

Blue Mountain Hospital offers free sports injury clinic

By Blue Mountain Hospital

Blue Mountain Hospital District is excited to announce a free sports injury clinic for Grant County student athletes. Whether you are injured on the field, in practice or have a nagging long-term injury, you can come in to Rehabilitation Services at BMHD to be assessed by a sports physical therapist.

This clinic is designed to help student athletes determine what to do next about their injury while staying active as long as possible. The physical therapist will make a recommendation as to next steps, which may include providing exercises, recommending physical therapy or referring the athletes to their physicians for further evaluation.

BMHD's primary goal with this offering is to serve the community and support local athletes in local school districts. Often student athletes don't seek the treatment that would help them recover faster or decrease the likelihood of developing a persistent injury. There are many reasons for athletes to delay treatment such as concerns about missing games, medical treatment cost concerns, scheduling conflicts or a lack of



Contributed photo

Blue Mountain Hospital District physical therapist Elliot Sky helps a patient.

awareness of their injury. This free sports clinic is another resource for students, working in conjunction with BMHD physicians, to help student athletes return to the field faster, safer and with better outcomes.

The free sports clinic will see all non-emergency injuries such as:

- Ankle sprains
- Shoulder injuries
- Concussions
- Tennis elbow
- Shin splints
- Knee injuries
- Muscle strains

Contact Rehabilitation Services at BMHD with any questions.

FREE SPORTS INJURY CLINIC

When: Mondays from 3-5 p.m.

Where: BMHD Rehabilitation Services (170 Ford Rd, John Day)

Contact: 541-575-4157

Who is this for? Athletes ages 10-18 years old who are currently on a sports team in Grant County.

What should I expect? A 15- to 20-minute appointment where you leave with a plan for what to do about your injury.

What do I need to do prior to coming in?

1. Call ahead of time 541-575-4157
2. Come with your release form signed. (These will be handed out to coaches or can be obtained at BMHD's Rehabilitation Services. They are good for the entire school year.)
3. Bring athletic clothing and shoes.

Vaccine

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This can be positive as people are allowed to alleviate each other's concerns during these times.

Once you have the first COVID-19 vaccination, you will need a second dose 28 days later. The CDC recommends pretending that you have not been vaccinated until two weeks after your second dose of COVID-19 vaccine. This only means that, during the four weeks between the doses, you carry on with your normal COVID-19 precautions, as all the studies show that both doses are needed for proper immune response.

Since the beginning of the COVID-19 vaccinations, a very well done database has been kept on people's experience with the vaccination and any side effects that may have occurred. One convenient method of tracking people's response to the vaccine is CDC's v-safe smart phone app. The v-safe app interacts



The Eagle/Steven Mitchell

Rebekah Rand, director of emergency management services at Blue Mountain Hospital District, gets a vaccine shot ready Jan. 15 at the Grant County Fairgrounds pavilion.

with the person daily to get their input as to any reactions following the vaccine dose. Typical side effects of the Moderna vaccine are fairly standard reactions for vaccinations. At injection site (arm), common effects are pain, swelling and redness. Common other effects throughout the body can be fever, chills, tiredness and headache.

Important to note are the contraindications of the vaccine. The CDC says that you should not have the vaccine if any of the following are true:

- If you have had a severe allergic reaction (anaphylaxis) or an immediate allergic reaction — even if it was not severe — to any ingredient in an mRNA COVID-19 vaccine, you should not get an mRNA COVID-19 vaccine.

- If you have had a severe allergic reaction (anaphylaxis) or an immediate allergic reaction — even if it was not severe — after getting the first dose of the vaccine, you should not get another dose of an mRNA COVID-19 vaccine.

- An immediate allergic reaction means a reaction within four hours of getting vaccinated, including symptoms such as hives, swelling or wheezing (respiratory distress).

- This includes allergic reactions to polyethylene glycol (PEG) and polysorbate. Polysorbate is not an ingredient in either mRNA COVID-19 vaccine but is closely related to PEG, which

is in the vaccines. People who are allergic to PEG or polysorbate should not get an mRNA COVID-19 vaccine.

If you have had an immediate allergic reaction — even if the reaction was not severe — to a vaccine or injectable therapy for another disease, ask your doctor if you should get a COVID-19 vaccine. Your doctor will help you decide if it is safe for you to get vaccinated.

This has been just a small glimpse into the COVID-19 vaccine and some help in determining when it is right for you. Len's Pharmacy recommends that everyone gets the vaccine at the earliest opportunity, based upon the vaccine priority. If all the channels of the COVID-19 vaccine production, distribution and administration occurs as currently planned, it could be late summer before the United States reaches an 80% vaccination rate that would lead to "herd immunity" for our population. Stay safe!

Greg Armstrong is a pharmacist at Len's Drug in John Day.