



THE SCOUTING REPORT

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

SPRING 2010



NO ONE UNDERSTANDS
YOUNG ATHLETES BETTER.

- :: 5th Annual Student Athletic Training Camp is June 9-11
- :: Spring/Summer Injury Prevention Program Schedule Now Available
- :: The ABCs of Blister Care

5th Annual Student Athletic Training Camp is June 9-11

Nationwide Children's Sports Medicine will host its 5th annual Student Athletic Training Camp from June 9-11, 2010. This camp is designed for junior and senior high school students with an interest in the athletic training/sports medicine fields. Students will receive hands-on practice in injury prevention and treatment. They will also have the opportunity to become CPR certified or renew their certification. For more information and to register, call Lori Seigel, ATC at (614) 355-6037 or visit www.NationwideChildrens.org/Sports-Medicine.

"TeenFit", a New Youth Fitness Class, Offered in Westerville

Nationwide Children's Sports Medicine and the Westerville Parks and Recreation Department are teaming up to offer a new youth fitness class. "TeenFit" is an 8-week class that will meet twice weekly and focus on teamwork activities and improving all aspects of fitness. For more information or to register, call the Westerville Community Center at (614) 901-6500.

Scouting Report is Going Green!

Nationwide Children's Hospital is committed to using the Earth's resources more efficiently by helping conserve our natural resources, reduce our contributions to landfills and reduce pollution. Beginning in Fall 2010, the Scouting Report will only be available electronically via an e-newsletter. The same great educational, programming and injury prevention program information from the experts at Nationwide Children's Sports Medicine will be included.

Sign up to receive the Scouting Report delivered right to your email inbox at www.NationwideChildrens.org/Sports-Medicine.

goingGreen

SPRING/SUMMER

Injury Prevention Program Schedule

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.

Shoulder Stability Program for Throwing Sports and Tennis

Mondays/Wednesdays April 19 – May 26 5:45 – 6:45 pm

Strength and Power Program – All sports

Tuesdays/Thursdays April 20 – May 27 5:45 – 6:45 pm

Ice Skating Conditioning Program

Mondays/Wednesdays June 14 – July 26 5:45 – 6:45 pm

Speed and Agility Program – All sports

Tuesdays/Thursdays June 15 – July 22 5:45 – 6:45 pm

Football Power Development Program (11-14 y/o, 3 weeks only)

Tuesdays/Thursdays July 27 – August 12 5:45 – 6:45 pm

- :: All programs are for youth, ages 11-18, unless otherwise specified.
- :: All classes are held at the Nationwide Children's Sports Medicine and Orthopedic Center at 584 County Line Rd. West in Westerville.
- :: The cost for each 6-week class (12 sessions total) is \$100 per participant. You may also choose any 4 weeks (8 sessions total) for \$75 per participant.
- :: The Football Power Development Class is 3 weeks (6 sessions total) for \$40 per participant.
- :: Program descriptions and registration are available at www.NationwideChildrens.org/Sports-Medicine or call Kerry Waple, ATC, CSCS, at (614) 355-6013.



THE

ABC'S of Blister Care

Blisters are commonly seen in all types of athletic populations from the pee-wee leagues to the weekend warriors. The key to blister success is prevention and proper treatment.

Cause

Blisters form when friction and irritation cause the first and second layers of skin to separate. Fluid then fills the space between the two layers of skin and a blister is formed. This is regularly seen on the soles of the feet and palms of the hands. However, they can develop other places where sporting equipment or clothing rubs the skin. This friction combined with a warm, moist environment is the perfect recipe for a blister and possible infection.

Prevention

The first step to preventing blisters is to minimize areas where friction may occur. This can be done by wearing the proper fitting footwear, two pairs of socks, gloves and padding the body in areas vulnerable to excess friction.

Treatment

If you get a blister, the goal is to keep it from getting bigger and to avoid infection. The best treatment for small, unbroken blisters is to leave them alone. They will heal naturally on their own. However, if a blister breaks it should be cleaned often with soap and warm water. Be sure to leave the top layer of skin on to avoid infection and help speed the healing process.

When You Should be Concerned

Most blisters will begin to heal naturally on their own after a few days with proper care and hygiene. However, it is a concern if the blister is painful or becomes infected. Large, painful blisters can be drained and treated by a trained professional.

Signs of infection include pus, red and warm skin around the blister, and red streaks leading away from the blister. If you have any signs of infection, it is important to consult your primary care physician immediately.

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.

What is an Athletic Trainer?

As emphasis is placed on today's student athletes to become bigger, faster and stronger, the chance for injury increases. Athletic Trainers (ATs) are some of the most comprehensively prepared allied medical professionals, trained to deal with the injuries of these young athletes.

The AT is a professional with an educational background in injury prevention and risk management, assessment of injury and illness, emergency care, rehabilitation, and medical and legal issues. All ATs have at least a bachelor's degree, and must also be certified nationally and licensed to practice in Ohio.

"Athletic trainers are an integral part of our team," said Tom Pommering, DO, medical director of Nationwide Children's Sports Medicine. "On the playing field or court, they act as our 'eyes and ears,' keeping the athletes safe and healthy. In our clinic, they serve as a valuable member of our team assisting in the treatment and prevention of our athletes' injuries."

