

FOR THE WIN

A newsletter brought to you by NWSEM

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Message from Dr. Fralich

Greetings NWSEM community!

We had a great turn out for our one-year anniversary celebration on July 22nd. There was cake (of course!) and a fun raffle with everything from GU basketball and Velocity soccer tickets to a Yeti cooler, a golf package, and overnight accommodations plus dinner at Priest Lake. Congratulations to all our raffle winners and a huge thank you to everyone who made time to stop by and celebrate with us or sent us well wishes.

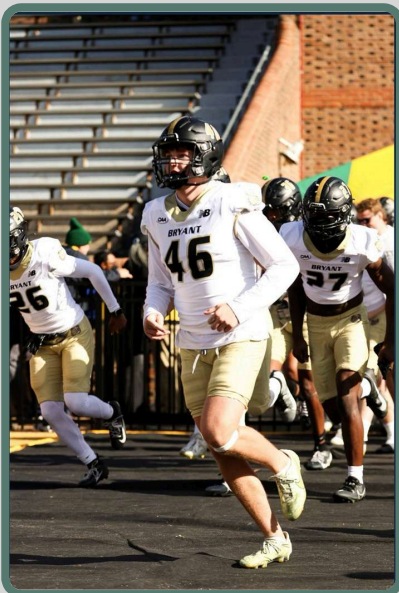
Over the past year, many people have told me I am brave (and sometimes crazy) for opening a direct specialty care medical practice. However, after spending over a decade as just a cog in the healthcare machine, I'm now able to truly focus on my patients as whole individuals - giving them the time they deserve and partnering with them in their care. People have responded with enthusiasm to our patient-centered model, especially appreciating the transparency and accessibility it offers. The growing interest and support for our medical

clinic have created incredible opportunities - not just for me, but for my patients as well. It's been inspiring to connect with people who are once again feeling heard and hopeful about the care they receive.

Our patients are at the heart of everything we do. The best way you can help us reach and serve more people is by spreading the word. One of the simplest and most impactful ways to do that is by leaving us a review on Google (see link below) and of course, by sharing your experience with others. It continues to be my privilege to be a physician in our wonderful community!

Stay well!

Dr. Fralich



Patient Spotlight - *Noah Shintaffer*

At 19 years old and going to Merrimack College, I have been involved with football since around 7th grade. I actually got into it because I was a big soccer player growing up, and our middle school football team needed a kicker. My parents encouraged me to try out, and ever since then, I've fallen in love with the game.

What I enjoy most about football is the pressure. I love being the one people count on to win the game. There's nothing like the feeling of putting points on the board or being the one to help finish the game for the win.

My football injury limited my ability to kick with power and made it difficult to plant off my left leg due to the pain in my knee. It affected both my performance on the field and my daily mobility. I went to Dr. Fralich and received a PRP injection in my knee to treat patellar tendinitis. My knee pain is completely gone, and I'm now kicking pain-free—better than I ever have. I'm also able to move around comfortably in my daily life, whether I'm walking around campus or anywhere.

My overall experience has been amazing for many reasons. I've been seeing Dr. Fralich for a long time, and she truly is the best. She's helped me recover from three concussions and performed a PRP injection for my knee. Every time I visit, I know I'm going to leave with a positive outcome.

Dr. Fralich and her entire staff are so nice and always take the time to check in on how I'm doing—both in sports and in everyday life. The level of care and attention they provide is the best. I never feel worried about an injury when I walk into Northwest Sports and Exercise Medicine. I would like to say you should have trust in the people you are working with in your recovery journey. For me that person was Dr. Fralich and I trusted her in every step of my recovery. The care and support I've received have allowed me to excel in my athletic career and I am forever grateful for Dr. Fralich and her staff.

I would recommend for any athletes or people that are looking to get healthy to go to Northwest Sports and Exercise Medicine. Dr. Fralich has allowed me to not just get healthier but also to reach levels I have never thought I could reach physically and mentally.

Tips To Stay Injury-free This Fall Sports Season

By Shay Hannigan-Luther

Summer seems to be flying by, which means that the fall sports season is already fast approaching. Whether you're a high school or college athlete preparing your season or

someone setting personal fitness goals, such as training for a new gym PR or the annual Turkey Trot 5K, now is a great time to focus on staying healthy and injury-free.

