

Opinion

The fabric of Bertie County since 1832

# No gain from pain...

We all know that regular exercise is an essential part of a healthy lifestyle. Exercise makes you look good and feel good - promoting greater muscle strength, endurance and flexibility, weight control, and cardiovascular fitness.

However, too much of a good thing can lead to an injury that can sideline you from the activities you enjoy. You don't have to be a competitive athlete to get a sports injury, which is simply an injury that commonly occurs during sports or exercise. A sports injury can happen to anyone at any age, although sports injuries are more common as we grow older, and more often occur among women, due to differences in body structure.



**KRISTEN WARREN P.A.**  
Health Span

Sports injuries can involve any part of the body, but generally refer to an injury that involves the muscles, bones or a connective tissue, such as cartilage. These types of injuries usually come about from improper training or conditioning, insufficient warm-up and stretching before an activity, using the wrong equipment, or doing too much, too fast.

Sports injuries fall into two primary categories: acute and chronic. An acute injury involves an active sudden event that causes trauma, such as a fall or a collision. A chronic injury happens gradually, through repetitive motions and cumulative strain on the musculoskeletal system.

Prompt treatment of both acute and chronic injuries is important in avoiding further injury. Chronic injuries left untreated or not allowed to fully heal can lead to repeat injuries, or develop into more serious long-term problems, such as osteoarthritis.

It's important to distinguish muscle soreness from injury in deciding whether to seek medical help. The traditional credo of rest, ice, compression and elevation is effective for home care. However, if you've tried these steps immediately after injury and regularly for 48 hours, and pain and swelling do not improve, contact your doctor. Signs that your injury needs medical attention include severe pain, swelling or numbness, inability to put weight on the area, or new pain in the site of an old injury, accompanied by increased swelling, or an abnormal appearance.

If you suspect you've sustained a sports injury, a good place to start is with your primary care provider. He or she may consult with a sports medicine specialist to help with diagnosis and treatment. Depending on your injury, you may receive care from an orthopedic doctor or a rehabilitative therapist. An orthopedic doctor specializes in diagnosis and treatment of the musculoskeletal system. A physical therapist works in partnership with your sports medicine doctor to rehabilitate your injury - designing a specialized treatment plan to make the injured area stronger, more flexible and less susceptible to future injuries.

Treating a sports injury is gradual. Getting the area moving again is the first step to help speed healing. Rehabilitation is based on a progression of activities to help build flexibility, endurance and strength; as well as proper balance and body mechanics. In addition to exercise, your therapy may include electrostimulation (mild electrical current to reduce pain and swelling and increase muscle strength), cryotherapy (ice packs to limit blood flow to injured tissues), heat, ultrasound and massage.

Arthroscopic surgery, an operation that employs small incisions to diagnose and fix joint problems, has greatly enhanced physicians' ability to repair some athletic injuries without invasive surgery, with less trauma and downtime for the patient.

Benefits of rehabilitative therapy include restoration of function, less pain; improved range of motion, a quicker return to sports and recreation, better health, strength, movement and safety, muscle strengthening and coordination.

About the Author: Kristin Warren, PA is on the medical staff of Roanoke Orthopedics.



## Spring, where are you?

While spring is officially here, I just hope the warmer temperatures will eventually be here to stay.



**LESLIE BEACHBOARD**  
Small Town Girl

I am extremely cold natured. I will tell anyone if it is not at least 75 degrees, I am cold.

This is not a joke. I am probably one of the few people that can wear long sleeves throughout most summer and still be comfortable.

During the summer, it is hard for me to dress comfortably. I can walk outside in normal summer clothing and be comfortable but as soon as I walk in the office, my house or a building, I need to apply several more layers of clothing.

During a normal business day, I can be found at my desk wrapped in a blanket with a heater on high.

People will always joke me about my iron being low or offer some other medical explanation as to why I am always so cold.

I am an average healthy female. I get my yearly health screening, and there has never been an indication of any problem that would lead to my extreme inability to tolerate cold.

My question is, why can't I tolerate colder temperatures better?

