

# PSPN Sports and Health Report

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## PSPN wishes you a very Happy, Safe and Successful 2011!

### Top 5 Factors for All Athletes to Perform at their Best

By Chuck Herron, On the Mend On the Move Physical Therapy in Mesa, Arizona

When we compete, regardless of our sport or level, we all want to be competitive and do our very BEST! To do this there are 5 things that we need to keep in mind so that our bodies and minds are ready for training and competition to become the very BEST that we can become.

**We all Need Rest** - Rest is one of the most important ways for our bodies to recover from a workout. Getting a solid 8 hours of sleep allows our body to not only rest but to also repair itself. When we workout, we are actually tear our body down and when we recover we get stronger. This is why when we lift weights or run we feel sore the next day. If you are not getting the amount of rest your body needs, then it will not recover completely from a workout and you will not get all of the benefits from it.

**Drink Plenty of Water** - We all know that water makes up the majority of our body. Water helps our blood flow which helps nutrients get to the areas of the body that need it and takes away the wastes in our body. As we know, water helps keep us cool when we are exerting ourselves. Also, we need to ensure that we "pre-hydrate" the day before an activity and not just the day of. Our body needs time to get it into our system and we need to drink the water the day before a highly exertive activity like a soccer, football or a basketball game. Finally, the best product to hydrate our body is WATER!!! Not soda, coffee, or iced tea, or for the adults out there, "age-appropriate beverages." Stick to just drinking water and you will be well-hydrated.

**Warm Up** - Regardless if you are a professional athlete or a weekend warrior, you need to warm up. The number one injury to all athletes is pulled or strained muscles. Most often this can be avoided by properly warming your body up and properly stretching. We have to remember that our muscles are similar to rubber bands. Warm rubber bands will stretch a great distance and then come back to their original shape. Cold rubber bands will stretch less and then start to crack and break. Depending on your athletic level a slow jog or a walk should help your body warm up. If you have had an injury, know that it may take you a little longer to warm up than others you are competing with or against so plan accordingly.

**Start Slow** - When you have been away from a sport or any activity for a while it is important to start slow. All of us need to make sure we use good technique even if we are doing something as simple as jogging. If we have been participating in a sport for awhile, our body will quickly remember many of the activities because of muscle memory. If on the other hand you have only been playing a sport for a short time, or took a break and then came back to it, the smart thing to do is to ease yourself back into it to decrease the possibility of injury. This is why when starting a new season coaches always start with the basics!

**Get a Yearly Physical** - It is always important for you to know that physical condition your body is in before starting any new activity. A short 30 minute doctor's visit will let you know if there are activities that you should avoid or if activity is just what the doctor ordered.

Questions on this article? Please call Chuck Herron at On the Mend On the Move Physical Therapy at 480-354-2911, or call PSPN at 1-866-360-PSPN (7776).

### What Should You Do When a Player Faints During a Practice?

By Jeff Pottenger, Physical Therapist and owner of South San Physical Therapy in San Antonio, Texas

Fainting is a sudden loss of consciousness that is not caused by a head trauma [note: unconsciousness caused by head trauma is called a concussion]. Fainting occurs when the brain is not supplied with enough oxygen or energy. According to [medmedicine.com](http://medmedicine.com) (accessed 1-24-11), this is usually caused by a temporary decrease in the brain's blood flow that results from a change in the heart rhythm. There are a lot of reasons that can explain why a child faints. Some are scary and some not so scary. Untrained individuals will not be able to figure out what the cause is. For this reason, Dr Jorge Gomez told physical therapists and athletic trainers gathered at the 2011 University of Texas, San Antonio, Sports Medicine Symposium, that children who faint should not be allowed to return to play until they are given a medical examination. So, when a young athlete faints; what needs to be done? First, the athlete should be placed in the supine position with the legs elevated. Then, allow the athlete to regain consciousness. While this is taking place check the athlete's airway and look for a pulse. If the athlete is not breathing or there is no pulse; start CPR and activate the emergency medical system. If the athlete regains consciousness as expected, then move him (or her) to a cool (temperature) place and provide water and carbohydrates as needed. Do not let the athlete return to competition until cleared by a physician.

Questions on this article? Please call Jeff Pottenger at South San Physical Therapy at 210-921-1599, or call PSPN at 1-866-360-PSPN (7776).

## Success Stories

PSPN Providers Making a Difference in the Lives of Athletes

- Check out the video in this link for an impressive success story that chronicles the treatment and progression of an injured football player, and the effectiveness of the physical therapy and athletic training program he received from [Physical Therapy Solutions in Santa Monica, California](http://bodytherapysolutions.com/adolescentsport.shtml): <http://bodytherapysolutions.com/adolescentsport.shtml>. Physical Therapy Solutions is owned by Yvette Flores, DPT, and Rene Abreu, M.S., CSCS, PES, ACSM is the Director of Adolescent Youth Sports Rehab and Injury Prevention.

Congratulations to Physical Therapy Solutions!

