential medical problems, especially for children. Some school districts require a physical before a student can participate in a specific sport.

Keep In Shape: Starting a sporting activity without the proper physical conditioning can only produce a higher injury rate. You need to be fit to play, not play to become fit. Athletes should engage in regular off-season training to prepare for their sport. Being physically fit also reduces the amount of “second half” injuries caused by fatigue.

Stretching: Stretching exercises enhance the flexibility of your muscles, so they’re better able to contract and perform without tearing, reducing the risk of injury.

Don’t Play Through Pain: Pain is your body’s way of saying that something is wrong. Seek medical help if there is joint pain, swelling, tenderness at a specific point, reduced range of motion, numbness or a tingling sensation.

Respect The Sport: Stay safe by using proper safety equipment and following the rules.

THE MOST COMMON INJURIES

The two most common sports injuries are sprains and strains. A sprain is a stretched or torn ligament, a band of connective tissue between two bones. Sprains most commonly occur in the ankle and wrist, and cause pain, swelling, bruising and stiffness of the joint. Often, when the injury occurs, the athlete can feel a “pop” or a tear.

A strain is a stretched or torn muscle or tendon, the tissue connecting muscle to bone. The most common strains are in the back and hamstring. Symptoms include pain, muscle spasms and swelling.

A SPECIAL CASE FOR CHILDREN

Special attention should be given to a specific sports injury unique among young children: growth plate injuries. The growth plate is the area of soft tissue near the end of long bones. As the child nears maturity, the growth plate closes and is replaced by bone. The growing bones and muscles of a child simply cannot handle as much stress as those of an adult. A typical example of a growth plate injury is pain in the elbow joint, caused by repetitive throwing, known as Little League elbow. The injury, which usually occurs before puberty, happens when a ligament in the elbow pulls away from the growth plate.

For more information call: 276-638-2354.
AVOID OVERUSE INJURIES

Kids love to play sports. But sometimes their enthusiasm can lead to injury. Overuse injuries are one of the most common sports injuries in children. Adults are also susceptible to overuse injuries. Some hard-core runners suffer from shin splints, a condition characterized by pain and discomfort in the lower legs and caused by repeated running on a hard surface. Make sure you’re using well-cushioned shoes and not always running on a hard surface such as asphalt.

The key to preventing overuse injuries is moderation and physical conditioning. Don’t overtrain, give your body at least a day or two of rest each week, and don’t try to play through pain.

Headline: Treating Vein Disease Close to Home

Varicose and spider veins are common complications of venous reflux. They occur when years of damage to the veins cause them to dilate and become leaky. These may develop anywhere on the body but are most common on the legs and ankles. Almost half of the adult population has some form of vein disease and women are affected twice as often as men.

Symptoms may be none or just their cosmetic appearance; but individuals often have more debilitating complaints such as throbbing or aching pain, swelling, discoloration, ulceration or development of blood clots. Many of the signs and symptoms of vein disease may actually be due to congestive heart failure of peripheral arterial disease (PAD), which is the poor blood flow to the legs. These conditions are far more serious than vein disease.

Treatment choices range from over the counter pain medications, elevation of the legs and different grades of compression stockings, radiofrequency, and more invasive options as outpatient procedures. Some procedures are reimbursed by insurance carriers when performed appropriately for medically necessary patients.

At Southern Virginia Cardiovascular Consultants, our vein clinic provides comprehensive vein disease diagnosis and management care close to home. For more information call (276) 634-4976.

Benjamin Lee, M.D.
Deepak Banerjee, M.D.
Jennifer Epperson, NP
Every parent wants their child to be healthy. Here’s some sound advice about the benefits of preventive medicine for children.

Let’s begin with an infant.

After a child is born, both the parents and the physician are given an immunization card. It’s important to follow this checkoff list, and keep immunizations up to date.

Which vaccinations are most important?

All of them are important: DPT (for diphtheria/pertussis/tetanus), hepatitis B, polio, influenza, MMR (for measles/mumps/rubella) and homophiles just to name a few.

Should certain tests be performed?

A yearly well-child exam is important. I perform a thorough medical history and physical exam, and ask about the child’s eating and sleeping habits and school performance.

What else is part of a well-child exam?

The child gets all appropriate immunizations. I keep a growth chart and check for anemia and diabetes. I perform lead and tuberculosis screenings, and if I identify any abnormalities, I’ll help the parents correct those problems.

What about the adolescent child?

During adolescence, a child undergoes tremendous changes. A yearly physical is important (especially if the child is involved in sports), along with awareness and responsible education about drugs, alcohol and sex.