COUTING

Sports Health Tips and More from Nationwide Children's Hospital Sports Medicine

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Swelling: The Body's Reaction to Injury

Nationwide Children's Sports Medicine Participates in 'Adopt-a-Foot' Campaign

Nationwide Children's Sports Medicine Partners With Columbus FC



To make an appointment, call (614) 355-6000. available to diagnose and treat sports-related injuries for young athletes. to basic first aid. The staff at Nationwide Children's Sports Medicine is also Consult your primary care physician for more serious injuries that do not respond

to return to competition," Kluchurosky said. increase in swelling or pain in the injured area before attempting activities your sport requires (jumps, sprints, kicks, etc.) without an A child or adolescent is not ready to return to play until all the swelling is gone. "You should be able to perform multiple repetitions of the Returning to Play

reaction to an injury; if the swelling is still present, so is the injury. your doctor. Your doctor will be able to recommend medication, exercise or therapy to resolve the swelling. Remember, swelling is the body's If your swelling is chronic, or lasts longer than 2-3 weeks, you should see

> Elevation for decreasing bleeding and edema Compression for support and controlling swelling Ice for controlling pain, bleeding and edema Protection from further damage Rest to avoid prolonging irritation

In the early phase of swelling, remember PRICE: What Do You Do About Swelling?

Less pliable tissues are more susceptible to further injury." Sports Medicine. "If not treated appropriately, the swelling can become chronic, or long term. Chronic swelling leads to tissues becoming more rigid and less pliable than their healthy counterpart. surrounding the joint and a decreased ability to activate the muscles," states Lisa Kluchurosky, ATC, coordinator, Nationwide Children's Prolonged inflammation and pain can lead to atrophy of the muscles

keep the athlete from using the injured part, serving to protect it from further injury. However, often times, the body's response is excessive. response as the first step towards healing. The pain and swelling can The body always responds to an injury with a predictable inflammatory What Is 50 Bad About 5welling?

swelling in your calf or thigh. accumulated in the tissue outside of your joint capsule. This includes due to fluid, including blood, bony malformation, muscle or any number of things. Edema describes fluid, or swelling, that has Swelling is any abnormal enlargement of a body part. This can be

response is excessive and can actually begin to cause more damage Sometimes, though, the body goes overboard, and the inflammatory Injuries are easy to recognize: first comes the pain, and then comes the swelling. Swelling is a normal reaction of the body to an injury.

Swelling: The Body's Reaction to Injury

NATIONWIDE

our Sports Medicine Team Arrange a Consultation with

If you would like to arrange a consultation with one of our Nationwide Children's Sports Medicine doctors, please (Many specialties require a referral form from a physician to make an appointment. Please check with your primary and click on "Arrange A Consult call (614) 355-6000 or visit www.NationwideChildrens.org/SportsMedicine

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look forward to keeping these teams healthy on and off the field. Children's Sports Medicine is proud of their accomplishments and

nationwide they were one of 20 National Champions. Nationwide Champions in Virginia Beach in July. With 1,500 teams competing season, the Columbus FC U16 boys became US Club Soccer National FC and the Pickerington Area Soccer Association (PASA). In its first in central Ohio and is a combination effort from such clubs as CESA City Furniture Fields at Easton. Columbus FC is the newest soccer club training and medical support for its Ohio Cup Tournament at the Value the Columbus East Soccer Association (CESA) by providing athletic For the past year, Nationwide Children's Sports Medicine has supported

> Partners With Columbus FC Nationwide Children's Sports Medicine



and safe. old in our community active vision to keep the young and Recreation is one of a shared with Westerville Parks and walk routes. The partnership the Westerville bike and which was created to enhance the "Adopt-a-Foot" campaign,

Foundation at (614) 901-6530. contact the Westerville Parks

to contribute to this campaign, For more information on how

system in Westerville as part of of the bikeway and leisure path Medicine has adopted 5 miles

Nationwide Children's Sports

Participates in 'Adopt-a-Foot' Campaign Mationwide Children's Sports Medicine

Nationwide Children's Sports Medicine Now Offering Concussion Testing and Wrestling **Assessments**

Neurocognitive (Concussion) Testing Each year, more than 300,000 sportsrelated traumatic brain injuries occur in the United States. Returning to play too soon after a brain injury, or concussion, may lead to serious life-threatening complications. A computerized neurocognitive test is one tool, when accompanied by a thorough medical exam, that may assist a qualified physician with the return-to-play decision.

Baseline neurocognitive tests evaluate the healthy athlete's decision making ability, reaction time, attention and memory. In the event of an injury, a re-test would give the physician additional information to safely return that athlete to competition.

To learn more about a baseline neurocognitive test for your athlete, please visit www.NationwideChildrens.org/SportsMedicine or call Melissa Wilgus, ATC, at (614) 355-6006.

Wrestling Assessments

The Ohio High School Athletic Association (OHSAA) requires every high school wrestler to have a physical assessment prior to their first match. This assessment includes body weight, body composition and urine testing. The goal is for each wrestler to compete at a healthy body weight during the season. Nationwide Children's Sports Medicine now offers these assessments throughout the fall.

For more information about wrestling assessments for your team, please visit www.NationwideChildrens.org/SportsMedicine or call Janet McClaskey, ATC, at (614) 355-6012.



