



Foot & Ankle Center of Illinois ROCKS with Journey's Jonathan Cain

Football season has arrived and you can bet your bottom dollar that injury reports will explode. This list of injured players will increase as the season progresses. Fantasy Football participants will follow injury reports closely.

We all know that injuries in sports are unavoidable. Some injuries are sustainable, but the absence of a key player usually makes it difficult for a team to rely on substitute players. All NFL football teams have a full complement of physicians, trainers, and therapists who attend all practices and events during the season as well as the off-season. They have the best technology and medical facilities for diagnosis, treatment, and therapy at their disposal to treat and rehabilitate injured players as quickly as possible.

Legendary rock stars are also exposed to injuries on and off stage. Their health and bodies are subjected to high demands due to intense rehearsal and tour schedules that provide infrequent breaks for rest and recovery.

Unlike pro sports teams however, rock stars do not have physicians, trainers, or therapists who travel with them. When injury occurs, they find themselves at the mercy of local practitioners or emergency rooms for care. After treatment, they

must get back on the road and travel to the next venue. Fans are unforgiving and always expect their artists to perform at their peak.

Many rock legends — like Dave Grohl of the Foo Fighters, Eric Clapton, and Journey's Jonathan Cain — have had significant injuries and medical problems during their careers but stopped at nothing to perform. They pushed through hardship, pain, and discomfort. When injury or poor health occurs to a key artist, the band is at risk because they are basically irreplaceable. Bands do not have backups or understudies who can just fill in. Injured or sick members typically perform hurt and gut it out. Performances are rarely cancelled. As they say in show business, "The show must go on!"

When Dave Grohl of Foo Fighters fell into the stage pit in Gutenberg, Sweden in 2015, he lay on his back with a microphone in hand and said, "I think I broke my leg, so you have my promise right now that the Foo Fighters will come back and finish this show!" Not long after the band continued to play without him, Grohl returned on a gurney to finish the concert. The crowd roared and the band members rejoiced at his return. He later had his ankle fracture surgically fixed by his podiatrist.



Extremity MRI



Cutera Genesis Plus Laser

“Injuries are a way of life for musicians, and it’s important to have access to experts who are at the top of their game. Healthy hands and feet are critical to me.”

~Jonathan Cain

Guitar legend Eric Clapton has had multiple health issues during his career. In a BBC interview he opened up about his medical problems and difficulty dealing with hearing loss and tinnitus. Clapton said his hands are not working as well and performing is becoming a challenge. Clapton has had Peripheral Neuropathy (PN) since 2013. This condition causes excessive numbness and shooting pains in his legs and feet. Podiatrists can attest that PN is a difficult problem to man-

age, especially when a person has an advanced condition like Clapton has. Often PN leads to other problems like open wounds, infections, balance problems, and falls. Despite Clapton’s difficulties, he recently released a documentary of his life in 2017 and is currently on tour.

Journey’s keyboardist/songwriter, Jonathan Cain, also had his share of injuries. While playing a concert in Jones Beach, New York in 1996, he had extreme stomach pains in the middle of playing “Lovin’, Touchin’, and Squeezin’.” Cain forced himself to play through the concert, but was carried out on a gurney to an ambulance. When he asked the paramedic what hospital he was going to, the paramedic told him there were two in the area, but he wouldn’t even take his dog to one of them. Settling for the next best option, Cain was rushed to the other hospital and had his appendix removed. The band cancelled the Monday show in Pittsburg, but performed in New York City that Friday. There wasn’t much down time for Cain to recover.

Cain had a severe case of plantar fasciitis (heel pain) during 2015. He called Dr. John Sigle, Central Illinois podiatrist, for advice when he had heel pain.

According to Cain, “Dr. Sigle was spot-on with his diagnosis, and he sent me a night splint, orthotics, cold packs, and rehabilitation instructions in overnight mail. I recovered within three or four weeks and was back playing golf again pain-free.”



Cutting Edge MLS Laser Treatment

When Cain had a couple of horse riding accidents the following year, he called Dr. Sigle to locate laser providers who were nearby. According to Cain, “I am so happy I had laser treatments. I responded very well both times I was injured. Treatments gave me immediate pain relief. I’m convinced they helped me heal and recover much faster.”



pedCAT™ TRUE 3D Weight Bearing CT

According to Cain, “Injuries are a way of life for musicians, and it’s important to have access to experts who are at the top of their game. Healthy hands and feet are critical to me. As I age, it becomes even more important to have someone I trust fully with my foot care. Dr. Sigle’s expertise, diagnostic equipment, and innovative technology are simply the best that I know of anywhere.”

Visit my footandanklecenter.com for information on the Foot & Ankle Center of Illinois. View videos to learn about laser technology and listen to testimonials of patients who have benefited from treatment for sprains, heel pain, arthritis, tendonitis, and Peripheral Neuropathy. Call the Foot & Ankle Center of Illinois/Illinois Laser Center at 217-787-2700 for a consultation with a board-certified podiatrist or chiropractor. In some cases, it may be necessary to ask your primary care provider for a referral. If an emergency situation arises, ask for surgeons who are board-certified in advanced foot and ankle surgery and trauma.