

# Windermere



N E W S L E T T E R

September 2014

Volume 8, Issue 9

## INJURY PREVENTION IN YOUNG ATHLETES

*By Brett Neilson and Mike McTague*

*Doctors of Physical Therapy, Orthopedic Certified Specialists*

As another fall sports season approaches, a major goal of the coaches, trainers, and parents is keeping the athletes healthy and contributing to their respective sports. However, injury is inevitable and part of the game. Pediatric athletes present with a variety of injuries, the most common being the overuse type like Osgood-Schlatter disease and stress fractures. These injuries occur due to excessive stress placed on bone, muscle and tendon tissue that are constantly growing and not always at the same rate. Risk factors for these injuries include asymmetry in joint flexibility/mobility and muscle strength, impaired balance, training and recovery errors, and previous injury. There is potential for many overuse injuries to be prevented by knowing and following a few simple principles.

Pre-participation physical exams can be helpful for identifying many of the risk factors mentioned previously. It is recommended that these exams should include at minimum an assessment of joint mobility and flexibility and muscle strength and flexibility, as well as a thorough review of the past medical history to determine if the student is even appropriate for athletics. Recently, functional screening tools have been developed to reveal asymmetries and imbalances during basic movement patterns that are the foundation for many of the movements required during sport.

Training and conditioning play a major role in injury prevention as well. The term "cultural deconditioning" has been coined recently to describe the decrease in physical activity in our youth that has coincided with an increase in video game and computer use. So

when the offseason ends and it's time to get out and enjoy the 105 degree Texas heat, the body is not ready to stand up to the stresses suddenly placed on the body. A way to combat this is to promote an active, healthy lifestyle by putting down the Xbox controller and spending more time outside, taking part in offseason conditioning camps, or participating in local fitness classes.

A guideline known as the "10% rule" has also been developed to allow student athletes to transition back into sports activities. The idea is that the amount of training time, distance, repetitions, or load should not be increased by greater than 10% per week. For example, if a student is running 10 miles per week, they should not run more than 11 miles in the following week.

Knowing the signs and symptoms of overuse injuries is paramount. They are all too often written off as "growing pains" and are allowed to increase in severity, resulting in extensive time away from sport during the recovery process. Common signs and symptoms include pain that is persistent in nature, takes longer than usual to resolve, visible swelling, tenderness that can be localized to one area, and/or require interruption of normal athletic activities.

Finally, having an open-line of communication between the coaches,

trainers, other health care professionals, parents, and athletes is imperative in injury prevention. Lack of or inconsistencies in the transfer of information between any of these parties can result in delayed access to proper prevention or treatment techniques and keep the athlete from performing at the highest possible level.



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Peel, Inc. ....www.PEELinc.com, 888-687-6444

Advertising.....advertising@PEELinc.com, 888-687-6444

## Houston Methodist West Hospital's Positively Pink to be held October 18, 2014

Houston Methodist West Hospital's second annual Positively Pink is scheduled for Saturday, October 18, 2014, 10 a.m. – 3 p.m. The free, family-fun event is open to all members of the community.

One in eight women will be diagnosed with breast cancer during her lifetime, and a cancer diagnosis brings not only a health risk but often a financial burden as well. Positively Pink will increase awareness and provide education on breast cancer and raise funds to benefit local cancer patients with non-medical assistance where needed.

"We believe in this cause and are very excited about the information we'll be sharing at this year's Positively Pink," said Dr. Correna Terrell, radiologist and medical director of Houston Methodist's breast care center. "Improving the health of our community begins with education about reducing risk and discussing, at a personal level with women, why screening mammograms are important. We also want to inform our community about the comprehensive cancer resources, from prevention and screening to treatment and support, available here on campus." Attendees will have the opportunity to visit with the hospital's breast cancer physician team and other primary care physicians dedicated to women's health and sign up for their annual mammogram.

Last year, more than 400 community members attended and raised nearly \$20,000 to establish Houston Methodist West's fund that provides much-needed assistance to West Houston and Katy residents affected by cancer. This year, many local vendors and sponsors have already signed up and event organizers are hoping for an even more successful event to maximize the amount of aid that can be given.

"It is great to see our community rally around such a great cause," said Kim Collins, director of cancer and breast care centers at Houston Methodist West. "We want taking action for your health and others to be engaging and Positively Pink will have something for everyone—live music by Steve Hawkins and the Shockwave Band, food and shopping, complementary health screenings and activities for kids—moonwalk, face painting, crafts and balloon artists." A silent auction will also be held, featuring items donated by local businesses including Clear Dermatology, Memorial Athletic Club, the Brookwood Community, Women's Health Boutique, Spaceman Closet, James Avery, the Houstonian Hotel & Spa and many others. For those interested in taking a little bit of pink home, pink flamingos will also be up for adoption.