- Michael and Magda Sedra, owners of [SpectraCare in Fort Lauderdale, Florida](http://www.sun-sentinel.com/health/fl-nick-williams-walking-20101222_0_5253345.story), have had the opportunity to make an impact on a local athlete's life and recovery. Nick Williams, a Cardinal Gibbons volleyball player, was paralyzed in a car accident but has been making some steps towards recovery that have touched all of those around him. Check out the story online at [http://www.sun-sentinel.com/health/fl-nick-williams-walking-20101222\\_0\\_5253345.story](http://www.sun-sentinel.com/health/fl-nick-williams-walking-20101222_0_5253345.story).

Way to go, SpectraCare!

### Cheerleaders Deal with Athletic Injuries through Physical Therapy and Strengthening Exercises

By Jennifer Meyer, BenchMark Physical Therapy in Chattanooga, Tennessee

For the young female athletes who study competitive cheerleading and dance at Rah! Spirit, the largest cheerleading and dance training center in Chattanooga, Tenn., they live for the moment when they step in front of the crowd to begin a routine. Unfortunately, this passion can often lead to injuries and force a cheerleader to lose weeks or even months of important time in preparation for a competition.

Such was the case for two of Rah!'s cheerleaders – Breanne Johnson and Logan Kelley. Johnson began cheering at age eight by joining United Cheerleading, and since then has gone on to cheer as an all-star competitive cheerleader and also be selected as one of only 12 members of the Tennessee All State Cheerleading Squad. During her cheerleading career, Johnson has dealt with a hamstring pull, which is a tear in one or more of the hamstring muscles and a sprained knee. After four weeks of therapy at the BenchMark Physical Therapy clinic in Soddy Daisy, Tenn., she experienced a full recovery from the injury. Following her knee injury, which required surgery to repair and caused her to lose three months of practice time, she had only two physical therapy appointments before being released to continue on to her competitive cheerleading dreams.



Breanne Johnson

For Kelley, several injuries have also set her back, including an ankle sprain and a wrist fracture. Kelley attended six weeks of physical therapy at BenchMark in Hixson, Tenn., and was released feeling even better than before.

"I was a little unsure how much it would hurt or if I would lose confidence in my strength because of the injury, but my therapist was awesome," said Kelley about her physical therapy experience. "They made me work hard, but they also made the therapy like exercises I actually do at my cheer gym."

Sitting on the sidelines and losing valuable practice time while they were injured was not something either of these girls could accept, and their hard work and dedication to physical therapy exercises paid off and allowed them to rebuild their strength and skills and return to practice in time to prepare for a national cheerleading competition in Nashville in late 2010.

Knee and ankle injuries are a common problem that Rah! Spirit deals with, as well as many other female athletes. The pressure that is put on cheerleaders' legs during tumbling and other exercises can lead to pain and injuries, particularly if the athlete is using an incorrect technique or form.

Andy Quattrochi, Manager and Head Instructor at Rah! Spirit, has put a lot of focus on instructing his students from the beginning on proper technique and form to help prevent these types of injuries. All the instructors at the facility are certified and trained in teaching proper technique as well. Quattrochi also pointed out the importance of stretching regularly to prevent injuries and improve performance.

"We stress the importance of our students stretching not just before practice, but at home as well," said Quattrochi. "Even just five or ten minutes a day can make a big difference in how we perform and decrease our risks for injuries."

Molly Uhrich, a Certified Athletic Trainer from BenchMark Physical Therapy in the Chattanooga area volunteers at Rah! Spirit weekly, providing assessments and advice to the athletes. Uhrich is available during the weekly practices of the elite team to evaluate injuries and even sometimes provide hands-on treatments such as taping, which relieves pain and encourages healing of the muscle tissue.

Uhrich also stresses one of the most valuable things female athletes can do to prevent injury is to regularly perform strengthening exercises. These exercises build up muscles, which can help with current pain, while also helping to prevent future sprains or injuries. She also pointed out the role that physical therapy can play in an athlete's life, by teaching patients the right methods to deal with the pain that can come from their injuries at home.

"Physical therapy is a long-term fix," said Uhrich. "After a patient's condition has improved, we don't get a lot of repeats. The patients learn what they can do at home to deal with pain if it returns in the future."

Dr. David Bruce, MD, an Orthopedic Surgeon from Chattanooga Bone and Joint who often refers patients to physical therapy, often sees young athletes dealing with injuries from their sport.

"We see a lot of injuries to knees and ankles," said Bruce. "It's important for these young athletes to do what they can to reduce their risks of injury and learn how to prevent and deal with the pain that can result from them."

Questions on this article? Please call Jennifer Meyer at BenchMark Physical Therapy at 423-238-7217 ext. 2318, or call PSPN at 1-866-360-PSPN (7776).

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! Call PSPN to find a provider in your area.

1-877-360-PSPN (7776)

For more information regarding the Physical Therapy Practices featured in this edition of PSPN Sports and Health Report, please contact PSPN at 1-877-360-PSPN (7776).

### What is PSPN?

PSPN (Preferred Sports Provider Network) is a network of contracted physical and occupational 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 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.

\*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.



### 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.

Enhance your performance. Become stronger. And stay healthy.



### 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.

Call PSPN to find a provider near you!  
1-877-360-PSPN