

# FOR THE WIN

*A newsletter brought to you by NWSEM*

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## Message from Dr. Fralich

Greetings NWSEM community!

I am really excited about summer this year. The days are longer and the weather is warmer so we can enjoy the outdoors more. I'm particularly fond of flyfishing, biking, hiking, and experiencing the water as much as possible. I hope you take advantage of all the PNW has to offer!

It's hard to believe but in July, we will celebrate the **one-year anniversary of Northwest Sports and Exercise Medicine!** **We will be hosting a patient appreciation event on July 22 from 5 to 7 pm with treats and prizes, so please put the date on your calendar and watch for your invitation.** It's a busy time of year so make time to swing by and bring your friends and family...you will not want to miss it! We have had a lot to celebrate over the last 365 days, including an amazing response to our podcast *What's Right With Healthcare*, and we look forward to an even better second year serving our community.

We continue to be one of only a handful medical practices in the region offering Tenex to treat calcific tendinopathy as well as chronic tendinopathies such as tennis elbow and are emerging as a leader in the orthobiologics space, using platelet-rich plasma among other interventions to treat osteoarthritis and other chronic musculoskeletal conditions.

This month, we will begin offering **carpal tunnel release** under real-time ultrasound guidance using a minimally invasive technique. Click on this link to learn more <https://www.sonexhealth.com/patients/carpal-tunnel-syndrome/>

Carpal tunnel syndrome (CTS) affects an estimated 13 million Americans and is one of the most common problems affecting the hand. CTS causes painful tingling and numbness in the fingers and hands and more than 2.7 million people are clinically indicated for surgery; if left untreated, it can be debilitating. If you or someone you know would like to schedule a pre-op appointment or discuss carpal tunnel release with UltraGuideCTR under real-time ultrasound guidance, which typically allows patients to return to activity in one week and does not require stitches or postoperative physical therapy, please contact our office today. No referrals or prior authorizations are needed.

Yours in health,

Dr. Fralich





## Patient Spotlight - *Millie Faber*

I have been an Athletic Trainer at Gonzaga Prep High School for 6 years... so in a way I'm a part of all the sports in a small capacity.

I came in seeking care for my hands! Every day, I can be found doing manual therapy skills or taping to ensure my athletes are prepared and ready for their sports. This can take a toll! I came in initially for some thumb pain that was affecting me when I tape.

With taping and manual therapy being such a huge part of my job, when my hands are aching, it makes my goal of helping my athletes seem unattainable. With Dr. Fralich's help, I'm back to treating my athletes and watching them succeed pain free!

Dr. Fralich quickly identified this as tendonitis and arthritis, which she treated with shockwave! She also advised me to modify how I taped until I felt some relief.

Every time I am at NW Sports & Exercise Medicine, I am greeted with a smiling face and a warm welcome. My concerns and thoughts are heard and taken seriously, which is not always the case at other medical facilities. I truly feel like a part of the family when I am there.

I would *absolutely* recommend Dr. Fralich to other active individuals or athletes!

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## Swimming Safety

By Shay Hannigan-Luther

In my opinion, one of the best parts of summer is getting out on the water. Whether it's swimming in an alpine lake, waterskiing behind a boat, or simply relaxing on the beach, this season offers endless opportunities to enjoy the many aquatic activities available in this region.

But a fun day can quickly take a turn with an unexpected injury. Knowing how to handle several common summer mishaps can help keep you and your family safe—and get you back to the fun faster.

It's easy to lose your footing on wet rocks or sharp shorelines. If you get a cut or scrape, rinse the area with clean water (avoid lake or river water if possible), and apply gentle pressure with a clean cloth or bandage to control bleeding. Once bleeding has slowed or stopped, cover the area with a sterile bandage. If the cut appears deep or won't stop bleeding, seek medical attention to determine if sutures are needed. In the days that follow, watch closely for signs of infection—such as redness, warmth, swelling, pus, fever, or chills—and don't hesitate to reach out to a medical provider if you're concerned. Long days in the sun can sneak up on your skin and your hydration levels. Be sure to apply a broad-spectrum, waterproof sunscreen at least 30 minutes before sun exposure, and reapply every two hours—especially after swimming. Dehydration is easy to overlook, particularly when you are spending the day in the cool water, so be proactive. Sip fluids throughout the day, especially if you're physically active, and pay attention to any signs or symptoms of dehydration such as headache, fatigue, or dark urine.

Mosquitoes, bees, and other bugs are a part of summer—but their bites and stings can range from mildly irritating to life-threatening. If you have a known allergy, always carry an epinephrine auto-injector (EpiPen) and let your companions know where to find it and how to use it in an emergency. For non-allergic reactions, most bites or stings can be managed with antihistamines and topical creams to reduce itching or swelling. By taking simple precautions and knowing how to respond to common summer injuries, you can enjoy your time on the water while protecting your health. If you need support along the way, reach out to our office.

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## Good 'n Healthy

By Lynda F.

### **Silverglade Spinach Salad**

Dressing: 1/4 c. Cider vinegar  
1/2 c. Oil  
1/4 lb. Bacon pieces  
2 tsp. Dijon mustard  
2 tsp. Brown sugar  
2 Tbsp. Dried onion

Mix and refrigerate dressing prior to making salad for flavors to blend.

6 c. Fresh spinach  
2 c. Sliced green & red grapes  
6 oz. Swiss cheese, strips

6 oz. Cheddar cheese, strips

Mix salad ingredients and dressing/oil mixture prior to serving.

Note: you can use grapes, strawberries or mandarin oranges. Walnuts or almonds may also be added. Enjoy!

## Upcoming Events

### **One-Year Anniversary Patient Appreciation Event**

**When:** July 22, 2025 5 - 7 pm

**Where:** NW Sports & Exercise Medicine

**Who:** You, your friends and family!

### **Sports Performance & Leadership Summit Series**

**When:** Sept. 6, 2025 10 am - 1 pm

**Where:** Gonzaga Preparatory High School

**Who:** All Athletes Grades 9 - 12 and their coaches

<https://www.spalsummit.com/events>

## *Podcasts*

Spotify - What's Right With Healthcare

Amazon Music - What's Right With Healthcare

iHeart Radio - What's Right With Healthcare

Apple - What's Right With Healthcare



<https://www.instagram.com/laura.fralichmd>



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