

Kentucky ATC Newsletter

UKHealthCare

Orthopaedic Surgery
& Sports Medicine

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Incorporating the Foam Roller into A Stretching Routine

Tim Pike MEd, ATC

Pre and post exercise stretching is a common practice of many athletes across a wide range of sporting activities. A stretching routine helps to improve flexibility by increasing the range of motion about a joint. Although the properties of the muscle do not change, improved flexibility is seen as a result of an enhanced stretch tolerance (Magnusson SP). However there is conflict in the literature as to the benefits of stretching prior to exercise. In a study of elite soccer players Ekstrand et al. documented that teams randomized to an intervention group including a warm up, stretching, taping, controlled rehabilitation and close supervision had 75% fewer injuries than a control group. In another study dealing with professional soccer players Witvrouw et al. documented a significant association between athletes with poor preseason hamstring flexibility and a subsequent hamstring injury during the season. Conversely Macera et al. demonstrated that there was no benefit at all with stretching prior to exercise.

Massage in the athletic setting has become more prevalent over the past years. More and more athletes are requesting sports massage for a variety of reasons. Some of the more common reasons include: enhance recovery, relaxation of the muscles, improve flexibility improve performance, and reduce the rate of injury (Samples P). Many of these reasons are not supported by evidence based literature. Barlow et al. documented that there was no significant improvement in the sit and reach flexibility test following a single treatment of hamstring massage. However, subjects with already low sit and reach scores did demonstrate an increase in score following massage.

The foam roller can accomplish a self administered myofascial release technique. Myofascial release has been shown as an alternative method to improve range of motion and flexibility (Shultz SP et al.). Use of the foam roller is a self administered technique that can be taught to the athlete during the first session. A foam roller massage should be completed prior to stretching a muscle group or immediately prior to exercise. The roller should pass along the entire length of the muscle, from the origin, across the muscle belly and to the insertion. If there is increased pain or discomfort over a specific area more focus can be spent over that region. The athletes' body weight will provide the pressure needed to complete the massage. Proper alignment of the roller includes moving the roller with the orientation of the muscle fibers.



Hamstring

Incorporating the Foam Roller into a Stretching Routine

Below are just a few of the positions that can be implemented.

Quadriceps



IT Band



Latissimus Dorsi



Piriformis



Gastrocnemius / Soleus



Meet our Sports Medicine Team

Our Physicians:

Darren Johnson, MD
Scott Mair, MD
Christian Lattermann MD
Robert Hosey, MD
Kyle Parish, MD

Our Athletic Trainers:

David Brajuha, ATC
Kara Frey, ATC
Greg Jackson, ATC
David Jacobs, ATC
Candi Lee, ATC
Carrie McCloskey, ATC
Sheri McNew, ATC
Rob Ullery, ATC
Tim Pike, ATC
Jenni Williams, ATC

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The foam roller is an inexpensive and time saving tool that can be used to incorporate massage into athletes' rehabilitation exercises and daily flexibility training. At a cost of only \$15.00 per roller (six inch diameter by 24 inch length), the piece of rehabilitation equipment can fit into any athletic training budget. Implementing the foam roller can be beneficial when athletes have reached a plateau in their flexibility training or in addition to their pre-exercise routine.

References

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- Shultz SP, Padua DA, Petschauer MA, Hirth CJ. The effects of myofascial release and static stretching on hamstring flexibility. *JAT.* 39;2:S70.
- Witvrouw E, Danneels L, Asselman P, D'Have T, Cambier D. Muscle flexibility as a risk factor for developing muscle injuries in male professional soccer players. *Am J of Sports Med.* 31;1:41-46.

Message from the KATS President

Greg Rose ATC, President

TO: *KATS Members*
FROM: *KATS Executive Board*
RE: *Upcoming Member Voting*

We hope this note finds everyone off to a great start in the new year. The purpose of this note is to inform each of you of an upcoming member vote regarding the inclusion of the regional representatives as members of the executive board of KATS, and a change in the rule regarding the term of office for president.

Due to a misinterpretation of the by-laws in the past, the four regional representatives had been included as part of the executive board for the past few years without a vote of the membership, which is required to change the make-up of the executive board. The regional representatives have been included in voting during this period, but the votes they cast did not change the final outcome of any of the votes they participated in.

We will be asking the members to officially approve including the regional representatives, which are elected positions, as part of the executive board. The regional representatives have helped and will continue to help bring more member issues to the board and represent the individuals regions.

The second issue that we will ask for a member vote on involves the term of office for president.

As many of you may recall, the last vote taken on the term of office for president set the maximum number of terms at 2. Due to a history of receiving no nominations for this office, but simply asking people to serve, we will be asking for a member vote to change the by-laws to allow a president to serve until a nomination allows a formal election during the election cycle for the office.

Each of you will be receiving notification of the voting in the near future.

Greg Rose
President, Kentucky Athletic Trainers Society

Board of Certification Update

The board of Certification has two very important items for all certified athletic trainers to be aware of. These are 1) the staggering of continuing Ed. Requirements and 2) the re-structuring of the certification exam.

The first of the new items is the staggering of continuing ed. Requirements. The following table will illustrate the CE requirements for each individual and the time frame they have to turn these CE requirements into the NATABOC:

<u>Last name begins with:</u>	<u>Number of CEU's</u>	<u>Date Due:</u>
H – O	50	Dec.31 2007
P – Z	75	Dec.31 2008

The last item is the restructuring of the NATABOC exam. The certification exam has gone to computer format effective with the November 2006 exam. Candidates will have a testing window where they register to take the exam at a Computer testing site (Sylvan, ATC, GRE). They will then be required to attend a practical portion of the exam at selected sites throughout the U.S. on a specific day. The last day that the practical will be offered will be with the April 22nd exam. Practical exams will be offered at MANY locations throughout the U.S., with the exam being offered in Lexington as well. Therefore, if you are a qualified examiner, please contact Bill Welsh, Test Site Administrator, at William_welsh@georgetowncollege.edu to let him know of your availability.

If anyone has further questions about NATABOC, please go to www.bocatc.org or contact me at rullery@uky.edu Thank you.

P.S. Don't forget to enter those CEU's on-line. It is easy and a good way to stay on top of the CEU's that you do accumulate.

SAVE THE DATE!!!!

9th Annual UK Sports Medicine Symposium

May 18-19, 2007

Keynote Speaker: Dr. William Garret MD PhD

Professor, Division of Orthopaedic Surgery;

Duke University Medical Center

Embassy Suites,

1801 Newtown Pike,

Lexington, KY 40511.

Register online: www.ukyce.com

UK Sports Medicine Walk-In

- With our sports injury walk-in clinic, no appointment is necessary.
- Walk-in at 7:30 - 8am.
- We're located within Kentucky Clinic, with adjacent parking available.
- Staffed by sports medicine fellowship-trained physicians.
- Physical therapy and rehabilitation services are available.
- We're proud to be the team physicians for all UK Athletics.
- Call (859) 257-4577 for more information.

