

Mayo Clinic Minute: Recovering from sports injuries like a Pro
Video
Audio

	<p>Elite athletes tend to return to play faster after injury than everyday athletes. Just ask Dr. Kelechi Okoroha, a Mayo Clinic orthopedic surgeon who works with professional athletes and knows what factors they have working in their favor.</p>
<p>Kelechi Okoroha, M.D. Orthopedic Surgery Mayo Clinic</p>	<p>"They have very high motivation. So, they want to get back to their sport. Often, it's their job, so you have to get back to that quickly. They're in better shape than the common-day athlete, so their muscles are already pretrained, and it's easier to recover."</p>
	<p>While it may be unrealistic to think that the average athlete can bounce back as quickly, Dr. Okoroha says there are steps anyone can take to aid in their recovery process.</p>
	<p>"Sleep plays into a factor of fatigue. So, if you're tired, you can have poor mechanics."</p>
	<p>And if an athlete is recovering from an injury that required surgery, physical therapy plays a huge role.</p>
	<p>"Physical therapy is just as important in getting patients back to sport. You have to make sure you're adequately going to physical therapy two to three times a week, and they kind of guide your process in terms of recovery."</p>
	<p>For the Mayo Clinic News Network, I'm DeeDee Stiepan.</p>