One of the most important factors to consider when beginning your season or training period is how quickly you're increasing your activity. Ramping up too quickly is a common cause of overuse injuries. A gradual increase in activity level allows your body to adapt to the increased demands without leading to injury. For those preparing for a sports season, it is important to be doing some pre-season conditioning in the weeks leading up to your season to prepare your body for the rigors of daily practices and competitions. If participating in an outdoor sport, slowly increasing your time spent training in the heat allows your body to acclimatize to the warmer conditions, improving your performance and reducing your risk of suffering from a heat-related illness.

Recovery is just as important as training when it comes to preventing injury. Proper nutrition and hydration and healthy sleep habits are the foundation of recovery. Fueling your body before, during, and after exercise with the right foods improves energy levels and supports muscle repair. Maintaining your hydration levels helps to regulate body temperature and aids in recovery. If you are sweating a lot, consuming fluids with electrolytes, in addition to water, is important to ensure proper electrolyte balance. If you have questions about specifics in this area, I recommend consulting your school's athletic trainer or a registered dietitian. Sleep is also crucial for your body's recovery. Healthy sleep habits, such as avoiding screens for 30 minutes prior to sleep, sleeping in a cool and dark room, and avoiding caffeine late in the day, can help promote restorative sleep. Other recovery tools, such as stretching, foam rolling, contrast therapy, massages, and compression boots, may feel good and can help to some extent, but should not replace the essentials of nutrition, hydration, and sleep.

As you prepare for fall sports and activities, make sure that you're building up your activity gradually and prioritizing recovery to give yourself the best chance to enjoy a successful, injury-free season. If you do start to notice abnormal pain or soreness that is not resolving, make sure to consult your school's athletic trainer or your physician sooner rather than later, to try to prevent the pain worsening to a more problematic injury that keeps you out of activity.

That's What She Set
Spike and Dig 2025
Photo by:
Shay Hannigan-Luther



Good 'n Healthy

By Shay Hannigan-Luther

Southwestern Style Quinoa Bowl

- 1/2 c. Quinoa
- 1 c. Corn
- 1 c. Black beans, drained
- 1 med Tomato, diced
- 3 T Red onion, minced
- 1/2 tsp Toasted cumin seeds
- 3 T Lemon juice
- 3 T Fresh cilantro, minced
- 1/2 tsp Salt

Dash of pepper

Instructions: Cook quinoa per packaging instructions and allow to cool.
Mix quinoa, corn, black beans, tomato, and red onion in a large bowl.

Mix remaining ingredients separately to create the dressing. Add dressing to the bowl just prior to serving. Can add more ingredients such as chicken or cucumber if desired.

Upcoming Events

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>

Click a link below to listen to Dr. Fralich's Podcast

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

Do you experience pain and numbness in your hand?

Do you find it difficult to grip objects with your hand?

If so, you may be one of the millions of people suffering from a condition called **carpal tunnel syndrome**, which causes pain and tingling in your hand due to a compressed nerve.

DON'T WAIT ANY LONGER TO GET OUT OF PAIN AND BACK TO LIFE.

Now you can get rapid relief from carpal tunnel pain, recover quickly, and get back to the things you want and need to do. All thanks to carpal tunnel release with ultrasound guidance.

The procedure can be performed using local anesthesia in a procedure room or office setting. Most patients can return to normal activity in 3 to 6 days.^{1,2}



RECOVERY IN DAYS, NOT MONTHS.

We now offer carpal tunnel release with ultrasound guidance.

Call today to see if carpal tunnel release with ultrasound guidance is right for you.

Northwest Sports and Exercise Medicine (509) 703-7866

REFERENCES: 1. Eberlin KR, Amis BP, Barkhögler TP, Dy CJ, Fischer MD, Gluck JL, Kaplan FTD, McDonald TJ, Miller LE, Palmer A, Perry PE, Walker ME, Watt JF. Multicenter randomized trial of carpal tunnel release with ultrasound guidance versus mini-open technique. *Expert Rev Med Devices*. 2023 Jul;20(7):597-605. <https://doi.org/10.1080/17434440.2023.2218548> 2. Pistorio AL, Marwin VM, Peterson PD, Alexander RD, Nelson JT, Miller LM, PhD, PhD. Office-based carpal tunnel release with ultrasound guidance: 6-month outcomes from the multicenter ROBUST trial. *J Hand Surg Glob Online*. Feb 19, 2024. <https://doi.org/10.1016/j.jhsg.2023.12.005>

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