I have googled it, and researched it and nothing helps me from feeling like I have ice water running through my veins.

There are many places I would like to travel to, but my destinations lend themselves to tropical, warm and full of sunshine locales.

Although I would love to see New York City at Christmas I always frown upon the thought I would only see it from the comforts of my hotel room window.

There is no way I could walk around in New York City or any other place with frigid winters because my body cannot physically handle it.

Since the spring is here and my house is almost complete, I look forward to spending time working on my yard.

I will be working away probably in a sweatshirt and will be some-

what too warm but not wanting to take off the sweatshirt because I will get cold.

This is a problem in my life in the spring because it affects my travels, projects and watching my children play sports.

I am sure I stand out when I go to events. Everyone else is dressed comfortably in short sleeves, and there I am wrapped up for a blizzard with a sweater and my heaviest coat.

The layers help keep me warm, but they can get in the way when I am trying to take photographs for work. I can't move because all of the layers of clothes I have on.

Is there anyone else like me? And if there is, did you ever find anything that helped?

I am tired of feeling Elsa from "Frozen" has hit me with her magical powers and now the only feeling I know is cold.

Leslie Beachboard is a Staff Writer for the Bertie Ledger-Advance and the Martin County Enterprise & Weekly Herald, who is currently writing this column wearing a coat and wrapped in a blanket. She can be reached via email at [lbeachboard@ncweeklies.com](mailto:lbeachboard@ncweeklies.com).

## This, that and the other...

I am channeling the active spirit of David Friedman, sports columnist for the Bertie Ledger-Advance and the Martin County Enterprise & Weekly Herald.

David, at times, likes to write a little about a lot of subjects. So that's what I am doing.

My mom had a phrase she'd use whenever I would start with one topic and completely change topics within the same conversation.

"You're talking about this, that and the other," she would say. "Land your plane."

So here goes. Hold on tight because it could be a bumpy ride.

I was heartbroken to learn of the tragedy over the weekend involving the Humboldt Broncos, a junior hockey team based in Saskatchewan (Canada).

The team, made up of 16-to-21-year-olds, was traveling to a playoff game when their bus was T-boned by a lorry (truck) approximately 20 miles from their destination.

So far, we have learned that 15 people on the bus were killed. These included players and

coaches. Fourteen others were injured.

What an unspeakable tragedy this is.

Anyone who knows anything about that prairie area in western Canada knows how much hockey means to that community.

We are all extremely saddened and are praying for everyone affected by this horrific incident.

Forever, we will be Humboldt Strong.

On a positive note, I am happy that the Nashville Predators - of which I have been a fan for the past five-plus years - won the President's Trophy in the National Hockey League for being the team with the most points this season.

The Preds came up short in their bid for a Stanley Cup last year against the Pittsburgh Penguins, but I am hoping for a different result this year.

I was a Carolina Hurricanes fan for many years, and still will pull for them when they aren't playing Nashville. I enjoy the Predators' style of play - dubbed "Smashville" - and plan on going to a game in the near future when they play Carolina in Raleigh.

The website Deadspin hit the nail on the head when it said my San Diego Padres baseball team lost in the dumbest way possible

Saturday night against the world champion Houston Astros.

Houston had a runner on second base with two outs in the bottom of the 10th inning of a scoreless game when Alex Bregman popped a 3-2 pitch straight up in the air.

Easy out, right? Nope.

The catcher, pitcher, first baseman and third baseman all seemingly converged on the ball, and no one caught it. Winning run scores, game over.

After being encouraged when the Padres beat the Astros the night before, I was embarrassed, because this was ridiculous.

San Diego is in another rebuilding year, and it's going to take time to become a legitimate contender in the National League West.

The Padres have one of the best farm systems in baseball. They have bats but not enough arms right now.

I will still wear my Padres gear proudly, but losing a game on a ball hit up in the air less than 20 feet from home plate and then having it drop is inexcusable.

It might be a long year for me as a fan.

Jim Green is Sports Editor for the Bertie Ledger-Advance. He can be reached via email at [jgreen@ncweeklies.com](mailto:jgreen@ncweeklies.com).

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