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THE PERSONAL TOUCH - April / May 2009

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Heat Safety Guidelines

In June 2009, the **Inter-Association Task Force for Pre-Season Secondary School Athletics Participants** in conjunction with the National Athletic Trainers Association, American College of Sports Medicine, United States Army Research Institute of Environmental Medicine, American Orthopaedic Society for Sports Medicine, American Medical Society for Sports Medicine, American Academy of Pediatrics, National Strength and Conditioning Association and the Gatorade Sports Science Institute, issued a consensus statement on **Preseason Heat-Acclimatization Guidelines for Secondary School Athletes**.

This consensus statement was developed to help athletic programs recognize and understand the threat posed by athletic exertion on warm or hot days, and encourage them to take the needed steps to properly acclimatize student athletes prior to starting full scale practices.

The guidelines were developed in response to concern over the number of deaths of high school athletes during what are the hottest days of summer. According to the Annual Survey of Football Injury Research there have been 29 prep football player deaths since 1995 and in 2008, there were 4 heat-stroke deaths at the high school level and 2 at the college level. Unlike colleges that follow procedures set forth by the NCAA, high schools are guided by individual state policies. Douglas Casa, PhD, co-chairman of the Task Force, says there are probably 30 different sets of guidelines in the 50 states, and some states have none at all.

The consensus statement includes a list of 7 key recommendations for a 14-day heat-acclimatization period prior to the start of full athletic participation in all secondary school athletic programs, not just football.

Task Force Guidelines

1. During the first 5 days of the acclimatization period, athletes may not participate in more than 1 practice per day.
2. If a practice is interrupted by inclement weather of heat restrictions, the practice should recommence once conditions are deemed safe. Total practice time should not exceed 3 hours in any 1 day.

3. A 1-hour maximum walk-through is permitted during days 1-5 of the acclimatization period. However a 3-hour recovery period should be inserted between the practice and walk-through (or vice versa).
4. During days 1-2 of the acclimatization period, in sports requiring helmets or shoulder pads, a helmet should be the only protective equipment permitted. During days 3-5, only helmets and shoulder pads should be worn. Beginning on day 6, all protective equipment may be worn and full contact may begin.
 - A. Football only: On days 3-5, contact with blocking sleds and tackling dummies may be initiated.
 - B. Full-contact sports: 100% live contact drills should begin no earlier than day 6.
5. Beginning no earlier than day 6 and continuing through day 14, double-practice days must be followed by a single-practice day. On single-practice days, 1 walk-through is permitted, separated from the practice by at least 3 hours of continuous rest. When a double-practice day is followed by a day of rest, another double-practice day is permitted after the rest day.
6. On a double-practice day, neither practice should exceed 3 hours in duration, nor should any student-athletes participate in more than 5 total hours of practice. Warm-up, stretching, cool-down, walk-through, conditioning and weight-room activities are included as part of the practice time. The two practices should be separated by at least 3 continuous hours in a cool environment.
7. Because the risk of exertional heat illness during the preseason heat-acclimatization period is high, it is strongly recommended that an Athletic Trainer be on site before, during and after all practices.

For more information on these guidelines, please visit our website where it can be found under the Treatment and Prevention section.



Brooke White



Gloria Nelson



Stacy Upton



Laurel Grady



Faith Corpron

Stretch of the Month: Hamstring

Our stretch of the month is one to help to relieve your tight hamstrings and could even help to bring some relief to other common ailments like low back pain and knee pain.

This stretch can be done from the comfort of your office chair, dinner table or even a stump in the woods.

First thing is to sit tall in your chair and prop your heel up on a foot rest like an ottoman, file cabinet drawer or if nothing else is available, the floor or ground. Whatever you are using, it should be lower than the chair you are sitting in.

Without bending your knee and without pushing down on your knee forcing it into hyperextension, bend forward at your hips until you feel a stretch in the back of your thigh. You should also keep your back straight. While performing this stretch remember those words of wisdom that your mother always said, "No Slouching!"