For more information on Houston Methodist West's breast health program, Positively Pink 2014, or donating to the patient support fund, contact the Breast Care Center, at 832.522.1032.

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## A Focus on Backpack Safety Tips for Your family

By: Concentra Urgent Care

### WEAR BOTH STRAPS

The use of one strap causes one side of the body to bear the weight of the backpack. By using two shoulder straps, the weight of the backpack is evenly distributed.

### WEAR THE BACKPACK OVER THE STRONGEST MID-BACK MUSCLES

Pay close attention to the way the backpack is positioned on the back. It should rest evenly in the middle of the back. Shoulder straps should be adjusted to allow the child to put on and take off the backpack without difficulty and allow free movement of the arms. Straps should not be too loose, and the backpack should not extend below the low back.

### LIGHTEN THE LOAD

Keep the load at 10%-15% or less of the child's body weight. Carry only those items that are required for the

day. Organize the contents of the backpack by placing the heaviest items closest to the back. Some students have two sets of books, so as not to have to carry the heavy books to and from school.



### PROPER BACKPACK USAGE

While a backpack is still one of the best ways to tote homework, an overloaded or improperly worn backpack gets a failing grade, according to the American Physical Therapy Association (APTA). Improper backpack use can cause injury, especially to children with young, growing muscles and joints.

Injury can occur when a child, in trying to adapt to a heavy load, uses harmful postures such as arching the back, leaning forward or, if only one strap is used, leaning to one side. According to physical therapists, these postural adaptations can cause spinal compression and/or improper

*(Continued on Page 4)*

## CHECK-IN ONLINE SAVE TIME

The Smarter Way to ER  
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(Continued from Page 3)

alignment, and may hamper the proper functioning of the disks between the vertebrae that provide a shock absorption. A too-heavy load also causes muscles and soft tissues of the back to work harder, leading to strain and fatigue. This leaves the back more vulnerable to injury. A heavy load may also cause stress or compression to the shoulders and arms. When nerves are compressed, the child may experience tingling or numbness in the arms.

## WHAT TO LOOK FOR IN A BACKPACK

Physical therapists recommend the following features when selecting a backpack:

- A padded back to reduce pressure on the back and prevent the pack's contents from digging into the child's back
- A waist belt to help distribute some of the load to the pelvis
- Compression straps on the sides or bottom of the backpack that, when tightened, compress the contents of the backpack and stabilize the articles
- Reflective material so that the child is visible to drivers at night

## THE RESULTS

Worn correctly and not overloaded, a backpack is supported by some of the strongest muscles in the body: the back and abdominal muscles. These muscle groups work together to stabilize the trunk and hold the body in proper postural alignment.

## HOW A PHYSICAL THERAPIST CAN HELP

A physical therapist can help you choose a proper backpack and fit it specifically to your child. Children come in all shapes and sizes, and some have physical limitations that require special adaptations. Additionally, a physical therapist can help improve posture problems, correct muscle imbalances, and treat pain that can result from improper backpack use. Physical therapists can also design individualized fitness programs to help children get strong and stay strong – and carry their own loads.

For more information on backpack safety, visit the American Physical Therapy Association at [www.apta.org](http://www.apta.org).



## AHFC Junior Hurricanes (JHSL) Registration Now Open

The Junior Hurricanes Soccer League (JHSL) is led by professional United States Soccer Federation (USSF) licensed staff and is designed for boys & girls who want to play and have fun in a safe and developmentally appropriate environment. The JHSL program is being offered at Campbell Road Campus, West U and Cy Fair locations. To learn more about each location and to register please visit [www.albionhurricanes.org](http://www.albionhurricanes.org) or you can email us at [jhsl@albionhurricanes.org](mailto:jhsl@albionhurricanes.org) or call 713-939-7473.

Fall 2014 JHSL Highlights - 10 weeks September - November - Season will extend 1 week if both practice & game is rained out - Professionally trained - One practice during the week - Games on Saturdays 8:00 AM-12:00 PM or Sundays 1:00-5:00 PM; please check your location to details. - Cost per player is \$150 U5/U6 and \$160 U7-U12 - Nike uniform included

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## 5th Annual Running for Greater Things

Saturday November 8, 2014

### Start and Finish at Fairfield Baptist Church

27240 U.S. 290 Cypress, TX 77433

8:10am – START 1K Run/Walk

8:30am – START 10K Run

8:45am – START 5K Run/Walk

### One Community, One Purpose

We invite area churches and orphan/adoption ministries to join with us as we share with our community opportunities to get involved with caring for the orphan. Join us race day as a runner, volunteer, and/or share your Orphan Care ministry booth on campus. For more info please visit: [runningforgreaterthings.com](http://runningforgreaterthings.com)

**REGISTRATION OPENS AUGUST 9TH!**

### Our Goal

The goal of this event is to raise money for the HOPE Project in Kigali, Rwanda. The HOPE Project is led by Ten Talents International, and stands for Housing, Opportunity, Purpose, and Education. Orphaned boys and girls in Kigali, Rwanda are in need of a safe home where they can have the opportunity to go to school, receive medical care, and have basic needs met. Property has already been purchased and work has begun to build a girls' home and boys' home to give these children a safe place to live and learn. This project will be completed in three phases and this year we are supporting Phase 1.

