

Inquiring athletes want to know...



“What can I do to stay healthy and prevent injury?”

Provided by:



PSPN is proud partners with NCYS
(National Council of Youth Sports)!



Specifically, how can I prevent overuse of muscles?

Melissa Walls, Doctor of Physical Therapy at South County Physical Therapy & Pilates in Rancho Santa Margarita, California, suggests the following:

- **Warm-up and Warm-Down** properly. Newest research points to dynamic stretching as a warm-up and static stretching as part of your cool down.
- **Begin training in preseason** with a slow ramp-up of activity, so that your muscles will have time to adapt. Injuries that occur at the beginning of the season can be very difficult to heal because of the inability to rest during the season.
- **Incorporate strength and endurance training for all supporting muscle groups**, not just the major movers. For example, throwing athletes should be involved in scapular (shoulder blade) stabilization programs in addition to rotator cuff training.
- **Strengthen your core.** It is the first group of muscles to “turn on” with any movement.
- **Emphasize form, not load.** The athlete must demonstrate appropriate technique to benefit from any training. Improper form usually signals the demand of the activity is greater than the athlete’s ability and may reveal muscular weakness, and therefore should be modified.
- **Remember every athlete is different and their abilities are different.** Training may need to be more individualized.
- **Listen to your body!** If you are experiencing muscular pain, tightness or fatigue, take it seriously!



SUCCESS



Left Picture: Kori Carter (middle) Right: Kori Carter

Kori Carter, a senior at a high school in Claremont, California, is the 2-time defending 300-meter hurdles California state champion.

Recently, she won the High School Indoor National 60-meter hurdle championships in Boston!

In an effort to prevent any potential hamstring problems, her coach, Richard Holmes, visited SportsPros Physical Therapy/Personal Training Center in Claremont, CA, and consulted with Guillermo Escalante, President, and Dee Tipton, Director of Physical Therapy, and they put together a successful program consisting of functional/dynamic warm-up, periodized running/hurdle program, strengthening of her hamstrings, and weekly soft tissue mobilization and hamstring stretching.

Kori is looking to repeat her efforts at Stanford University where she has received a full scholarship!

Way to go, Kori!

MUSCLE POWER

Written by Yvette Flores, Physical Therapist and Owner of Physical Therapy Solutions in Santa Monica, California, and Rene Abreu M.S., CSCS, PES, ACSM, Director of Adolescent Youth Sports Rehab and Injury Prevention, Physical Therapy Solutions

Strengthening the key muscles that allow for agility and stability of the body is the key to minimizing injury in youth and adolescent sports. It is important to realize that a list of exercises is not a magic bullet for preventing injury. Everything depends on correct form and good technique if great results are the goal. The form and technique in exercises and drills are what determines if your training helps make you faster, better and less prone to injury in your sport.

Basic Solutions to Common Overuse Injuries are:

1. Balancing back strength with chest strength
2. Balancing hamstring strength and flexibility
3. Strengthening knee stabilizers for explosive footwork and rapid change of direction needed in sports
4. Strengthening ankle stabilizers for prevention of ankle sprain
5. Balancing strength and flexibility of the shoulder complex
6. Strengthening various abdominal and low back muscles for better communication between the upper and lower body

Go ahead! Pump it up!



**Want to become the best you can be at your chosen sport, and prevent injuries?
Enroll in a Sports Enhancement/Injury Prevention program using one of our PSPN providers!**

What is PSPN?

PSPN (Preferred Sports Provider Network) is a network of contracted physical therapy practices throughout the country who offer Sports Enhancement services at a discount. PSPN* was created to bring awareness to the proactive athletic services our physical therapy practices provide. Not only do they provide injury and illness rehabilitation, they are also experts in strength, flexibility and agility improvement and injury prevention. Our providers have years of training and are truly the most experienced in providing quality preventive and sports fitness services.

Strive for Athletic Excellence

Enroll in a Sports Enhancement Program using one of PSPN's network providers. Whether you want to improve your golf game, RBI, rushing yards, or any other sport, PSPN's network of providers can help enhance your sports performance and prevent injury. Our contracted physical therapy clinics offering sports enhancement programs have gone through rigorous credentialing and meet stringent quality standards. Their programs help athletes and those striving to increase their physical ability to become stronger and perform better, and at a discounted rate.

Why use a PSPN Provider?

- PSPN providers are located within physical therapy clinics, and are highly trained Physical Therapists or Certified Athletic Trainers.
- On average, PSPN providers charge significantly lower than Athletic Training facilities.
- In addition, PSPN providers offer a 10% discount off of their already affordable prices.

*PSPN is a service of PREFERRED Therapy Providers, Inc., the largest rehabilitation network of its kind, representing private practice physical, occupational, and speech therapists throughout the country by contracting on their behalf with PPOs, Health Plans, and Third Party Payers.

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Become stronger.
And stay healthy.**

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