

Coaches Newsletter

UKHealthCare

**Orthopaedic Surgery
& Sports Medicine**

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Meet our Sports Medicine Team

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David Jacobs, ATC
Jenni Williams, ATC
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Aaron MacDonald, ATC
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Heat Illness Emergency Plan -Kara Frey, ATC

It is a good idea to always include a heat illness emergency plan with your regular emergency plan for your sport and school. This includes what to do in the event that an athlete goes down with a heat illness.

Heat Cramps

Heat cramps are caused by dehydration and a loss of sodium as a result of profuse sweating. The calf and abdominal muscles are those most likely to be involved. Heat cramps should be treated by having the athlete drink water, stretch the involved muscle, and apply ice to the muscle to alleviate pain. If the cramps move to the abdominal area or the cramps are not relieved by the above treatment, the athlete may need to get IV fluid in order to help.

Heat Exhaustion

Heat Exhaustion is caused by prolonged exercise in a hot, humid environment to the point of severe dehydration. Symptoms of heat exhaustion include: fatigue, dizziness, nausea, headache, muscle cramps, shortness of breath, and blurred vision. Signs of heat exhaustion include: excessive sweating, rapid weak pulse, decreased blood pressure, skin that is cold and pale, and a normal body temperature.

Treatment: Athlete will be removed from the heat and taken out of the heat – either to a shaded area or a place that has air conditioning. Athlete will be given water and ice towels and bags will be applied to cool athlete down. Extra pads or clothing such as shoes and socks will be removed to cool down the athlete.

Heat Stroke

Heat stroke is a medical emergency caused by severe dehydration. Symptoms of heat stroke include: feeling extremely hot, confusion, headache, and dizziness. Signs of heat stroke include: no sweating, hot and dry skin, a fever of 105 degrees or more, low blood pressure, rapid weak pulse, rapid breathing, dilated pupils, and unconsciousness.

Treatment: 911 should be called immediately. We will begin cooling the athlete as quickly as possible by applying ice towels and bags to the neck, armpits, and feet region. The athlete's feet will be elevated in order to prevent shock.

AC Separation - Jenni Williams, ATC

An AC separation is a sprain (partial or complete tear), injury, or inflammation of the ligaments on the top of the shoulder where the collarbone (clavicle) attaches to the roof of the shoulder (acromion). The structures involved are the acromioclavicular (AC) and coracoclavicular (CC) ligaments. These attach the collarbone to the acromion or coracoid (part of the scapula or shoulder blade).

Common Signs and Symptoms:

- Tenderness and swelling or bump on top of the shoulder (at the AC joint)
- Bruising that appears at the site of injury and sometimes the chest (usually within 48 hours)
- Loss of strength or pain with overhead activities or when reaching across the body

Causes:

- Impact or falling on the tip of the shoulder
- Falling on an outstretched hand or on the tip of the elbow

Risk of Further Injury:

- Sports that require contact or collision, throwing sports, racquetball, and squash
- Poor physical conditioning
- Previous shoulder sprain or dislocation
- Inadequate protective equipment

Initial Treatment:

Initial treatment consists of ice to relieve pain, stretching to prevent shoulder stiffness, and modification of activities to allow the ligaments to heal. Treatment options include surgical and nonsurgical intervention. Return to sports activity is much earlier with nonoperative treatment and is based on the type of sport and position, arm injured (dominant vs. nondominant), and severity of sprain. Surgical intervention requires 4 to 6 months' healing before a return to sports is possible.

Tips on Nutrition and Pre-Game Meals - Kara Frey, ATC



The Food Pyramid displays the minimum requirements that athletes need to take in daily. Athletes can know exact calories and servings per food group by following the food pyramid, but they should emphasize starchy foods for energy. So, why do we emphasize starchy foods? Starchy foods are thought to be “fattening” and society pushes to cut out these types of foods. If these types of foods are cut out of an athlete’s diet, results are low glycogen, low energy, and poor performance. These foods are not fattening themselves but can lead to extra pounds if you eat more than you need. By following the food pyramid with emphasis on starchy foods, athletes will have enough energy to carry out 90 minutes of vigorous activity! Some examples of starchy foods are: pastas, dried beans such as kidney beans, rice, breads, cereals, and starchy vegetables such as potatoes, carrots, or corn.

