



Northeast Ohio's Center for Orthopedics Offers Walk-in Treatment for Skiing and Snowboarding Injuries -- Next-Day Appointments Can Be Booked Online

Skiing is the leading cause of winter sports injuries, followed by snowboarding, according to the U.S. Consumer Product Safety Commission. Most injured skiers are first evaluated at the emergency station on the ski slopes--and then advised to see an orthopedist when they return home. The Open Cast Room at the Center for Orthopedics in Sheffield Village, Ohio lets skiers book a next-day appointment online for prompt, expert treatment.

Sheffield Village, Ohio ([PRWEB](#)) January 26, 2010 -- Each year, an estimated half a million people will suffer a skiing injury, and nearly that many will be hurt while snowboarding. Ski slope emergency stations offer first aid, but many patients still need to see an orthopedic surgeon when they get home.

"We can treat ski injuries the next day, five days a week, in our Open Cast Room," says board-certified orthopedic surgeon [Robert Zanotti, MD](#), of the [Center for Orthopedics](#) in Sheffield Village, Oberlin and Westlake, Ohio. "Patients can [schedule an Open Cast Room appointment online](#) or come in on a walk-in basis. No ER referral is required, and patients can be seen pending insurance verification."

"Whether people are downhill skiing or cross-country skiing, the main types of injuries we see involve the knees," says Dr. Zanotti, who is fellowship-trained in sports medicine. "Skiers can tear a cartilage in the knee, the meniscus or a ligament."

"If a skier tears a collateral knee ligament, it usually heals without surgery," says Dr. Zanotti. "But when patients tear a major ligament like the ACL (anterior cruciate ligament) or PCL (posterior cruciate ligament), they normally can't ski for three to six months until they get it reconstructed."

"In the Open Cast Room, we evaluate ski injuries and usually order an MRI to confirm the diagnosis and help determine a treatment plan," Dr. Zanotti explains. "Some patients need only rehab and bracing. Others require minimally invasive surgery like an [arthroscopy](#), where we repair or clean up a torn cartilage. We are one of the few orthopedic practices in the U.S. to offer [all-arthroscopic ACL reconstruction](#). In some cases, a ski injury can require more extensive reconstructive surgery. Our goal is to get the patient back to full skiing without any restrictions--and usually without a brace."

"We also see injuries of the upper extremities," he adds. "There's a common injury called skier's thumb that occurs when the thumb gets caught on a ski pole or gate and skiers tear a ligament in their thumb. We see a lot of upper-extremity sprains and strains--people hurting their elbows from falling. We'll also see a few separated or dislocated shoulders."

"Among skiers, we see about 80% knee injuries and 20% upper-extremity injuries. With snowboarders, it's just the opposite," Dr. Zanotti explains.



"Snowboarders are much more likely than skiers to break their arm or wrist because they use their hands rather than poles for balance," says Dr. Zanotti. "It doesn't take much--just a person's body weight falling against the slope. If snowboarders catch it with their hands, they can break their wrist."

"Usually people who go skiing after not having skied for a few years get hurt the most," says Dr. Zanotti. Cleveland-area resident Janis, who completely tore the ACL in her right knee last January, is a case in point.

"I was in Breckenridge, Colorado with my husband and friends when they said, 'Let's go on this lift,'" she recalls. "I assumed there would be a beginner run, but there were only more-advanced runs. They told me, 'Oh, you'll be fine,' but I came to a really steep part, lost control and fell pretty hard. My knee went under me and I hit my head."

"The ski patrol saw me and came over," Janis recalls. "When I tried to get up, my right knee buckled to the side. The ski patrol knew right away that my ACL was completely torn. At the emergency station, they put a knee brace on me and said I'd need to see an orthopedic surgeon when I got back home."

Janis visited the Open Cast Room as soon as she returned from Breckenridge. "They got me right in," she says. "The orthopedic surgeon agreed I'd torn my ACL and did an MRI to confirm it. I had surgery on March 6, started physical therapy the next day--and now I'm back to running three miles every other day."

To schedule a next-day Open Cast Room appointment at the Center for Orthopedics, visit <http://www.center4orthopedics.com/fast-track>.

The Center for Orthopedics, part of EMH Regional Healthcare System, offers the most comprehensive bone and joint care in Cleveland's west side, western Cuyahoga County and Lorain County, Ohio. Complete orthopedic care is available from an expert team of five advance-trained, board-certified orthopedic surgeons at offices in Sheffield Village, Oberlin and Westlake, Ohio. Call 440.329.2800 or visit www.center4orthopedics.com.

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