Sports Spotlight!

Congratulations to Andrew Montgomery of Overton HS for receiving the Hume Award. This award, which was initiated in 1944, is presented to a Metro Nashville football player who excels in academics, sportsmanship as well as athletic ability.

Other finalists for this award included:

• Tez Vestal of Hillsboro
• Steven Lillard of Hunters Lane
• Kody McKinley of McGavock
• Jestin Williams of Pearl Cohn

Also congratulations to the following teams for making the 2010 football playoffs:

• Overton High School
• East Literature Magnet High School
• Nashville Christian School
• Pearl Cohn High School
• Maplewood High School

Basketball Congratulations:

• Overton High School Boys basketball team won the Overton High School Christmas Tournament
• Maplewood High School boys basketball team won the Henry Bowles Classic Tournament in Chattanooga over Christmas
• Antioch High School girls basketball team won the Bulldog Invitational at Smyrna High School on 12/28-12/30
One of the most common injuries incurred by athletes today is ankle sprains. It has been estimated in the United States alone, 25,000 ankle sprains are diagnosed on a daily basis. This injury is seen more frequently due to the constant, sudden change of direction and quick acceleration and deceleration maneuvers athletes execute daily.

Ankle sprains, if not treated promptly and efficiently, can result in substantial loss of money, ability to perform, and time on the field/court for an athlete. So, it comes as no surprise that recently the research of this injury has shifted, more so, from treatment to prevention.

Though there are many different methods of treatment and prevention for ankle sprains, there is no question that the two most prevalent forms are prophylactic taping and bracing. The most current debate, however, is which one is more effective at preventing ankle sprains.

A recent study done in Hawaii compared the incidence of ankle sprains in high school football players. Four high school football teams were followed for one season which consisted of seven regular season games. The athletes were randomized into one of two study groups. One group had their ankles taped for practices and games, and the other group used prophylactic braces. Throughout the season, there were a total of six ankle sprains with three occurring in each group. The researchers found no significant difference in the effectiveness of either method in the prevention of ankle sprains.

Researchers then performed a cost analysis of prophylactic taping versus bracing. Based on the cost of tape, under wrap foam, heel-and-lace pads, and the salary of an athletic trainer to apply the tape effectively compared to the cost of a pair of braces that will last for at least one season, it has been estimated that implementing the use braces instead of taping could save a high school athletic department up to $1000 per season.

While taping and bracing have been proven to be equally effective in the prevention of ankle sprains, when factoring in cost and time efficiency, prophylactic bracing is the better choice. Talk with your athletic principal/director about possibly including the cost of a pair of braces for each athlete in with athletic dues next season. The benefits of a good ankle injury prevention game-plan are definitely worth it!


Steps to Recovery
High Ankle Sprain

There are many different ligaments which can be sprained in the ankle. High ankle sprains, also known as syndesmotic ankle sprains, are not as common as inversion (lateral) ankle sprains but require more recovery time. This injury involves overstretching or tearing of the tibiofibular ligament connecting the tibia and fibula just above the foot and extends up the lower leg known as the syndesmotic ligament. When the foot is forced into dorsiflexion (up toward the leg) and/or the foot is rotated externally (outwardly) a high ankle sprain can result.

Signs & Symptoms:
• Swelling
• Pain: Typically in the front of their leg just above the foot and to the outside
• Loss of function
• Painful weight bearing

If a high ankle sprain is suspected, steps to recovery are similar to medial and lateral ankle sprains with a longer period of immobilization. These are some of the steps an athlete should follow:
• Non or Partial weight bearing with crutches until weight bearing does not cause pain
• RICE – rest, ice, compression, elevation. This will control pain and swelling
• Gait training when full weight bearing
• Range of Motion exercises – such as ABC’s, circles, up/down, side to side
• Strengthening exercises – resistance band exercises, calf raises
• Balance and sport specific activities to return to play

** Caution: Consult your Athletic Trainer to rule out the possibility of a fracture prior to recommending and athlete proceed with any treatment listed in this article.
Train Right. Train Smart.

How to prevent Jumper’s Knee

Emily Carter, ATC

Jumper’s knee occurs when the patellar tendon, located just below the patella, becomes inflamed. The patellar tendon functions to connect your quadriceps muscle to your lower leg. Its key function in sports, however, is to help propel an athlete off the ground when jumping, as well as acting as a stabilizer to ensure the athlete maintains balance during motion. As a result of its multifunction, the patellar tendon often encounters frequent and prolonged periods of stress.

To prevent yourself from developing patellar tendonitis, do the following:

Always warm up before workouts.
• Warming up before workouts is one of the best ways to prevent injuries of any kind.

Always stretch your muscles.
• Perform dynamic stretches before workouts and static stretches after workouts.
• Make sure you stretch your hips, quads, hamstrings, and calves very well. (Holding stretches for at least 20-seconds)

Strengthen the muscles around your patellar tendon.
• Strengthen quadriceps, hamstrings, calves, and ankles to minimize muscle imbalances in the leg and prevent tendonitis.

Train on appropriate surfaces.
• Always try to train on soft surfaces like grass or surfaces made out of thick carpet or rubber.
• Modifying or varying the training surface will minimize the impact and shock on your knees while you train.

