

Winter sport

It's that time of year when a lot of people go skiing, not least to get rid of the extra winter pounds. Although skiing is an **exhilarating** feeling, quite a lot of injuries occur that could have been avoided.

Not only skiing may be a danger to joints and muscles during the winter period: snowboarding, jogging or even a simple **stroll** can all be hazardous at this time of year. Falling, slipping and sliding on snow and ice can cause **bruises**, breaks, **strains** and **sprains** to various parts of the body, most usually the extremities. Another cause of injury, especially to muscles, is wearing inappropriate clothing and not warming up properly for the weather conditions. Not warming up muscles may cause **tears** or **ruptures** to the **muscle fibres**. **Tendons** that experience a sudden **jerking movement**, or **ligaments** that are over-stretched are characterized by reduced range of motion and often extreme pain.

Pharmacy customer: Hello.
PTA: Hello.

My husband was skiing with his friends at the weekend and I think he injured his knee.
What exactly are his symptoms?

His knee is very warm and swollen. I recommended that he cools it down but he thinks it's okay if he just rests.
Didn't anyone tell him about the RICE method?

RICE? Oh, you mean: rest, ice, compression and elevation! I don't think so. You see he hasn't been skiing for a very long time. He only went because his best friend thought it would be a good idea. To be honest, I don't think anyone of the group have been skiing for ages.
I see, yes, it's not unusual for those types of injury to occur in such situations. So, how bad is the pain?

Well, he won't admit it but I would say that the pain is quite bad. What do you recommend I do?
Your husband's first priority is to reduce the swelling as soon as possible by applying these gel packs. The gel packs are really good because they come in a special synthetic fleece material that prevents **frostbite**. After that he should immediately use compression. This **elastic bandage** is ideal but it shouldn't be too tight, make sure that the blood can circulate! For the pain I can recommend diclofenac, which is a non-steroidal **anti-inflammatory**.

Do you have any natural remedies that you can recommend?
Certainly. We have **comfrey** and arnica creams, which are natural anti-inflammatories.

Good! Is there anything else that you can recommend?
As soon as the swelling is reduced, with the help of all these things as well as resting and elevating the knee, he can start applying hyperaemic lotions with **essential oils** of **mountain pine, spruce needles** or rosemary.

That sounds good. And if that doesn't work?
If your husband's knee doesn't improve over the next two to three days, he should then go to his GP. And he should definitely go to his GP if he has the **slightest suspicion** that he has a ligament tear or muscle fibre tear, or a possible meniscus injury. Both conditions need immediate medical **treatment**.

Okay! I'll make sure that he does! You know how men are, they hate going to the doctor!
You are right there! So, here are your **purchases** if there's anything else you need, please feel free to contact us or just drop by.

Thank you very much. Goodbye.
You're welcome, bye. ■

*Catherine Croghan,
Lecturer in English and native speaker*

VOCABULARY

exhilarating	berauschend
stroll	Spaziergang
bruises	Blutergüsse, Prellungen
strains	Muskelzerrungen
sprains	Verstauchungen
tears	Risse
ruptures	Brüche
muscle fibres	Muskelfasern
tendons	Sehnen
jerky movement	rückartige Bewegung
ligaments	Bänder
elevation	Erhöhung
frostbite	Erfrierung
elastic bandage	elastische Binde
anti-inflammatory	entzündungshemmend
comfrey	Beinwell, Symphytum officinale
essential oils	ätherische Öle
mountain pine	Latschenkiefer
spruce needles	Fichtennadeln
slightest suspicion	geringster Verdacht
treatment	Behandlung
purchases	Einkäufe