Hold this position for 30—60 seconds and repeat 3 times on each leg.

For pictures of this stretch being performed correctly, please visit our website under the SPORT Tip tab.

"Age Old" Exercise Considerations

It doesn't matter whether you consider yourself an athlete or not, physical activity has been a part of your life one way or another. However, as we get older, you may notice that your body just does not move the way it used to. That's because as we age, the physiological changes that our bodies go through can decrease our physical performance and leave us more susceptible to injury.

Does this mean we should stop exercising and doing the things we love? Absolutely not. Even if you were not a big athlete in your youth, a regular exercise program can help prevent some of the health complications that come with aging.

There are some health considerations for adults to keep in mind as we age.

Of all the organ systems, the cardiovascular system has the most severe risks. Often, these risks are due to disuse and physical inactivity, not to the process of aging. Regular moderate-level physical activity provides a protective effect for cardiovascular disease. Even if you think vigorous exercise seems unappealing or even dangerous, walking regularly 3

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Pelvic Floor: The Other Core

From the pelvic bone to the tail bone (coccyx) runs a series of muscles that form a bowl shaped area called the pelvic floor. The pelvic floor muscles function to support the abdominal and pelvic organs.

Just like any other muscle group in the body, the pelvic floor muscles are prone to injury, soreness and weakness which will result in improper functioning.

Women are commonly taught (most of the time incorrectly) to contract to their pelvic floor muscles with the use of Kegel exercises. However, women are not alone in pelvic floor dysfunction.

Research has shown that support related pelvic floor dysfunction is related to abdominal muscle impairments and also related to conditions that increase the intra-abdominal pressure (i.e., resistive upper extremity movements, pregnancy, and chronic coughing). Therefore, men also need to be aware of the

pelvic floor musculature and might benefit from the strengthening of this area of the body. Especially if he has a medical history that includes prostate surgery, stroke, Parkinson's disease, urinary retention, or constipation. Also if heavy weight lifting is a common activity, the pelvic floor muscles could be at risk for weakening.

Please refer to our website for exercises that can be performed to strengthen the pelvic floor musculature. As with starting any new exercise program, professional guidance might be needed to ensure that proper mechanics and recruitment of the correct muscles is occurring with the exercises. Independent Kegel exercises or similar pelvic floor exercises to treat stress urinary incontinence and other pelvic floor dysfunctions have been shown to be less effective than performing in combination with biofeedback or with supervised guidance from a professional, such as a physical therapist.

READERS, MAY I HAVE YOUR ATTENTION PLEASE!!!

If you would like to continue receiving our newsletter then you must take action now! Log onto our web site and sign up for our e-newsletter. If you are like Scott and are technology deficient or just like the feel of our publication in your hand and want to continue receiving it via the US mail, then you will need to call SPORT Center at 406-862-9372 and let us know to keep sending it to you. Unless you sign up or call, you will not receive our newsletter after our October/November edition.

Exercise of the Month: Stool Scoots

This editions exercise of the month is one that can be performed with an item that can be found at work or even near your home computer.

All you need it a chair that has wheels and you are ready to roll...

To perform this exercise you will want to sit more toward the front of the chair but not so far that you are sitting on the edge of your seat, this is not an action or suspense movie.

While sitting upright and with good posture (again with the mom reference), begin "walking" by placing one foot in front of the other. Your heel should strike the floor first and then pull your body/chair forward until your foot is slightly under your chair.

Then reach out with your other foot and repeat this until you feel a good "burn" in the back of your thigh.

Some important points to this exercise are; 1. Maintain a good upright posture, 2. strike the floor with the heel of your foot, not your toe, 3. Utilize a full range of motion of your knee. Reach out until your knee is nearly straight and pull until your foot is slightly under the chair. 4. If you are unable to perform this exercise single legged then use both at the same time and progress to using only one.

To see pictures of this exercise being performed properly, please visit our website under the SPORT tip tab.