At Nationwide Children's, ATs are utilized in our sports medicine clinics, improving the efficiency and delivery of services for our patients. They obtain patient histories, collaborate with the physician on necessary diagnostic imaging, provide gait training, brace fitting, exercise prescription for home exercises, and patient education.

They assist with communication back to the patient's school athletic trainer who carries out the physician's recommendations. Our ATs also perform Functional Rehabilitation, an aggressive form of therapy to prepare the patient for the quick and safe return to their activity.

Many of our ATs also provide on-site medical care for local high school, middle school and youth sports teams. The ATs develop injury prevention programs and conduct them with school teams, physical education programs and community youth leagues. ATs provide educational workshops for parents, coaches and the general public on topics ranging from injury prevention to the management of common injuries.

did you KNOW?

March is National Athletic Training Month and this year's theme is "Sports Safety is a Team Effort." Visit www.NATA.org.



The Research Institute Looks at Weight-Training Injuries Seen in U.S. Emergency Departments

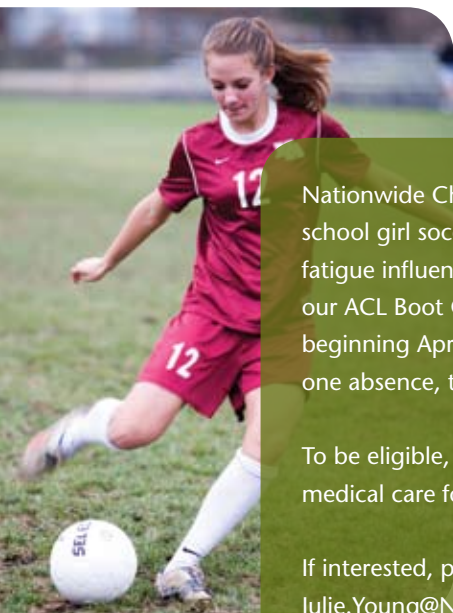
A new study from Dawn Comstock, PhD, of the Center for Injury Research and Policy (CIRP) of The Research Institute at Nationwide Children's Hospital, looked at weight training-related injuries treated in U.S. emergency departments from 1990-2007. The study reveals that people between the ages of 13-18 years sustained the highest number of injuries. Overall, boys led with 82% of the injuries; however, girls had a greater increase in the number of injuries over the span of this study.

Researchers also found that the most common weight room injuries tend to be to the upper and lower trunk and hand. These injuries were often the result of dropped weights, body parts being smashed between weights, or someone hitting themselves with weight.

For more information on this study and others by CIRP, visit www.injurycenter.org.

Official Sports Medicine Provider of 2010 McDonald's All American Games

Nationwide Children's Sports Medicine was proud to serve as the Official Sports Medicine Provider of the McDonald's All American High School Basketball Games in Columbus March 29-31. Our athletic trainers worked round-the-clock with these elite athletes while they were in Columbus, and our experts provided all athletic training and physician services for the games. Visit www.NationwideChildrens.org/Sports-Medicine for more information.



HERE'S THE KICKER!

Nationwide Children's Hospital Sports Medicine is recruiting 40 high school girl soccer players to participate in a study focusing on how fatigue influences knee and trunk movement. These girls will enroll in our ACL Boot Camp, meeting on Mondays and Wednesdays for 6 weeks beginning April 12. If participants complete the class with no more than one absence, they will be compensated for their time.

To be eligible, the athlete must not have had knee surgery or be under medical care for a knee, ankle, leg or back pain or injury.

If interested, please email Julie Young, ATC at Julie.Young@NationwideChildrens.org or call (614) 355-6005.

NEWS

YOU CAN USE

Nationwide Children's Hospital Sports Medicine is proud to partner with the following organizations and events to provide sports medicine care.

Ohio North-South All-Star Classic

Nationwide Children's Sports Medicine will provide athletic training and physician services at the 65th annual Ohio North-South All-Star Classic. The best of Ohio's football seniors will compete April 23 at Ohio Stadium. Visit www.ohsfca.org.

OhioCollegeFootball.Com Bowl



Nationwide Children's Sports Medicine is the Presenting Partner of the 2010 inaugural OhioCollegeFootball.Com Bowl, which

will feature 100 of the top players from the NCAA I-A, II, III and NAIA. The game will be played in Upper Arlington, Ohio at Marv Moorehead Stadium on April 17 at 1 pm. Visit www.OhioCollegeFootball.Com.

Team Ohio FC Nike Challenge Cup

Nationwide Children's Sports Medicine will again partner with Team Ohio FC and the Nike Challenge Cup Soccer Tournament for the third consecutive year to provide athletic training and physician services for this event. The tournament is April 24-25 in Dublin, Ohio and highlights girls and boys soccer teams from around the Midwest. Visit www.nikechallengecup.com.

Chris Spielman Football Camp

Nationwide Children's Sports Medicine is the Premier Partner and Official Sports Medicine Provider for the 2010 Chris Spielman Football Camp July 19-21 at Dublin-Coffman High School. Visit www.procamps.com/chrisspielman.



Arrange a Consultation with our Sports Medicine Team

If you would like to arrange a consultation with one of our Nationwide Children's Sports Medicine doctors, please call (614) 722-6200 or visit www.NationwideChildrens.org/Sports-Medicine and click on "Arrange A Consult."

(Many specialties require a referral form from a physician to make an appointment. Please check with your primary care doctor.)

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