The advertisement features a brown and white dog wearing red-rimmed glasses, sitting and holding a large red book open. To the left of the dog, the text "EASY AS 1-2-3" is written in large, bold, black letters. Below the dog and text is a wooden ruler showing inches from 0 to 25. At the bottom, there is a green banner with a Texas state flag icon on the left and the text "TEXASDIRECTAUTO.COM" in large white letters, followed by "SELL US YOUR CAR!" in smaller white letters.

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## Network Texas Ready to Party With a Purpose

### Family Fun Event to Benefit Shield Bearer Counseling Centers

If you are looking for a great night out as a family with live music, fun family games and a chance to win prizes, check out this year's Party With Purpose event. "We are planning to have a great time raising money for a great cause", says David Bamberg, Network Texas Co-Founder.

The 2014 Party With Purpose event is scheduled September 4th from 6:00 PM - 9:30 PM at historic Tin Hall (14800 Tin Hall Rd., Cypress, TX 77410). Tickets are on sale for \$20 each online at [www.ShieldBearer.org/Party](http://www.ShieldBearer.org/Party) and include heavy hors d'oeuvres, live entertainment provided by Cool Freddie E & The Crew, door prizes, raffle and live auctions, family photo booth and lots of games for cowboys and cowgirls of all ages. A cash bar will be provided by Tin Hall.

The purpose of the event is to support the services to women rescued from human trafficking, victims of horrendous crimes, military personnel/veterans and their families and those who are turned away from other providers. "We rely heavily on the

donations of individuals, businesses and churches in order to continue to provide quality counseling services," said Paula Burns, Event Chair. "I'm looking forward to everyone having fun while making a difference for their neighbors and community."

Paula Burns shared that the event is only possible with the support of key sponsors, including, "Halford Busby Construction Consultants as our Trail Boss Sponsor, Insurance One of The Woodlands as our Chuck Wagon Sponsor, and Burke Carpet Cleaning Services as our Watering Hole Sponsor." There is still time to join in the western themed fun and become a sponsor or provide an auction item or door prize. Interested parties can find all the details at [www.ShieldBearer.org/Party](http://www.ShieldBearer.org/Party).

Shield Bearer, a Cy Fair born 501c3 charitable nonprofit since 2005, served over 12,800 people last year with professional counseling services in their four Northwest and West Houston offices. Learn more about Shield Bearer at [www.ShieldBearer.org](http://www.ShieldBearer.org) or call 281-894-7222.

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## Elisha Roberts Chapter

The wonderful ladies of the Elisha Roberts Chapter, NSDAR, extend an invitation to any female, 18 years or older, who can prove direct lineal descent from someone who either fought in or provided aid during the American Revolution. We are a family oriented group of ladies who promote patriotism, education and historic preservation. Our motto is God, Home and Country. If this sounds like you, please come and join us for a meeting. We meet the third Thursday of each month, September through May. Our next meeting will be on September 18, 2014 at 7:00 p.m.

For more information, please contact the chapter Regent, Melinda Sims at [melinda@mazzaroth.net](mailto:melinda@mazzaroth.net).

We look forward to meeting you.

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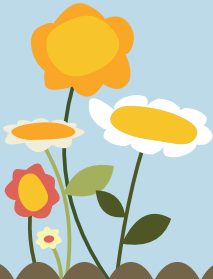
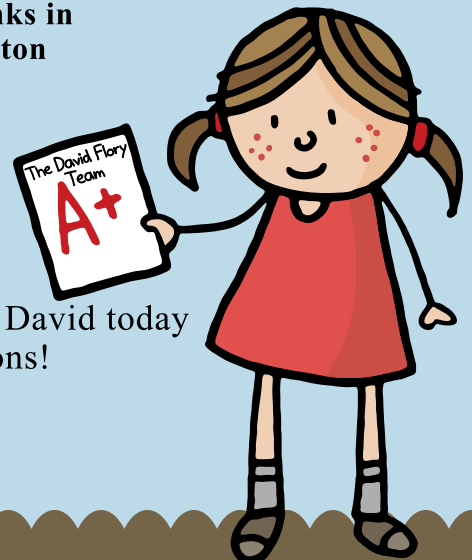
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