



Jennifer Schooley of Southfield gets some treatment and advice from Subhash Kapur, Birmingham physical therapist.

# Sports medicine aids fitness buffs

By Sharon Dargay  
staff writer

Before beginning any exercise program see your doctor.

The simple warning has been written in health pamphlets, footnoted in how-to articles, voiced by aerobic dance teachers and generally ignored by the "weekend" athlete.

But today, fitness enthusiasts are limbering their muscles, testing joints and testing exercise "prescriptions" before picking up a tennis racket or slipping into jogging shoes. Those who once avoided the examining table are beginning to heed a revamped message that cautions them to "get in shape before they get into a sport to get in shape," says Jerome Cullio, a medical doctor and professor of orthopedics at Wayne State University.

Cullio, his medical colleagues and periphery professionals are scoring points with serious and amateur athletes alike through a subspecialty called "sports medicine."

Once restricted mainly to team locker rooms and playing fields as bone and tissue treatment, sports medicine has broken out of its orthopedic cast. It's fast becoming a multidisciplinary service dedicated to fitness screening, health maintenance and injury prevention.

"I have to believe that the vast majority of people don't know how fit they are," says Laurence Ulrey, director of William Beaumont Hospital's sports clinic in Troy. "They go out and do things they're not ready for and sustain injury."

"There's a real need for it (sports medicine)," agrees Subhash Kapur, Birmingham physical therapist and owner of a sports clinic. "Everybody's getting into it."

HOSPITALS, INDIVIDUAL physicians and physical therapists are teaming up to provide a combination of preventive care and treatment. Beaumont's clinic opened last month. Henry Ford Hospital's West Bloomfield branch is contemplating a facility. Seven physicians are listed as sports medicine specialists in the North Woodward telephone directory. Physical therapists, like Kapur, are setting into private practice and Wayne State's medical school is offer-

ing more concentrated study in the field this year.

Cullio, who's developing a clinic at WSU, scouted 22 other medical facilities before choosing Wayne State.

"Detroit was the most underdeveloped. There are 22 sports medicine clinics in Cincinnati, 18 in Lexington, Chicago has 40," he notes.

Cullio doubts whether the renewed interest in sports medicine will spawn a glut of clinics, but he's less certain about the kind of care being offered.

"It's a buzz word used in orthopedics. If you put a sports medicine shingle outside your office there's a 50-percent increase in the amount of people coming in."

Cullio claims that too few sports clinics take a team approach to prevention and health maintenance, failing to include specialists in pediatrics, endocrinology, cardiac care and exercise physiology. In addition to orthopedics and physical therapy.

That multidisciplinary approach is crucial, although Cullio doubts whether most doctors will embrace the concept. He says they're reluctant to allow colleagues to tread on their highly specialized turf.

"Unfortunately it will be difficult. A lot don't want to work together as a team."

CULLIO ALSO contends that the United States lags behind East Germany and other European countries in sports medical education. East German medical schools offer courses that grant doctorates for research as specialized as "how to step off the board on a long jump."

After undertaking two fellowships in sports medicine and tending to the New England Patriots, Michigan Panthers football team and Boston Bruins hockey team, Cullio claims "I learned more from the trainers than I did at school."

Kapur agrees that athletic trainers make an important contribution to clinic staffs. He employs the Seaholm athletic trainer in his facility, as well as physical therapists. Kapur contracts with two physicians for orthopedic and surgical repair.

He charges \$35 per pre-participation physical, which includes several muscle, joint and flexibility tests in addition to traditional procedures

such as heart rate and blood pressure. His clinic was responsible this year for fitness exams of all Birmingham students interested in school sports. Students were charged \$6.

Both Kapur and Cullio say that while "weekend" athletes are turning toward sports clinics for fitness physicals, screening efforts remain superficial for student players in many school districts.

"The way many high school systems are set up now, you can go to a podiatrist for your pre-participation physical, as long as he's a certified team doctor," Cullio said.

Both claim that sports clinics can help students avoid injury and offer more immediate treatment than hospital emergency rooms. A high school player who is injured on a Friday night may begin therapy the following day and resume practice on Monday, Kapur said.

ULREY SAID Beaumont's clinic plans to work more closely with school systems. Currently the facility is staffed by orthopedic surgeons, a physical therapist and orthotist, and is open on Tuesday evenings, although Ulrey and his colleagues are available for emergencies.

He said most cases last month involved injuries, but he expects the number of pre-participation physicals will increase. The hospital charges \$25 per physical performed by an orthopedic surgeon. Physicals done by other doctors are \$17 per adult and \$10 per child.

Neither the department of health or licensing and regulation keep tabs on the number of sports clinics, provide guidelines for care or define the medical subspecialty. No clinic certification is required, although individual physicians, therapists and surgical facilities must obtain licenses.

Don Lamb, director of program review for the Comprehensive Health Planning Council of Southeastern Michigan (CHPSEM), said his office reviewed five proposals for facilities designated as sports clinics last year. CHPSEM is a health planning and advising agency, that among other tasks, determines the "need" for health facilities in given locations. Certificates of need, issued by the state, are required for insurance reimbursement.