Exercise—continued from page 2

times a week for at least 20 minutes has shown to promote weight loss and improved cardio-respiratory fitness among individuals of all ages.

For those who are already exercising regularly, the most common problem is musculoskeletal injury rather than cardiovascular collapse. Individuals with any type of musculoskeletal problem should be cautious of aggravating their injury, but should not stop regular exercise altogether. For example, the degree of pain and/or disability associated with osteoarthritis can be reduced with regular activity of the affected joint or joints.

Because of the decrease in muscle quality associated with aging, individuals over the age of 60 may find the volume and intensity of their exercise training to be noticeably reduced. The training strategies for these individuals should include 1) maintaining higher-intensity training through the use of interval training, 2) allowing much more recovery time between hard training sessions, 3) and resistance training to preserve muscle mass. Strength training, especially in the elderly, has proven to slow down the natural course of muscle wasting and osteoporosis.

Having a regular exercise program in your older years can add vitality to your life. If you have been inactive for some time, see your physician before starting an exercise program. If you already are on an exercise program and are looking for ways to optimize your routine, heal from an injury, or prevent further injuries, consult Mike, Ben, Scott or Emily at 406-862-9372.

Ski Conditioning Classes Oct. 5—Dec. 4

Yes, that's right. You read that headline correctly. It's not a misprint. We know it's tough to start thinking about ski conditioning this early, but we have good reason to mention it now. That's because by the time you get the next edition of our newsletter, the classes will have already started.

With that said, let us enlighten you to what is being planned.

Flathead Performance Training is pleased to offer their 3rd Annual Ski and Snowboarding Conditioning Classes. This year they will be adding an Advanced level class for those wanting more of a challenge and a harder workout.

The Intermediate level class will be held on Tuesday and Thursday evenings from 6:00 until 7:30 PM while the Advanced level class will be held on Monday, Wednesday and Friday evenings from 6:00 until 7:30 PM. There will be no

classes during the week of Thanksgiving.

This class is a fast paced class that combines cardiovascular exercise with circuit training that works on lower body, upper body and core strength and endurance. The classes are perfect for individuals of all ages and abilities and are fun and rewarding.

Intermediate Class - \$150; 2 sessions per week for 8 weeks
Advanced Class - \$225; 3 sessions per week for 8 weeks

Each participant will receive a workout shirt, water bottle and a special deal from Valhalla Adventures; buy one spot, and get one spot free for the upcoming season.

Contact Flathead Performance Training at 862-8250 or by e-mail at mike@whitefishsportcenter.com for more information and to register.

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Jump On The Bandwagon
and sign up for our
e-newsletter.

Janice, Merry Lynn and
Aimee did and all won a
\$100 gift certificate for
SPORT Center services or
merchandise!

Inside this edition: Newsletter News, Hamstrings, and the “Other Core”

Meet Emily Smith, DPT



You may have seen me around Whitefish last summer when I was a student, working on one of my clinical rotations. I'm back now as a full-time PT, and really looking forward to working with patients again and being in this beautiful area!

I was born and raised in the small farming town of Litchfield, Illinois. I grew up with two brothers – one older, one younger. During the school year we stayed in Illinois, but took advantage of every chance that we could to get out and see the rest of the country. I spent many a summer vacation on the beach in California and enjoyed winter and spring breaks in Colorado and Utah on the ski slopes and hiking trails.

After graduating high school, I went to the University of Illinois at Urbana-Champaign. While there I received my BS in kinesiology, and then went on to Washington University in St. Louis to pursue my Doctorate of Physical Therapy degree. While at Washington University, I had the opportunities to travel to Denver, CO and Whitefish for two of my clinicals. I decided that near the mountains was where I wanted to be, and ended up taking a position here at SPORT Center. I feel very privileged to be working in such a wonderful clinic among such great therapists.

I continue to try and take every opportunity to be outdoors. I'm a skier, a mountain biker, a road biker, a hiker, and a paddler. I'm sure I'll be adding to my repertoire as I continue to live here, and hopefully I'll be seeing you all out there as well!