



Health & Fitness

The Magazine About Your Health and Caring for Your Body

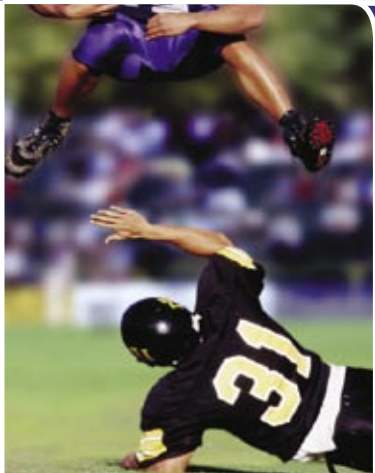
Issue 5

PERSONAL MESSAGE

the Prevention and Treatment of Sports Injuries

Building and Re-Building Athletic Performance

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When I treat an athletic injury or assist anyone in building a complete training program for improving athletic performance, I really take a close look at one major factor within the program design. I want to make sure that whatever we do, the exercises and training activities look like and function like the sport or activity that the athlete will be performing. This may seem like a simple concept, but all too often training and exercise programs are not sport or movement specific. More specifically, I mean that many exercise and training activities end up being exercises that train muscles rather than training the movements required to perform athletics. Additionally, many rehabilitation and training routines can overlook a few key training components in preventing injuries and preparing any athlete for the physical demands that each sport can place on the body.

The most important return to sport factors, beyond of course acute injury care for swelling and pain control, are related to whether or not the athlete can quickly and safely stop motion of the body in any direction. This is probably the most overlooked aspect of athletic performance training and or return to sport after injury. Some good examples of this concept is whether or not an athlete can land from a jump, quickly stop after running full speed or throw a ball without pain and not feel like their arm is coming off at the shoulder. A complete training program will include

simple body weight exercises that require the athlete to safely and efficiently land from a jump, stop, start and change the body's motion and direction without pain or compensation.

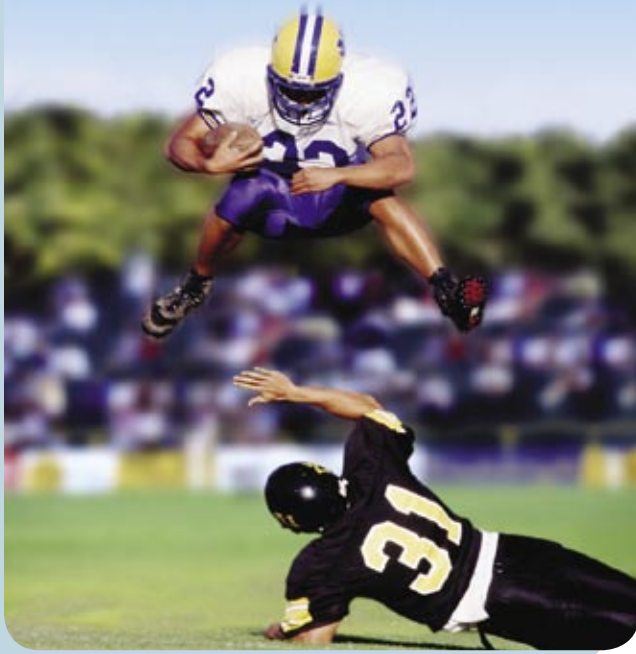
Other very important treatment and sports conditioning components include a delicate balance between flexibility, strength, posture and balance activities. When speaking of balance I am not just talking about staying upright or balancing on one leg. I am also referring to balance from the right to left and the front to back side of your body, balancing out your strengths and weakness and finally, balancing your training or rehabilitation routine between what types of activities you do and how you do them. Please read on in this newsletter to find out some simple training tips that can better prepare you for a safe return to a sport or recreational activity or even enhance your current level of performance!



Bruce Snell—Owner, NW Sports Physical Therapy

Sports Injury Prevention

Coming in for the landing!



“If the inflammation goes unchecked the situation can deteriorate to the point where surgery is needed to remove calcium deposits that can develop in the tendon, to remove the inflamed tissue around the tendon or to stabilize the joint.”

The majority of non-contact injuries in athletes occur as these athletes are trying to stop! No matter how “fast” an athlete might be, the athlete is only as safe as their ability to efficiently stop. A good analogy would be that you would not want to drive a really fast car that did not have good brakes, would you? Unfortunately, a major emphasis in athletics has been on generating force, improving speed and explosiveness, with little emphasis at all on reducing force, stopping or landing! In the midst of an epidemic of non-contact injuries, it should make sense to do whatever we can to prevent injury.

Here are some suggested activities that athletes and coaches can implement into their existing training programs to emphasize force reduction and improve the athlete’s

ability to become a better shock absorber. One could equate this type of training to building a spring. In essence, the better you can absorb shock, the more safe and effective you can become. The following activities can easily be used as warm-up and altered to be sport specific training activities.

