

# SPORT & SPINE SPECTACULAR

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## BACK TO SCHOOL, BACK TO SPORTS

“Exercise hibernation” is much less of a problem during the summer. There are plenty of organized sports during the summer, like baseball, softball and soccer, and lots of kids stay active on their own. But for many students, August is the beginning of the school sports season. The first few practices for fall sports like football can be hard for kids whose exercise over the summer has been riding bikes and the occasional visit to a friend’s pool. Here are a few ways student athletes can keep themselves healthy and lessen the chance of an injury.

- **Treat your body right:** eat well and get a good night’s sleep, especially at the beginning of the season when your body is still getting back into shape.
- **Vary training:** get physical activity other than from the sport you’re involved in. Take a walk, ride your bike,

and get completely away from the sport.

- **Don’t try to be perfect:** striving for perfection can make you work yourself too hard and that can lead to injuries.
- **Have fun:** sports are about building self-esteem and social skills, and developing a sense of community. But above all, they are a chance to have fun.
- **Know when to quit:** if you’re feeling like you have too much to do, can’t focus on playing the game, or are simply no longer enjoying your sport, it may be time to take some time off or find a sport that is less stressful.

Keeping these ideas in mind can greatly increase your enjoyment of your sport and also increase your abilities, but if you do get injured, take it easy and don’t push yourself. That’s the most important part of getting better.

## E-NEWSLETTER

Sport & Spine Spectacular is now available online at [www.sportspine.com/newsletter\\_signup/index.php](http://www.sportspine.com/newsletter_signup/index.php) (Requires Adobe Reader)



## FEEDBACK

What do you think of the Sport & Spine Spectacular? Tell us! We have a survey available online. We appreciate your opinion!

E-mail [abarrett@sportspine.com](mailto:abarrett@sportspine.com) to receive our newsletter in your inbox!

## STAFF NEWS

### WELCOME ERIN AND JANEL!

Sport & Spine is happy to welcome our newest Physical Therapist, Erin Alexander! Most recently from Ramsey, MN, Erin is originally from Tomahawk, WI. Erin and her husband Joe, originally from Rushford, have two dogs, Solomon and Tora. Welcome, Erin!

Janel Ellinghuysen is Sport & Spine’s newest rehab tech. Originally from Lewiston, Janel has just graduated from Minnesota State University Mankato where she studied Athletic Training and Exercise Science. We are very happy to welcome Janel to Sport & Spine!

### GOODBYE BECCA AND CHRISTINA!

After 3 years, our Rehab Tech Becca Hefte is leaving Sport & Spine. She is headed to Missoula, Montana, where she’ll be entering a massage therapy program. Good luck Becca, we’ll miss you!

Christina, our athletic training summer intern, has finished her practicum hours and will be returning to UW La Crosse. She will be a senior and is majoring in Athletic Training. Thank you for all your hard work, and good luck with school!

## CONGRATULATIONS SPORT & SPINE YOUTH BASEBALL TEAM!

Congratulations to the 2007 Sport & Spine Youth Baseball team! It was exciting to be the sponsor of the 12-and-under team and we are proud of them. Can’t wait until next season!



## PROPER LIFTING TECHNIQUES

It's August, and in less than a month college students will be packing their cars full of clothes, furniture, TVs, stereos, and everything else they need for college. Move-in day is an exciting time for freshmen and seniors alike, and it can be chaotic, but you should still pay attention when lifting heavy items. Here are some tips for students and parents to make sure you make it through move-in day intact. The most important part: communication! Plan the move and make sure that every person helping to move the piece knows where it is going and how it is getting there. Even if you are moving some-

thing by yourself, you should still have a plan in mind.

- Test the load and make sure it is balanced and that you know where the center of gravity is.
- Use a wide, balanced stance with one foot ahead of the other.
- Maintain the normal arches of the spine when lifting.
- Tighten the stomach muscles prior to lifting.
- Lift with the legs and stand up in a smooth, even motion.
- Move the feet (pivot) if a direction change is necessary.

Here are some common things to avoid when lifting:

- Lifting with a forward bent back and legs straight.
- Using fast, jerking motions.
- Bending and twisting at the same time.
- Handling the load too far away (sure to result in pulled muscles!)
- Poor planning.
- Poor communication.
- Insufficient strength.

Keep these do's and don'ts in mind whenever you're doing some heavy lifting and you are sure to stay okay!

### NEW T-SHIRTS!

Sport & Spine has a new t-shirt design: The Top 10 Nevers in Physical Therapy. If you were a patient within the past few weeks and we were unable to give you a shirt when you were discharged, please stop in during the month of August and pick one out!

### OUR WINNERS!

Congratulations to the winners of our July appointment contests! From the July 2nd-6th contest, **Judy Parry** won a \$50 gift certificate to Midtown Foods and **Andy Petersen** won a \$50 gift certificate to Gordie's Amoco. From the July 9th-13th contest, **Barb Weaver** won a \$100 gift certificate to Midtown Foods and **Jeremy Schoenfuss** won a \$100 gift certificate to Gordie's Amoco. Congrats and thank you!

In 1948, the General Assembly of the United Nations adopted & proclaimed the Universal Declaration of Human Rights.

#### Human Right #9:

#### UNFAIR DETAINMENT

*Nobody has the right to put us in prison without a good reason and keep us there, or to send us away from our country.*

#### Human Right #19

#### FREEDOM OF SPEECH

*We all have the right to make up our own minds, to think what we like, to say what we think, and to share our ideas with other people.*

(507) 474-6900

Winona, MN 55987

350 East Sarnia

Sport & Spine Physical Therapy of Winona, Inc.