

Physical Exertion & Fall Activities

As summer is coming to a close and fall activities are arriving, you may realize that your yard needs a lot of work. Time to rake leaves, move mulch, and prune trees. All of these activities require a lot of physical exertion. If you have not been regularly exercising and using the muscles in your shoulders and back all summer, you may end up with a few aches and pains. Here are some helpful tips to reduce the likelihood of injury.

First, it is always good to do warm up activities before you dive into a heavy job. So before you move large amounts of mulch or jump into raking the entire yard, start with a walk and some stretching, just to get your muscles loosened up. After you have been bending and moving mulch for an hour, take a break or go onto a different activity. Changing activities is just as important in yard work as it is in exercise. Cross training helps to balance out muscles and reduces the risk of injury. Changing activities in the yard will do the same.

So, after moving mulch and bending forward for a while, go to pruning a few trees, getting your arms up over head and doing some back bends. This will help reduce the strain on your back from bending forward repeatedly and keep your discs in your spine happy. After you prune a tree or two, give your arms a break from overhead activities and return to the mulch. Breaking up the pruning into shorter segments of time will save your shoulders from too much overhead strain and help to avoid a rotator cuff injury.

If you do notice that you strained a muscle while doing the yard work, make sure to apply ice for 15 minutes a couple of times that day and the next day. If the pain lingers for more than a couple of days, please see your doctor or contact your therapist for recommendations.

PREP ATHLETES

CONGRATULATIONS

to the September Prep Athletes of the week!

Log onto our website to listen to the ESPN Radio spot at www.orsmi.com

September Week 1:

Kyle Starks, Football, Junior, Northwest High School
Travis Turner, Football, Senior, Columbia Central High School

Thanks to ESPN radio 1450 WIBM and WVFN 730AM The Game with Tim Staudt

September employee of the month:

Jessie Davis

Jessie always has a smile on her face; she's so kind to patients and she never stops working hard.

September patient of the month:

Terry T.

Terry continues to work hard and have a positive attitude despite her struggles the last few months with outside complications. She is always smiling and happy and encourages other patients along the way.

She is a pleasure to work with.



Jessie Davis

September 2011



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Getting YOU back to working,
playing & living!

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WORLD HEART DAY
September 29th, 2011

Congratulations!

Brandon Klump

Brandon was chosen to be our *Healthcare Angel* from Jackson Magazine and community votes.

“well-respected therapist who invests a lot of time in the community”



Brandon Klump (left), Jerry Malone (right)



ORS now has online scheduling!
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CONCUSSIONS IN STUDENT ATHLETES

As summer turns to fall, student athletes will be hitting the fields and courts once again. Coaches have been working throughout the summer to prepare these athletes for their upcoming seasons and will be stepping it up a notch once official practices begin on August 10. They hope that their preparation will lead to a successful season for their teams.

Certified Athletic Trainers (ATCs) work with these coaches on a continuous basis improving their athletes' strength, flexibility, and conditioning in order to prevent injury. For the ATCs, a successful season is keeping their athletes on the field so that they may play to the best of their ability. Unfortunately, despite their best efforts, injuries will occur. Sports often mean contact and contact can mean injury no matter how prepared you are.

If the contact involves the head, the injury may be a concussion. It is estimated that for a football team with 50 players, you can expect to see 4-5 concussions in a season. Concussions also occur quite frequently in soccer and wrestling. We know that athletes will suffer concussions. As healthcare professionals, it is our responsibility to know how to properly handle these brain injuries.

Over the years, there has been considerable disagreement on how to grade the severity of a concussion and how to manage return to play issues. Research from the University of Pittsburgh Medical Center (UPMC) in the last couple of years has gone a long way toward settling some of this disagreement. One thing that we can say with absolute certainty when managing concussion—

athletes should never engage in sports while still experiencing symptoms of concussion.

It is widely accepted that physical exertion can extend the recovery period following concussion. Another key concept that has begun to emerge from the UPMC research is that mental exertion can have the same effect as physical exertion. Mental exertion includes school, reading, video games, computer activities, etc. This concept has lead



to the following proposal for managing concussion in student athletes: Until symptoms resolve, the athlete should avoid physical activity and mental exertion (i.e., school attendance, video games, computer use, text messaging, reading). When the athlete is headache free, try brief periods of reading. Stop if symptoms return. When the athlete is able to tolerate thinking for a couple of hours, try return to school for increasing periods of time.

Consider the following accommodations if needed:

- May need to start later in the day.
- May need rest periods.
- Math and chemistry may need to be avoided.
- Avoid non-core subjects if student can only attend part-time.
- Test-taking
 - If the student is still recovering, results may be poor.
 - Can the test be put off to a later time?
- SAT, ACT should be postponed.
- May need extra time for tests.
- Provide optimal environment for concentration.
- When the athlete is able to tolerate a full day of school, begin low impact physical activity (i.e, walking).
- Increase aerobic activity level.
- Advance to non-contact practice activities.
- Full contact sport activities.
- Any return of symptoms signifies that the athlete is not ready and should take a step back in the treatment protocol.



Managing concussions does not have to be a difficult task. Athletes can fully recover from concussion. We can virtually eliminate the risk of permanent brain damage and death through proper management. The protocol outlined above can be summed up in one statement— If an activity brings on or increases the severity of symptoms, it should be stopped.