1. Start with form run activities such as: double and single arm skipping, high knee runs, butt kickers, cross over runs, and a lunge walk. Cover a distance of 30 to 40 yards with each activity.
2. Jumping rope is another simple activity with nice results. Start jumping rope with double leg touches and progress to single, with the emphasis on a tall posture and very light touch.

3. A series of double and single leg hops (straight up and down, side to side or front to back). Start with the double leg hops then progress to single leg hops. 20 reps of each is good number for each movement. Remember to stress a soft full-foot landing (toe to heel) with good control. Stick the landing and keep it quiet, no pounding on the ground!

4. Stopping is the next skill to

train. Assigning a stopping point to all your footwork or conditioning drills easily accomplishes this. We like to place a cone on the ground about 10 to 15 yards beyond where the drill ends, instructing the athlete to sprint out and stop on the cone. Emphasize a smooth, quiet stop, and lowering of your hips as you stop.

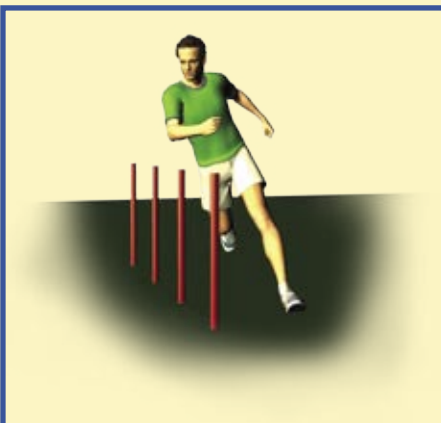
5. Finally, make sure you work change of direction activities

into your training and conditioning. Very few sports require purely straight ahead activities so you really need to change directions frequently and make your training look like the game!

These simple activities will help reduce the forces that cause injury, improve you or your athlete's performance, while building sport specific strength.

Tips and Tricks

TRAINING TIPS!!



Simple to Complex

Learn movement skills before sport skills!

Train Movements Not Muscles

Focus on big coordinated movements vs. isolating muscles!



Force Reduction Before Force Production

Learn how to stop and land!

Core Strength Before Extremity Strength

Develop the "go muscles" before the "show muscles"!



FAQ

How do I know if I am ready to safely return to training or competition following a sports related injury?

One of the best ways to know if you are ready to return to a sports activity is through functional testing of your physical performance in a controlled setting. A physical therapist and or athletic trainer can take you through a series of sport specific tests to make sure you are ready to return. They will look for signs of pain, weakness compensation or reduced performance when testing the injured side and comparing it against the uninjured side. You should put through a series of sport and movement specific tests and be able to perform them without noticeable pain or compensation.

How long will it take for my “pulled muscle” to heal?

Typically it takes 4-6 weeks for a mild to moderate strain or “pulled muscle” to heal but it takes much longer if the muscle is completely torn. You can begin rehabilitation

right away after a muscle injury and may feel much better within the first few weeks but the tissues really need about 6 weeks to adequately begin the rebuilding process. Keep in mind that the healing of the muscle tissue and “taking time off” does not take the place of strengthening and alternate training activities needed to fully recover. You will need to exercise and remain active at the same time that the injured muscle is healing. We call it “active rest” or “active recovery”.

Should I use heat or ice after my injury or during my rehabilitation?

When in doubt use “ICE”. Ice is always used for the first 48-72 hour after an injury and then heat may be used if the swelling and localized internal bleeding of the area is well under control and not still warm to the touch. Heat may be used during your recovery as a “warming up” agent prior to activity to get the blood flowing but always use ice after activity or when you are just not sure which to use.

Would you or your athlete benefit from a performance training program??

Take this simple test...

| YES | NO | |
|--------------------------|--------------------------|-----------------------------------------------------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | Are you a frequently injured athlete? |
| <input type="checkbox"/> | <input type="checkbox"/> | Would you like to be more athletic? |
| <input type="checkbox"/> | <input type="checkbox"/> | Would improved speed provide you playing opportunities? |
| <input type="checkbox"/> | <input type="checkbox"/> | Would improved lateral speed and agility provide you playing opportunities? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you lack confidence on the playing field? |
| <input type="checkbox"/> | <input type="checkbox"/> | Would you like to have more control over your athletic future? |

Results:

If you have answered yes to any of these questions, you should contact a performance specialist.





Featured Physical Therapist

David Andrews, ATC

David has been with Northwest Sports PT for 18 years. He started out as Director of Athletic Training and worked up to Clinic Manager overseeing the five clinics we have in our Family. Growing up in Belfair WA, he was an athlete and decided to continue that passion for sports and medicine instead of going into Teaching. He has a BS from Washington State University with Athletic Training as his career.

