

Health and Fitness News

Nonathletes Get Sports Injuries, Too

(NAPSA)—You may never have stepped on a basketball court or taken a morning jog, but you can still wind up with the same kind of injuries many of your athletic neighbors get. These can include painful musculoskeletal conditions such as back pain. You can experience this type of condition as a result of mowing the lawn, raking leaves or playing with your children.

According to Michelle Look, M.D., a board-certified practitioner with the San Diego Sports Medicine & Family Health Center, back pain is the fifth-leading reason patients visit their physician and 15-20 percent of Americans have painful back conditions.

Twenty years ago, the focal point of therapy was to treat an acute musculoskeletal back pain condition with bed rest. Dr. Look points out that the goal of today's therapeutic approach is to get patients to resume their daily activities as quickly as possible.

For many of her patients, Dr. Look prescribes SOMA® (carisoprodol) 250 mg tablets to relieve painful muscle spasms. Patients have had positive experiences with SOMA® 250 mg because it helps them recover from acute, painful musculoskeletal conditions and is well tolerated.

"We see many people who, in their everyday routine, simply overdo it or suddenly encounter an unexpected muscle spasm or strain. Of course this never happens at a



The goal of doctors today when a patient has an acute, painful musculoskeletal condition involving back pain is not bed rest but getting the patient to resume daily activities as soon as possible.

good time because we all lead very busy lives," says Dr. Look. "So we believe getting to your doctor right away, seeking early treatment and continuing exercise are critical aspects of recovery."

To learn more, speak with your health care provider or visit www.sandiegosportsmed.com. More information about SOMA® 250 mg, including full prescribing information, is available on the Web site www.soma250.com or in the United States by calling Meda Pharmaceuticals at (800) 526-3840.

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Note to Editors: Important Information for Consumers:

- SOMA® (carisoprodol) 250 mg is approved for the relief of discomfort associated with acute, painful musculoskeletal conditions such as backache. SOMA should be used for short periods (up to two to three weeks). It has not been shown to work when taken for longer periods.
 - Most common side effects of SOMA include drowsiness, dizziness and headache.
 - Since SOMA may cause drowsiness and/or dizziness in some patients, make sure you know how you respond to SOMA before engaging in potentially hazardous tasks, like driving an automobile or operating machinery.
 - While taking SOMA, avoid alcoholic beverages or other drugs that may make you drowsy or dizzy, such as antihistamines, tranquilizers and sedatives.
 - Make sure your doctor is aware of all the other drugs you may be taking, regardless of whether these are prescription or nonprescription.
 - Only your doctor can tell if SOMA is right for you. SOMA is available by prescription only.
- Please see full prescribing information.
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