

# VYPE's TOP 100 FOOTBALL RECRUITS

PLUS BAYLOR HEALTH CARE SYSTEM: Rebounding From Injury Through Proper Sports Rehabilitation

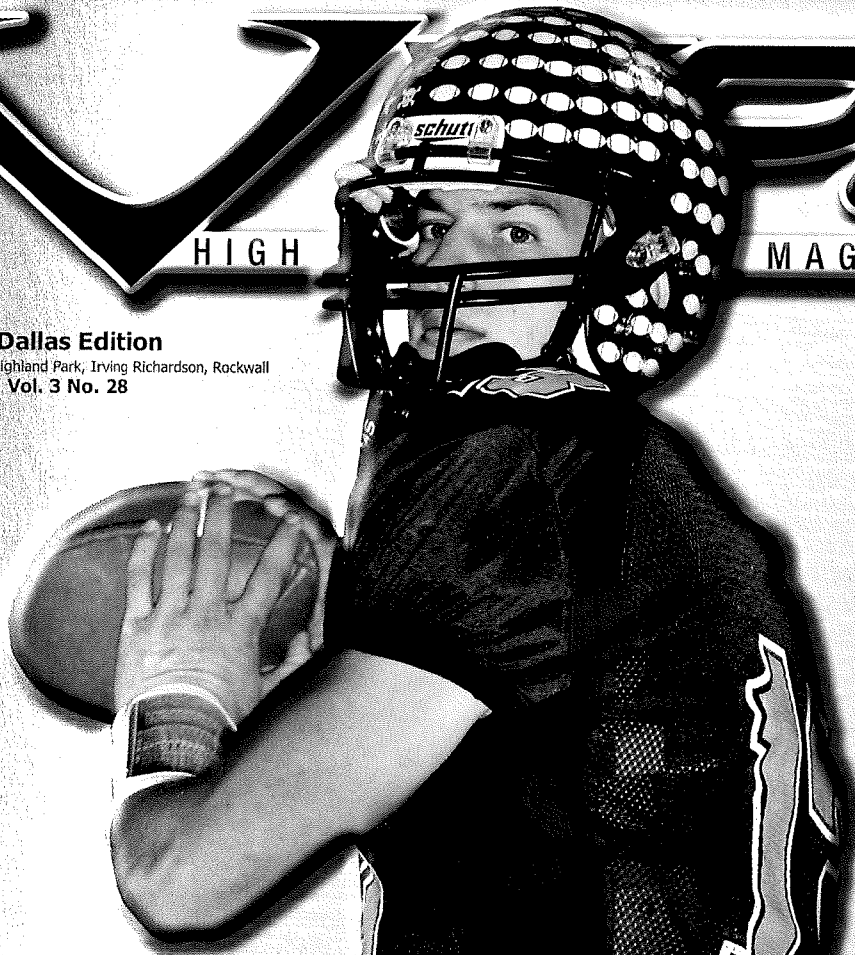
# VYPE

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# ALL-VYPE FOOTBALL TEAM

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**Barton Huddleston, MD**

*Physical medicine and rehabilitation specialist on the medical staff at Baylor University Medical Center at Dallas*

Sports injury rehabilitation is a multi-disciplinary approach to treating injuries sustained through sports so the athlete can regain normal pain-free mobility. High school athletes are guided through the process of rehabilitation by a team of healthcare professionals that usually includes doctors, physical therapists and athletic trainers. The time required for sports injury rehabilitation is affected by the severity of the injury, its treatment and the athlete's level of participation.

# REBOUNDED FROM INJURY THROUGH PROPER SPORTS REHABILITATION

**Barton Huddleston, MD** PHYSICAL MEDICINE AND REHABILITATION SPECIALIST

*Injuries are a fact of life for high school student-athletes in all sports. Most athletes play without major injuries, but when injuries do occur, they strive to return to competition as soon as possible at their previous performance level. Proper rehabilitation is the key to healing and returning to play with the utmost mobility. VYPE Editor-In-Chief Tim Polzer asked Dr. Barton Huddleston, a physical medicine and rehabilitation specialist on the medical staff at Baylor University Medical Center at Dallas, about the process of proper sports injury rehabilitation.*

**VYPE:**

Why is proper sports rehabilitation so important?

**Dr. Huddleston:**

*If a high school athlete is injured, proper rehabilitation is important in getting them back on the field in a timely and safe manner. Not only can proper rehabilitation get the player back to a level in which he or she can compete again, it can also help prevent a reoccurrence or having the injury turn into a chronic situation. The proper rehabilitation program can also educate the athlete as to how and why the injury occurred and how it might be prevented from reoccurring.*

**VYPE:**

What are the basic components of a typical sports rehabilitation treatment plan?

**Dr. Huddleston:**

*Initially we want to reduce any swelling and manage the pain before evaluating the level at which the athlete is affected. One of the keys from the very beginning is a very thorough physical exam performed by the physician or by the trainer, whoever is guiding and evaluating that part of the recovery program. That part is critical so that you have a baseline of the individual's strength, mobility and flexibility and location of pain. From that point, very defined directions are taken with respect to the nature of that particular injury in regards to if a physical therapist will get involved. What you try to do is progress range of motion. Improve strength. Improve flexibility.*

**VYPE:**

You mentioned the importance

that education plays in a successful rehabilitation program. Please explain.

**Dr. Huddleston:**

*The education that a sports care program can provide during the process is critical. By educating the individual as to the cause of the injury, and educating the trainer and coach is also important. Was the injury specific to the player's sport? Was it a result of over-training? These elements not only go into the rehabilitation but also future prevention.*

**VYPE:**

Can a high school athlete's personality and attitude affect his or her rehabilitation?

**Dr. Huddleston:**

*An athlete's personality is a big variable when it comes to rehab. Yet the injury is the same and you really have to focus on the fact that the injury requires a certain program of rehab and not be swayed by the patient's personality. It can be a tough balancing act for a coach or trainer. You can see if the athlete has confidence as they go through rehab. You can see if he or she has confidence as they prepare to go back on the field. Or you can see that they don't. You want to progress them as quickly as you can, but as safely as you can. But the rehabilitation process often includes a component of pain. Each patient is different, and their approach to their rehab.*

**VYPE:**

Does communication play an important role in the rehabilitation process?

**Dr. Huddleston:**

*Usually there's a good level of*

*communication between the patient and the trainers who is involved in a day-to-day rehab. Sometimes the level of communication between the trainer and coach or parents can be less than optimum because of their job or other time requirements. The trainer can communicate back to the doctor their progress or lack of progress and keep tabs on the pain. It is a part of the balancing act in making sure that the parent is well informed, but that the parent is not directing the athlete's care.*

**VYPE:**

What risks do high school athletes run by rushing through their sports rehabilitation program?

**Dr. Huddleston:**

*Re-injury is always a danger. If the recovery effort is too quick, the injury can even worsen and lengthen the time needed for recovery. It can also negatively affect their teammates. Few people think about it. Let's say an offensive lineman comes back too early and can't perform up to his usual level or becomes re-injured on a play, he can put his quarterback and/or running back in danger.*

**VYPE:**

What are some of the latest technological advances in rehabilitation?

**Dr. Huddleston:**

*I utilize diagnostic musculoskeletal ultrasound and am involved in using the PRP or platelet-rich plasma injections. The use of diagnostic musculoskeletal ultrasound is growing in respect to diagnosing soft-tissue muscular injuries on the field as well as in a doctor's office setting.*