

AUGUST 2008



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Getting YOU back to working, playing & living

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**ORTHOPAEDIC
REHAB
THERAPISTS:**

Jerome Malone, P.T.
Founder/Owner

Back to School & Sports

By Amy Chamberlain, MS, ATC, CSCS

Fall is approaching much faster than we might like to think. A new school year is just weeks away from beginning. And that means fall sports are starting up at all of our local schools. High school athletes hit the fields and courts on August 11th. Some of these athletes are in shape, some have sat on the couch most of the summer. Some athletes will do a good job of hydrating and protecting against the heat; others will not. So, with the beginning of the sports seasons, we will see injuries. The athletes will need quality healthcare in order to get back into practices as quickly as possible.

Jerome Malone, P.T.

as quickly as possible.

Founder/Owner

Kevin Barclay, P.T., A.T.C., S.C.S.
Co-Owner

Most of our area high school athletes will be fortunate enough to receive the care they need from the Certified Athletic Trainers (ATCs) provided by Orthopaedic Rehab Specialists. ORS provides ATCs to 10 area high schools. In recent months, we have added a few new faces to our staff. As you visit our local school for events this school year, you can expect to find these ORS staff members providing care for athletes:

Aaron Holly, PT

Dave Polson, MSPT

Brandon Klump, MSPT, ATC

Emily Klump, DPT

Rebecca Bowman, MSPT

Lisa McCarrell, PT

Kim Cwynar, PT

Erika Gerding, PTA

Susie Huffman, PTA

Betsy Sinkovitz, PTA

Alison Jacokes, PTA, ATC

Angie Fiedler, PTA

Michelle Dominick, PTA

Marko Grbesa, MS, ATC

Jackson High School

Carrie Stevens, ATC

Lumen Christi High School

David Brock, ATC

Northwest High School

Heather Maurey, ATC

Western High School

Rick Sigler, ATC

Michigan Center High School

Christine Stache, ATC

Grass Lake High School

Brandon Payne, MS, ATC

Hanover Horton High School

Jill Koenig, MS, ATC

Vandercook Lake/East Jackson High School

Nick VanBogelen, ATC, CSCS

Columbia Central High School

Other ORS ATCs that you may find helping out at the schools include:

Susan Miller, MS, ATC; Alison Jacokes, ATC, PTA; Brandon Klump, MSPT, ATC; and Amy Chamberlain, MS, ATC, CSCS. All of our ATCs will be doing their best to prevent, assess, and rehabilitate injuries.

To all of our athletes we wish a safe and injury-free season.



Preseason Conditioning

By

Brandon Klump, MSPT, ATC

Summer is often a time when kids spend their days relaxing next to a pool, swimming at the lake, or just hanging out with friends. However, this is the most important time of the year for those of you planning on participating in a sport this fall. This does not mean that all athletes, young and less young, should prepare their bodies for upcoming activities.

Most studies have shown that a higher percentage of injuries occur during practice, especially during the preseason. According to Wayne J. Sebastianelli, MD, "Preseason injury rates are three times more common than during competition." Multiple reasons contribute to this increased rate of injury. First, athletes often have multiple practices per day in order to cram a lot of training into a short period of time. Second, competition for playing time is at a high and many players are trying to prove themselves. Lastly, fatigue plays a central role. It has long been known that general fatigue (lack of rest) and exertional fatigue (tired muscles from long hours of training) decrease the body's ability to control the forces associated with the dynamic activities required during sports competition. It is this lack of control that leads to the increase in injuries. The important question should be, how can I pre-

lack of control that leads to the increase in injuries. The important question should be, how can I prepare myself to limit muscle fatigue?

Just as injuries are a part of sport, so is dealing with muscle fatigue. It is not possible to train to the point where competition does not cause increased fatigue. However, by increasing muscle strength, endurance and flexibility, athletes can minimize the negative effects of overtraining and maximize the positive effects of performance training. This can be accomplished prior to the start of organized practices. Each athlete should begin at a level appropriate for their current fitness level. The athlete should slowly and steadily increase both the duration and intensity of their workouts as their competitive season draws near. It is very important to take into account the specific demands of each sport when designing a program. The training must simulate the physical demands of each sport. A great idea is to ask your coach if they have summer training programs that are a sport or position specific. However, this is not the actual season, therefore adequate rest is very important to ensure the athlete has recovered between difficult workouts and will be able to start the season injury free.

A proper preseason workout regimen will help to prepare the athlete's body for the upcoming season, increase their strength, increase their flexibility, and increase their endurance. A proper program includes: a steady progression of workouts, adequate rest, and proper nutrition. This is often the forgotten step and most often the key to a healthy and enjoyable season.

HEAT EXHAUSTION & HEAT STROKE PREVENTION

Here are some tips for dealing with the heat & warning signs to watch out for:

Warning signs of heat exhaustion

Headache
Heavy sweating
Dizziness
Loss of coordination/fatigue/weakness
Nausea
Hyperventilation
Pale, cool, moist skin
Weak and rapid pulse
Low to normal blood pressure
Intense thirst/loss of appetite

What to do in case of either?

Get to shaded area or cool place

Warning signs of heat stroke

ringing in ears
Stopped sweating
Dizziness
Confusion
Fever over 105- F
Rapid and shallow breathing
Red, hot and dry skin
Rapid heart beat
Either elevated or lowered blood pressure

How to prevent heat illness:

Drink at least 8 glasses of water per day (your body doesn't feel

Cover Individual with damp sheets or
Spray with mist of water

Direct air on to individual

Use ice pack under arm pits, neck & groin

Loosen clothing

GET EMERGENCY MEDICAL HELP

Do not give medication to lower fever

Do not use alcohol rub

per day (your body doesn't feel
thirsty until it is 1 qt. low

Do not exercise during the hottest
part of the day (do early morning
workouts)

Take it easy on days of really hot
weather - get acclimated

Work in shady area if possible

Wear light colored, loose fitting
clothes

Stop to drink/replenish fluids (no
alcohol or caffeine) try Gatorade

Check out our new web site!

www.orsmi.com

TOLL FREE:
877-202-2175

ORTHOPAEDIC REHAB NEWS!



August Employee of the Month:

Katie Angott, CMT

Katie has been a wonderful employee. She is one of our Certified Massage Therapists & Aide at our Page Avenue clinic. Katie always goes above & beyond with the patients and does it with a smile. Her massage clients keep coming back on a routine basis to enjoy relaxation and relieve stress! Katie has decided to relocate to the sunshine state of Arizona & she will definitely be missed.

Best of luck in your new adventure Katie!

August Patient of the Month: *Flossie South-*

August Patient of the Month: Flossie Southworth

“Even with her ups & downs in her recovery process, Flossie has shown admirable dedication and perseverance. She is constantly encouraging the other patients. Her great sense of humor and jokes keep us laughing the whole time she is here for therapy! Here at the Total Joint & Aquatic Center, Flossie is an inspiration to all of us. Keep up the amazing work

ARTICHOCKE BRUSCHETTA by Libby McMillian

- 1-6.5oz. Jar marinated artichoke hearts, drained & chopped
- 1/2 C. grated Romano cheese
- 1/3 C. finely chopped red onion
- 5 T. mayo
- 1 French baguette, cut into 1/3” slices

Mix first four ingredients and spread on bread slices. Broil in preheated oven 2 minutes or until toppings are bubbly and lightly brown. Simple and a crowd pleaser!