



The Magazine About Your Health and Caring for Your Body

Issue 6

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, related to specific sports, 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!



Heather Reeves —co-owner, Avante 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 some running 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 – 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 a 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 your physical therapist.



Featured Program Director

GEERT AUDIENS, PT, OCS, OMT, cert. MDT



Geert Audiens is a co-owner and therapist at Avante Physical Therapy in the Cary office. Geert, along with Heather Reeves, opened Avante Physical Therapy of Cary in March of 2001 and Avante Physical Therapy of Apex in May of 2002. Geert's vast clinical experience includes all areas of orthopedics and sports related injuries.

"I feel strongly about quality patient care. Physical Therapy is a living profession, going through changes in treatment techniques and protocols all the time. I would advise patients to avoid therapists that treat through 'bake and shake' methods, and instead find a therapist that keeps up with the ever changing advances in Physical Therapy, and will spend quality hands-on care with their patients. You ensure yourself an optimal treatment outcome that way."

Geert received his degree in Physical Therapy in 1985 from the University of Brussels in Belgium. Following his graduation in 1985, Geert opened his own private clinic in Belgium. During this same time Geert also served as a consultant for a professional basketball team. Geert came to the U.S. assuming the position of Clinical Specialist and Supervisor of an out-patient spine center in Lumberton, NC. Geert was awarded certifications in Cyriax, Manual Therapy, and McKenzie Mechanical Diagnosis and Therapy between 1985 and 1997. In 2002 the American Board of Physical Therapy Specialties accredited Geert as an Orthopedic Certified Specialist (OCS), a certification held by only 2% of the physical therapists in the United States at that time. Geert is one of the few therapists in the greater Raleigh area with a certification in McKenzie and Orthopedic Manual Therapy.

SUCCESSSES

What clients are saying . . .

Once again Heather has done it! I started therapy unable to move a foot or hand without a back spasm; I couldn't even roll over in bed. Now I feel flexible, I am mobile, I can now walk 45 minutes (on hills) basically pain free! I can hardly believe the improvement. I continue to admire the ability, professionalism and demeanor of ALL the staff. I have really enjoyed my sessions and will miss you all. Thanks to everyone at Avante! —JH



The care and program was designed to eliminate the pain,



I was in constant pain when I initially walked into Avante, 3 months later I am pain free and playing golf again. Thanks Andrea for all your help!
—DD



I can not say thank you enough to Jannette and the Avante staff for helping me through this difficult time. With such a high level of pain in the beginning, the support and encouragement Jannette provided

Working with Stefan and the group at Avante was a great experience.

strengthen the area, but not push me too hard. There were well defined goals set by Stefan at the beginning and he ensured that we met each one of them. —TG

was excellent. Now, every time I talk with a friend who is experiencing any type of pain I tell them about Jannette and Avante.

Andrea was a joy to work with.

— LJ

HELPING YOU HELP YOURSELF...

Avante Physical Therapy hosts quarterly free educational healthcare workshops on varied topics. Please check our website at www.avantept.com regularly for dates and topics of upcoming workshops you may be interested in attending.

Details for our next workshop are as follows:

DATE: November 2, 2006

TIME: 6:00 – 7:30pm

LOCATION:

**1601 Walnut Street, Suite 108
Cary, NC 27511**

TOPIC: Sports Related Injuries

**OUR FEATURED GUEST SPEAKER
FOR THE SPORTS RELATED INJURIES
WORKSHOP WILL BE
DR. WILLIAM HAGE OF ORTHOPAEDIC &
SPORTS MEDICINE ASSOCIATES.**

To register or for questions
please contact Sandra Patton
(919) 367-7890 or
sandra.patton@avantept.com



Since opening our Cary office in 2001 and our Apex office in 2002, Avante Physical Therapy has served Raleigh, Cary, Apex, RTP and the surrounding area with exceptional skills and quality care.

At Avante we feature customized care, tailored to your individual goals and limitations. Licensed physical therapists with vast clinical experience and knowledge carry out your entire rehabilitation process. Patients are seen by a licensed physical therapist for the entire time of their treatment and are not passed on to non-licensed personnel. Our team of professionals receive intensive and ongoing orthopedic/manual training to guarantee the same level of skill among all providers, as well as setting the framework for excellent care.

Avante Physical Therapy offers the ONLY clinic that has ALL McKenzie, Maitland and Cyriax certified therapists in the greater Raleigh and surrounding area.

While delivering efficient, friendly and professional care, we aim not only to restore, but also to expand your physical conditioning for the ultimate enrichment to your active lifestyle.



Contact us now to set your recovery in motion!

Call us today at

Cary (919) 463-9443

Apex (919) 367-7890

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

INSIDE

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