It all began as a freshman in college. He was a walk-on for the WSU baseball team and met the athletic trainer there. As a result, he chose to pursue a major in the Sports Medicine field. After graduating, he took a job in Fresno, CA for a year to study for his boards and continue learning the business of physical therapy and meshing that with athletic training. After a year in California, he came back to the Northwest to work at Virginia Mason Sports Medicine in downtown Seattle. This led to meeting Bruce

Snell at a professional tennis tournament where they discussed David taking over the Tacoma Stars Indoor Pro Soccer team. This was in 1989 and he became head trainer for the Stars and worked for NW Sports Physical Therapy.

While with the Stars Bruce and Dave were introduced to the US Soccer Federation. David has been involved with the US Men's National Teams for 15 years. During this time he has seen most of the world and had the opportunity to experience the best soccer in the world. He has been on every Continent except Antarctica. He picked up the Seattle Sounders in 1994 and ended up winning two Championships with them. Thanks to soccer, he was able to continue to work in the NW Sports Physical Therapy clinic and with the Pro teams while traveling the world.

Dave moved from Kent, WA to Gig Harbor in 2002. He became the head trainer for Gig Harbor High School while being selected to be part of the US Men's National Soccer Team. He was blessed to attend two World Cups with the US team, to Korea ('02) and Germany ('06). He continues to work in the clinic and at the high school while still enjoying the opportunity to travel with the Men's National Team.

David has been married to his wife, Jeanna, for 20 years. He has two beautiful daughters that attend Gig Harbor High School, where both are very athletic and academically successful.

What's happening at our family of clinics....

Tacoma Clinic:

Troy joins Gig Harbor colleague Bruce Snell as one of only 16 Board Certified Sports Clinical Specialists in state of Washington. He will be celebrating by running the Portland Marathon on Oct. 1st, with his wife Tara.

Laura is now one of 150 Board Certified Orthopaedic Clinical Specialist in the state of Washington.

Candace will be walking in an AIDS WALK on Sept. 1st in honor of two family members and friends who are affected by HIV. She is also walking for the many children in Africa who are affected by this disease.

Women's Clinic:

NW Women's Physical Therapy sponsored our first annual Stroll for Strong Bones; a walk to raise money and awareness for osteoporosis. Thanks to those in the community that joined in our efforts.

NW Sports Physical Therapy and NW Women's Physical Therapy would like to welcome Lindsay Belcher to our family. She is a recent graduate of University of Puget Sound. She spends her time split between the Women's clinic and our Tacoma office.

Anna T. is currently in training to run the Seattle Marathon on Nov. 26th. She also finished in the top 10 for women in the Sound to Narrows 12k in June.

Gig Harbor Clinic: (4411 Point Fosdick Drive)

Patient Appreciation "Octoberfest" to be held on October 13, 2006 from 6-8pm

Food, Fun and Festivities. **-Door Prizes-** All current and former patients are welcomed.

Please RSVP with number attending to 253-851-7472.

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NW SPORTS
 PHYSICAL THERAPY, INC.

Caring about *you* is our business at **NW Sports Physical Therapy, Inc.** Our Tacoma and Gig Harbor clinics provide physical therapy for a wide variety of conditions. We use a number of methods to decrease your pain, improve your mobility and make you stronger, healthier and happier.

The feeling you get here is one of caring, helpful staff in a friendly environment, assisting you in your desire to become more active or return to work or play.

NW Sports Physical Therapy, Inc. also has two other clinics which focus on

specific areas of concern. First, **NW Hand Therapy** specializes in the treatment of hand, wrist, elbow and shoulder problems. We have three occupational therapists who are also Certified Hand Specialists to serve your needs.

Second is our newest specialty area, **NW Women's Physical Therapy.** This clinic is dedicated exclusively to women's health and wellness. We have the ability to care for issues specific to women, in a warm, friendly environment. Our experienced therapists treat issues such as bladder and bowel incontinence, osteoporosis, pelvic floor pain and fibromyalgia.

WE CARE ABOUT YOU!

Call us today for a FREE consultation at

NW Sports Physical Therapy, Inc
 Gig Harbor (253) 851-7472
 Tacoma (253) 428-8292

NW Hand Therapy
 Gig Harbor (253) 851-7472
 Tacoma (253) 428-8292

NW Women's Physical Therapy
 (253) 851-7277
www.nwsportspt.com

INSIDE
the Prevention
and Treatment of Sports Injuries
 Building and Re-Building Athletic Performance

NW Sports Physical Therapy
 4411 Pt. Fosdick Dr., Suite 101
 Gig Harbor, WA 98335

1112 6th Avenue, Suite 301
 Tacoma, WA 98405

NW Hand Therapy
 1624 South "I" Street, Suite 301
 Tacoma, WA 98405

NW Women's Physical Therapy
 6712 Kimball Drive, Suite 101
 Gig Harbor, WA 98335

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