

healthcare perspectives

Dr. Cherinor Sillah, MD, Primary Care Sports Medicine and Prolotherapy & Manual Medicine

Dr. Cherinor Sillah, a Board Certified Family Medicine and Fellowship Trained and Board Certified in Primary Care Sports Medicine, recently joined Albany Arthritis and Orthopaedic.

Dr. Sillah is also trained in Prolotherapy & Manual Medicine. His training and experience provide excellent insight into the causes and treatment of pain management.

Please explain exactly what Sports Medicine is.

Sports medicine specializes in preventing, diagnosing and treating injuries related to participating in sports and/or exercise, specifically the rotation or deformation of joints or muscles caused by engaging in such physical activities.

A sports medicine physician specializes in non operative medical treatment of musculoskeletal sports injuries. Approximately about 90 % of all sports injuries are non surgical. Sports medicine physicians are ideal physicians for non athlete as well and an excellent resources for individual who wants to be active or begin an exercise program.

What are the classifications of Sports Injuries?

Sports injuries can be broadly classified as either traumatic or overuse injuries. Traumatic injuries account for most injuries in contact sports such as Football and Soccer, because of the dynamic and high collision nature of these sports. These injuries range from bruises and muscle strains, to fractures and head injuries.

A bruise or contusion is damage to small blood vessels which causes bleeding within the tissues. A muscle strain is a small tear of muscle fibers and a ligament sprain is a small tear of ligament tissue. The body's response to these sports injuries is the same in the initial five day period immediately following the traumatic incident - inflammation.

What is a concussion?

A concussion occurs when a head injury causes a disruption of brain function. Some concussions are

severe enough to cause unconsciousness, however, the loss of consciousness is not necessary for classification as a concussion. Many times athletes are just dazed. Even minor concussions, though, are serious injuries that must be evaluated and treated correctly.

Dr. Sillah is trained in concussion protocol with high school athletes and is the only physician in this area with this specific training.

What teams in Southwest Georgia does Dr. Sillah work with?

Dr. Sillah is a team physician for Worth County High School, Deerfield Windsor School, Albany High School and, The Wildcats Arena Football Team.



Dr. Sillah is now accepting new patients.

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