## INSIDE ANGLES

Know someone doing something notable? Let us know. Write: Inside Angles, Farmington Observer, 33203 Grand River, Farmington 48024.

**THE FOLLOWING** students have been named to the dean's list at Madonna College: Barbara Ache, Barbara Bortell, Nancy Delonis, Elyse Di Maio, Virginia June, Patrick LaFave, Deanna Miller, Natalie Novak, Kimberley Petley, Marjorie Sager, Anne Marie Snyder, Brother Michael Springer, Lisa Thands. Also included are: Claudia Clarizio, Lucy Cocimiglio, Dorothy Donovan, Alicia Easton, Joyce Hunt, Dianne Klotz, Nancy Leszczynski, Mary McNeil and Kathryn Nicholls.

**AIRMAN 1ST CLASS KEVIN MARTIN**, son of Donald and Doris Martin of Farmington Hills, has graduated from the U.S. Air Force personnel specialist course at Keeler Air Force Base, Miss. Martin is scheduled to serve with the 363rd Combat Support Group at Shaw Air Force Base, S.C. He received an associate degree in 1981 from Oakland Community College.

**ON JAN. 7** an assembly was held at Larkshire School. George Huntzicker, world champion gymnast, thrilled his audience and also had them participate in the many stunts which he performed. On Jan. 8 approximately 700 children from Larkshire and William Grace Schools had the pleasure of attending the "Michigan Opera" at Farmington High School.

**TODD FORFINSKI**, son of Tom and Toni Forfinski of Farmington Hills, joins his sister, Tammy as a resident assistant at Central Michigan University. They are in charge of a complete floor of students in their resident halls. Tammy and Todd are the first family to have both RA's at the same time. Tammy will graduate in May with a degree in hospitality management. Todd is in his second year at Central and is studying business administration.

**DR. SUSAN B. PERRY**, daughter of Mr. and Mrs. David Perry of Farmington Hills, announces the opening of her office for the practice of dermatology in Davenport, Iowa. Dr. Perry graduated from Farmington High School and received her bachelor of science and medical degree from the University of Michigan. She interned at the University of Iowa for one year and finished this past fall with a three year residency in dermatology at Wayne State University.

**THE SWEET ADELINES** of Great Lakes Chapter, will send a barbershop quartet to sing to your Valentine Feb. 13 and 14 anywhere in Macomb and Oakland County. Those visits to offices,

hospitals, nursing homes, private homes, and apartments, restaurants, stores, beauty shops or banks are \$20. A quartet will sing your message of affection for \$10 on the telephone. For reservations, call 264-1018. Sweet Adelines Inc., is a non-profit musical and educational organization.

**REGISTRATION** for the 1985 North Farmington-West Bloomfield Baseball and Softball Program will be held from 10 a.m. to 5 p.m. Saturday, Feb. 9, in Eagle School (Middlebelt and 14 Mile). You must bring proof of birth, completed registration card with parent signature mandatory and a check, money order, or cash for the correct amount of fee. The NFWB Baseball and Softball for Youth Program is open to girls and boys ages 8-18 who live in the Farmington and West Bloomfield area. For further information, call 477-9332 or 553-7658.

**KAREN OSWALD**, a sophomore at Albion College, has recently been initiated into Sigma Alpha Iota, a professional women's music fraternity. Karen, a flutist and member of Albion College's Concert Band, is a 1983 graduate of Harrison High School.

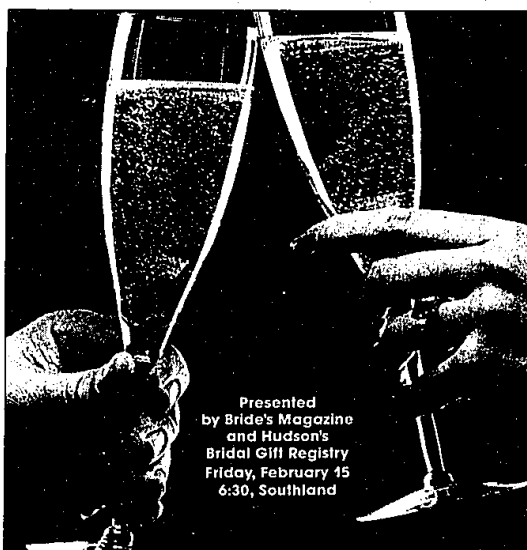
**DONNA GREENBURY**, daughter of Donald and Mariellen Greenbury of Farmington Hills, has been initiated into the Alpha Beta chapter of Alpha Gamma Sorority at the University of Michigan.

**McFROCKS SALOON**, the gathering spot "with a heart," will sponsor a special Valentine in the month of February. Their special Valentine is cystic fibrosis. Customers will have an opportunity to buy a paper heart to place on their Wall of Fame for one dollar. They can write their name, company name or slogan indicating their support of this charity. For details, call Diane Debold or Bob McDonald at 855-3860.

**THE AMERICAN RED CROSS** will be hosting its 1985 Winter Blood Drive from 10 a.m. to 4 p.m. Tuesday, Feb. 12, at the Orchard Ridge Campus, J-Building, Oakland Community College. For more information, call 957-5758.

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