Ice after workouts.
• If an athlete begins to complain of discomfort along the front of their knee, recommend that they include ice as the final step of their training.
• Ice should be applied directly to the area for 15-20min.

*Be sure to consult your teams Athletic Trainer for specific exercises to prevent Jumper’s knee.

The goal of a pre-competition snack is to enhance stamina and endurance without causing any stomach discomfort. Eating too much food can have adverse effects (nausea, stomach cramps); so can eating too little (low blood sugars, weakness, decreased reaction times, lack of energy). Athletes who get very nervous, stressed or have sensitive stomachs may prefer to abstain completely from food. They should make a special effort to eat extra food the day before to be well fueled for the competition. The pre-competition snack helps to:

• Maintain a normal sugar and prevent the performance problems associated with hypoglycemia (light headedness, blurred vision, fatigue and poor coordination).
• Settle the stomach, absorb some of the gastric juices and end hunger feelings.
• Provide energy to fuel the muscles.

Carbohydrates are the best pre-competition foods because they digest quickly and are readily available for fuel. Some popular choices include cereal, bread, bagel, crackers, potato and pasta. Protein-rich foods (eggs, tuna, steak, chicken, etc) take longer to digest and may increase the need to urinate. Fats (fried foods, peanut butter, burgers, etc) stay longest in the stomach and may feel heavy and uncomfortable.

Results of a recent study showed that when athletes ate a raisin/peanut snack, blood insulin level dropped and their blood sugar increased less compared to when they had the bagel/lemonade snack. The lower blood sugar and insulin levels after the raisin/peanut snack signifies a more steady, sustained fuel supply to the muscle, not an initial spike followed by a drop which maintains energy for competition.

Here are a few suggestions for pre-competition snack to be eaten within 1 hour of competition:

• Small bowl of cereal, or oatmeal, with milk and a banana
• 1 wholegrain pita pocket spread with cottage spread, topped with rocket and sliced tomatoes
• 1/2 cup of nuts and dried fruit
• Wholegrain crackers with cheese and tomato
• Fresh fruits, such as an orange, apple, banana, or pear
• Vegetable, or chicken noodle soup
• 3/4 cup of yogurt with a handful of berries
• 1 wholegrain slice of toast, with peanut butter/honey/cheese
• Half a sandwich, with wholegrain bread, salad, and lean meat
• A smoothie made with milk, natural yoghurt, and frozen berries
• Low fat granola bar
• Glass of milk, or 100% whole fruit/vegetable juice
• Raw vegetables with hummus
• Hard boiled egg

BONUS INFO: U.S. Olympic short track speed skater Apolo Ohno’s pre-event snack is a mix of oats, applesauce and coconut oil.

*see page 4 for references
Behind the Sideline
Sports Medicine Spotlight
Mindy Chandler, MS, ATC

Brian Thomson, MD

Dr. Thomson was born and raised in Hopkinsville, KY. He graduated from the University of Kentucky with a B.S. in Biotechnology in 1995. He completed four years at the University of Kentucky College of Medicine in 2000. He completed five years of orthopaedic surgery residency training here at Vanderbilt University Medical Center in 2005. He spent an additional year of fellowship training in foot and ankle reconstruction at Barnes-Jewish Hospital at the Washington University School of Medicine in St. Louis, Missouri.

He joins our department as Assistant Professor and Director of the Foot and Ankle Center at the Vanderbilt Orthopaedic Institute. He is currently seeing patients at the Vanderbilt Orthopaedic Institute on main campus.

Dawn Thomas, ATC

Dawn joined Vanderbilt Orthopaedic Institute in July 2010. She completed her M.A. in Kinesiology and Sport Studies at East Tennessee State University while serving as the Graduate Assistant athletic trainer for the softball team. She received her B.S. in Health and Human Performance from UT Martin with a minor in Nutrition. Dawn currently provides outreach coverage for Hume-Fogg Academic and Martin Luther King, Jr. Magnet High Schools and treats patients in our outpatient physical therapy clinic. She and her husband, Clay, reside in Clarksville.

Where to find Dawn:

Hume-Fogg Academic
Martin Luther King Jr. Magnet High School

Connection
Student Athletic Trainer Workshops
Emily Carter, ATC

The VSM-Special Events Team held its first annual Student Athletic Training Conference – Advanced Workshop. This workshop is designed for high school students who currently work with their high school’s athletic trainer and aspire to become a Certified Athletic Trainer.

Students were able to get a hands-on experience in:

- Taping
- Stretching
- Side-line Emergencies
- Wound Care
- CPR/AED Certification

If you have students interested in Athletic Training, please get in touch with your high school’s athletic trainer to receive information on our Summer Student Athletic Training Conference and our 2nd Annual Advanced Workshop next fall.

References from Fuel: Pre-Game Meal

3. Eating to Win: 10 questions with Apolo Ohno. by The Editors of EatingWell Magazine
5. Eating and exercise: 5 tips to maximize your workouts . . By Mayo Clinic staff. MayoClinic.com

For Questions, Comments, or Suggestions please contact: melinda.burns@vanderbilt.edu