

Survey: Nearly 1 in 5 Americans keep exercising through injuries

Although many fear surgery, addressing the issue as soon as possible makes non-surgical options more viable

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Orlando Health

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NEWS PACKAGE

SUGGESTED TEASE	MANY OF US HAVE A LITTLE SORENESS IN OUR KNEE OR A CLICK IN OUR ELBOW THAT WE NOTICE WHEN WE EXERCISE, EVEN MORE SO WHEN WE REACH A CERTAIN AGE. COMING UP, HOW IGNORING YOUR NAGGING PAIN CAN MAKE INJURIES HARDER TO TREAT.
ANCHOR LEAD	THAT LINGERING PAIN OR NAGGING ACHE YOU'VE BEEN IGNORING MAY NEVER GO AWAY ON ITS OWN, BUT "SURGERY" CAN BE A SCARY WORD, AND A NEW NATIONAL SURVEY FINDS MANY AMERICANS WOULD RATHER FIGHT THROUGH THE PAIN THAN STOP TO ADDRESS IT. BARB CONSIGLIO HAS THE DETAILS ON HOW SEEING A MEDICAL PROFESSIONAL MAY OPEN DOORS TO FEELING BETTER, LIKELY WITHOUT HAVING TO GO UNDER THE KNIFE.
(PACKAGE START) ----- CG: Courtesy: Orlando Health Jewett Orthopedic Institute :00 - :03 Shots of Jen teaching exercise class	(Nats - Sound) :02 EXERCISE IS AN IMPORTANT PART OF JEN JORDON'S DAILY LIFE. BUT LATELY THAT HAS COME WITH WORSENING KNEE PAIN. :04 <i>"I would go into a lunge and just feel a sharp pain and then it would just continuously hurt throughout the day."</i> :07
CG: Jen Jordon Has knee pain Shots of Jen teaching class	LIKE MANY, SHE PUT OFF SEEING A DOCTOR FOR FEAR SHE'D BE TOLD TO STOP WORKING OUT, OR WORSE, THAT SHE WOULD NEED SURGERY. :06

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<p>Jen Jordon (CG'd earlier)</p> <p>Shots of Dr. Eldayrie examining Jen</p> <p>Graphic: National survey 18% often feel pain when working out 18% work through the pain rather than resting to heal</p> <p>CG: George Eldayrie, MD Orlando Health Jewett Orthopedic Institute</p> <p>Shots of Jen in exam with Dr. Eldayrie</p> <p>Dr. Eldayrie (CG'd earlier)</p> <p>Shots of physical therapy</p> <p>Shots of injection</p> <p>Jen Jordon (CG'd earlier)</p> <p>Shots of Jen exercising</p>	<p><i>"That is definitely a fear of mine. I do not want to have to do surgery on anything. That's why I try to stay active to prevent having to do any of that." :10</i></p> <p>IT'S SOMETHING DOCTOR GEORGE ELDAYRIE (el-DARE-ee) HEARS A LOT FROM HIS PATIENTS AT ORLANDO HEALTH JEWETT ORTHOPEDIC INSTITUTE.</p> <p>IN FACT, A NEW NATIONAL SURVEY BY ORLANDO HEALTH FINDS THAT NEARLY ONE IN FIVE AMERICANS OFTEN FEELS PAIN WHEN WORKING OUT AND ABOUT THE SAME NUMBER SAY THEY CONTINUE TO WORK THROUGH THE PAIN RATHER THAN RESTING TO HEAL. :16</p> <p><i>"Somebody who has pain that they've been dealing with for a long time, they can't seem to pinpoint it and are afraid to hear the words that, "Oh, you're going to need surgery." I think there's a lot more options out there than just that." :11</i></p> <p>THE KEY IS ADDRESSING AN INJURY AS EARLY AS POSSIBLE. :03</p> <p><i>"Exercising through certain types of discomfort can be concerning, can make things worse, can end up being bigger injuries than maybe what they are earlier on." :10</i></p> <p>WHILE SURGERY MAY BE THE BEST OPTION FOR SEVERE INJURIES, THERE ARE LOTS OF NON-SURGICAL TREATMENTS TO EXPLORE WITH YOUR DOCTOR.</p> <p>THESE MAY INCLUDE PHYSICAL THERAPY OR INJECTIONS THAT REDUCE INFLAMMATION AND PROMOTE HEALING, LIKE CORTICOSTEROIDS AND PLATELET-RICH PLASMA, DELIVERED PRECISELY TO THE RIGHT AREA USING ULTRASOUND TECHNOLOGY. :13</p> <p><i>"He just took out his iPad and was able to go right over my knee and showed me exactly what was going on." :08</i></p> <p>JEN WAS RELIEVED TO HEAR THAT SHE WOULDN'T HAVE TO GO UNDER THE KNIFE AND CAN LIKELY HEAL BY STRENGTHENING AND STRETCHING SPECIFIC MUSCLES TO BETTER SUPPORT HER KNEE :08</p>
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CG: George Eldayrie, MD
Orlando Health Jewett Orthopedic
Institute

Eldayrie says sharp pain while working out is not normal:
“There's the saying no pain, no gain. And that to some extent is true depending on what you're trying to get out of the gym. But there's different types of pain that you feel during workouts, sharp, stabbing pain that's very uncomfortable is typically never normal during a workout.”
:15

Eldayrie says there are effective non-surgical treatments:
“We can do that in a non-surgical way where people aren't having procedures and surgery under anesthesia. These are simple office procedures that can help start the healing process and get somebody feeling better.” :14

Jen says she would try other treatments before deciding on surgery:

“I definitely would want to do anything I could before having to have surgery. So any exercises or therapy I would definitely prefer before going that route.” :11

Jen says she's glad she finally addressed her injury with a doctor:

“I definitely am glad that I went and had him look at it. I think it'll help me, in the future, prevent anything worse from happening and I would definitely go as soon as something started hurting instead of waiting next time.”
:16

Jen says athletes are trained to fight through pain, which isn't always the right choice:

“We're kind of taught and trained our whole lives to just push through the pain and work through it and sometimes it does get better. But sometimes you have to stop and take a look at what's actually going on.” :12

Jen says she lived with pain for so long she sometimes didn't realize she was limping:

“I'd be limping around the house. I'm not even noticing that that's what I'm doing. And then my husband would be like, ‘What is wrong with you?’ And I'd be like, ‘That's my knee again.’ So just that kind of thing where it was affecting all day, every day.” :16

CG: Jen Jordon
Has knee pain

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