



Pearls Editor: Robert E. Sallis, MD

'Pearls' enables sports medicine professionals to share their practical tips for treating patients. We invite you to send your contributions to Pearls Editor, THE PHYSICIAN AND SPORTSMEDICINE, 4530 W 77th St, Minneapolis, MN 55435. Address electronic submissions to psmpearls@mcgraw-hill.com. Illustrations or photos are encouraged. Selected pearls will be published, accompanied by the author's name.



### A 'Suck Sign' of Knee Injury

In the unhappy event of a severe ligament sprain of the knee, pain can be surprisingly minimal, and x-rays can be normal. One sign to observe

Photo: Courtesy of Mary Lloyd Ireland, MD



**Figure 1. A 'suck sign' of severe ligament strain (arrow) is seen with lateral pressure in this football player who suffered a lateral blow.**

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clinically, however, is a "suck sign," in which there is a depression in the skin medial to the distal patella when the leg is extended and lateral pressure is applied to the knee joint (figure 1). This sign occurs because the underlying medial structures are no longer attached to the medial meniscus or bone.

*Mary Lloyd Ireland, MD  
Lexington, Kentucky*



### Video Replay for Injury Assessment

While I was assisting at a wrestling match, my view of an athlete's initial trauma was obscured by a referee. The wrestler was treated and allowed to continue, and later, during a break, I asked a parent who had been videotaping if she could rewind and let me watch the event. The sequence that led to the trauma had been recorded clearly. My advice is to go to the videotape for help with injury assessment.

*John L. D'Andrea, ATC  
Westfield, New Jersey*



### Exercise Don'ts for Pregnant Women

Safety principles for exercise during pregnancy are mostly a matter of

common sense. A realistic goal is to maintain—rather than increase—fitness levels, and most women would certainly think twice about engaging in contact sports. One form of exercise I actively discourage is scuba diving, which has been shown to increase pregnancy loss. Training with heavy weights should also be avoided because of Valsalva's maneuver, which may cause excessive blood pressure increases and dizziness. Care should also be taken, particularly by sedentary women, with exertion at high altitude.

*Raul Artal, MD  
Syracuse, New York*



### Obese Kids' Strong Suit

Although aerobic exercise is often prescribed as part of a weight management program for children, the potential benefits of strength training should not be overlooked. In my experience, obese children enjoy strength training because it is not aerobically taxing, it can significantly increase muscle strength, and the work-to-rest ratio can be altered depending on the needs and goals of each child.

Strength training also gives obese children a chance to shine, as they are often the strongest kids in their class. If one of our goals is to provide obese children with a positive experience in which they feel good about their successes, the potential benefits of appropriately prescribed and competently supervised strength training programs should be considered in these patients. **FSM**

*Avery D. Faigenbaum, EdD, CSCS  
Boston*