Fall and Winter Injury Prevention Program **Schedule Now Available**

Designed to keep young athletes healthy and playing the sports they love, the Personal Best Injury Prevention Programs are tailored to your athlete's age, sport and developmental level, focusing on: flexibility, strength, balance, agility, core stability, coordination and body control.

The Nationwide Children's Sports Medicine staff is uniquely trained to care for student athletes. Their experience in this area is vital for helping your student athlete's body safely adapt to the stresses placed upon it.

Fall 2008 and Winter 2009 Injury Prevention Program Schedule

ACL Bootcamp for Basketball/Soccer Program

Mondays/Wednesdays Sept 15 – Oct 22 5:30 - 6:30 pm

Pitching and Throwing Total Body Conditioning Program Mondays/Wednesdays Nov 3 - Dec 10 5:30 - 6:30 pm

Speed and Agility 5:30 - 6:30 pm Nov 4 – Dec 16

Feb 17 – March 26

5:30 - 6:30 pm

Strength and Power Program – All Sports

Tuesdays/Thursdays Sept 16 - Oct 23 5:30 - 6:30 pm Tuesdays/Thursdays Jan 13 – Feb 5 5:30 - 6:30 pm

Volleyball Power Program

Tuesdays/Thursdays

Tuesdays/Thursdays

Mondays/Wednesdays Feb 9 - March 18 5:30 - 6:30 pm

Unless noted, all classes are held at the Nationwide Children's Sports Medicine and Orthopedic Center at 584 County Line Rd. West in Westerville. Each class is 6 weeks long (12 sessions total) and the cost is \$75 per participant. You may also choose any 4 weeks (8 sessions total) for \$50 per participant.

Program descriptions and registration are available at $www. Nation wide Childrens. org/Sports Medicine \ {\rm or} \\$ call Kerry Waple at (614) 355-6013.

Boys Basketball Conditioning

Tuesdays/Thursdays Sept 16 - Oct 9 5-6 pm

This class is held at the Westerville Community Center. Call (614) 901-6500 to register.

The Sprains and Strains of Sporting Injuries

Sprains and strains are some of the most common types of injuries in any sport. They involve the stretching or tearing of tissue. Sprains occur to ligaments, while strains involve muscles or tendons. Sprains and strains are placed into three categories according to severity: First Degree (Mild), Second Degree (Moderate) or Third Degree (Severe).

It's Just a Sprain...What's the Big Deal?

Sprains and strains can be a big deal. Athletes who are still growing often encounter other types of injuries. The most common are growth plate or Salter-Harris fractures.

"Growth plates are located near the ends of long, growing bones in children and gradually close as a child reaches skeletal maturity," explains John R. Kean, MD, Chief of the Department of Orthopaedics at Nationwide Children's Hospital. "The growth plate in growing children is weaker than the nearby ligaments and tendons. Therefore, the growth plate will become injured under lower forces than those that would injure a tendon or ligament."

Salter-Harris fractures will be very tender and typically over the growth plate. A child or adolescent may have bruising and be reluctant to bear weight. If initially missed, a child with a Salter-Harris fracture will not respond to rehabilitation as expected.

When You Should be Concerned About an Injury

Initially, any inability to bear weight (about 4 steps) after the injury or tenderness over any bone should prompt an evaluation that includes X-rays.

"Within a few days, any continued significant pain, reluctance to bear weight, significant swelling and/or bruising may warrant re-evaluation and possibly an X-ray," said Dr. Kean. "Any other unusual symptoms such as numbness, loss of pulses near the injured area, discoloration, out of proportion pain, or rashes indicate the need for further evaluation."

New Team Member Spotlight: Steven C. Cuff, MD, FAAP

Dr. Steven C. Cuff, MD, FAAP, is the newest member of the Nationwide Children's Hospital Sports Medicine team. He is a board certified pediatrician and recently completed a fellowship in sports medicine at Akron Children's Hospital, where he served as a team physician for the University of Akron and Walsh University. He received his bachelor of science degree in biology from Duke University and his medical degree from

The Ohio State University. He completed his pediatrics residency at Rainbow Babies & Children's Hospital/University Hospitals of Cleveland prior to the fellowship.

Dr. Cuff is a fellow of the American Academy of Pediatrics and a member of its Committee on Sports Medicine and Fitness. He is also a member of the American Medical Society for Sports Medicine. His professional and research interests include concussion and causes of overuse injuries in children and adolescents.

Student Athletic Training Camp Attracts 27 Middle, High Schoolers

Nationwide Children's Sports Medicine recently held it 3rd annual Student Athletic Training Workshop Camp for middle and high school students interested in athletic training. During the 3 day camp, students learned the basics about injury management, treatment and prevention for a variety of different settings. They were given hands-on training in lab sessions on preventative taping and wrapping. This workshop is offered every June. For more information, contact Jill Ponzi, ATC, at Jill.Ponzi@NationwideChildrens.org.





Consult your primary care physician for more serious injuries that do not respond to basic first aid. The staff at Nationwide Children's Sports Medicine is also available to diagnose and treat sports-related injuries for young athletes. To make an appointment, call (614) 355-6000.