Pre-Game Meal Guidelines:

- Avoid meals that contain a lot of sugar or caffeine. Also, watch out for foods that may upset the stomach such as raw fruits and vegetables or beans.
- Consume only moderate amounts of protein and limit fat and oils.
- Choose a meal that is high in starch – this is easy to digest.
- Allow enough time for digestion – eat the meal at least three hours before the event.
- Remember to drink plenty of fluids with the pre-game meal.

Travel Ideas:

When you need to travel to an away game and have no time to sit down and eat a proper pre-game meal, here are some tips. Pack foods such as fruit, mozzarella string cheese, yogurt, breadsticks, and peanut butter and jelly sandwiches or bring a thermos of soup from home. It is better to pack these types of snacks than to stop at a fast-food restaurant.

Tips When Eating Out:

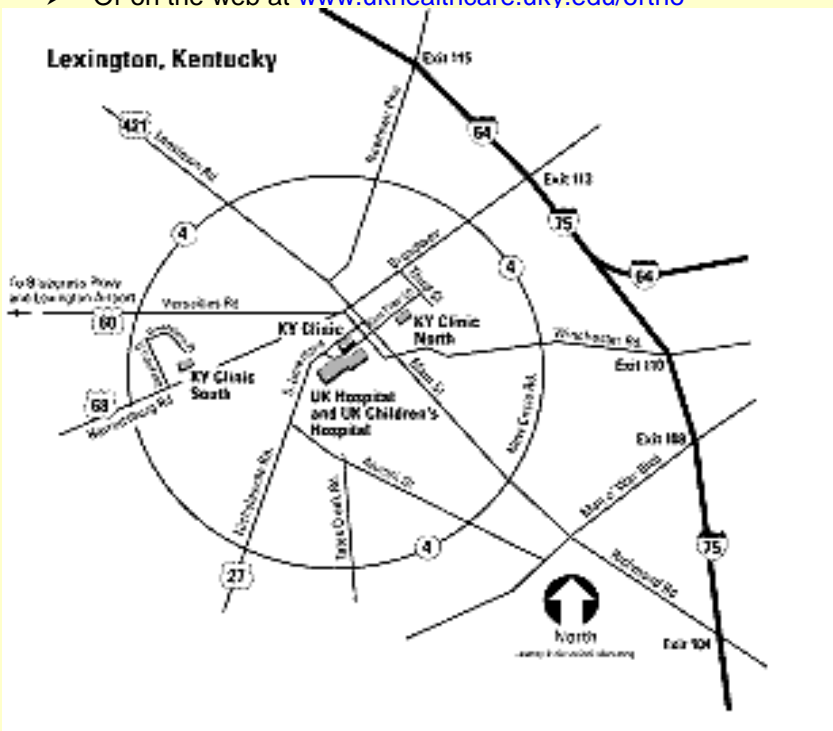
- Choose grilled or broiled meats
- Order pizza without sausage, pepperoni, bacon, or extra cheese
- Go easy on salad dressings
- Order water, milk, juice, or diet soft drinks
- Eat more fresh vegetables or fruits at salad bars
- Don’t supersize your meals

Nominate your Comeback Athlete

UK Sports Medicine is a proud sponsor of the Scholastic Ball Report, a high school sports show that airs every Saturday morning on WKYT. Once a month, we will recognize an athlete who has worked incredibly hard to come back to their sport from a challenging injury. This award sponsored by DonJoy will be presented at the end of the month on the Ball Report to this special athlete. If you would like to nominate an athlete for this award, please e-mail Kara at kmrohr2@uky.edu and let me know what this athlete has overcome in order to return to their sport safely. Please include your contact information; the name, sport, and school of the athlete; and a brief description of their injury.

UK Sports Medicine Walk-In Clinic

- With our sports injury walk-in clinic, no appointment is necessary.
- Walk-in at 7:30 - 9am.
- 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) 323-5533 for more information.
- Or on the web at www.ukhealthcare.uky.edu/ortho



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