



Prevent Pain And Problems

(NAPS)—If you or someone you care about is a weekend warrior, maturing man or exercise enthusiast, you might want to bone up on these facts about health and safety.

The Problem

As men get older, over-exercise or make sudden changes in activity, they may experience injuries, stiffness, discomfort or pain in their bones, joints and muscles. Instead of ignoring these symptoms which can lead to more issues, it's a good idea to see an orthopaedic surgeon who can prevent, diagnose and treat such problems.



Dr. Louis F. McIntyre says seeing an orthopaedic surgeon can help you live a more pain-free life.

Some Answers

To help you understand how much orthopaedists can do for you, Dr. Louis F. McIntyre, Chief Quality Officer for U.S. Orthopaedic Partners (USOP), a platform of over 250 orthopedic providers across Mississippi, Alabama and Louisiana, offers four tips:

- As the weather gets warmer, people are more inclined to get out and start exercising. However, if you have a previous injury, you can do more damage.
- Many people don't realize you don't need to have an injury to visit an orthopaedist. As people age, they experience more aches and pains and joint damage.
- Orthopaedists can prescribe treatments, assist with rehabilitation, and help develop long-term strategies to deal with specific injuries.
- In addition to injuries, orthopaedic surgeons can assist with arthritis and sciatica, knee, back or shoulder pain, reduced range of motion, and numbness in limbs.

No one wants to live with long-lasting pain or be limited in their daily activities. Orthopaedists can help address the issue and get you back to living a pain-free active life.

Learn More

For further facts on orthopaedics and how it can help you, visit www.us-orthopartners.com.

Note to Editors: While this information is useful to anyone at anytime, it is particularly relevant during June, Men's Health Month.