



Wayne HealthSports

Volume 8, Issue 2 – October 2022

ATHLETES *in action*



Upcoming *events*

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PASP COURSE

Monday, October 17, 2022
6:00 to 8:30 pm

Monday, February 6, 2023
6:00 to 8:30 pm

Location:

Wayne HealthCare Outpatient
Rehabilitation Center
1111 Sweitzer Street
Greenville, OH 45331

To register, contact:

Jim Beyke, Director of
Rehabilitation Services
937.569.6941
james.beyke@waynehealthcare.org



Wayne HealthSports



Healthy Meals

Breakfast Burrito

Recipe courtesy of: Ellie Krieger

Total Time: 38 min Yield: 4 servings

Ingredients

- 2 tsp. canola oil
- ½ small red onion, diced (1 cup)
- 1 red bell pepper, seeded and diced
- 1 cup drained, rinsed canned black beans, preferably low-sodium
- ¼ tsp. chili flakes
- Salt and freshly ground black pepper
- 4 eggs and 4 egg whites
- ½ cup (about 1½ ounce) shredded pepper Jack cheese
- Nonstick cooking spray
- 4 (10 inch) whole wheat tortillas (burrito size)
- ¼ cup reduced fat-free sour cream
- ¼ cup salsa
- 1 large tomato, (4 ounces) seeded and diced
- 1 small avocado (4 ounces), cubed
- Hot sauce

Directions

- Heat the canola oil in a large nonstick skillet over a medium-high heat. Cook the onions and peppers until onions are softened and peppers are slightly charred, about 8 minutes. Add black beans and red pepper flakes and cook until warmed through, another 3 minutes. Season with salt and pepper and transfer to a dish.
- Whisk together the eggs and egg whites, then stir in the cheese. Spray the skillet with cooking spray, and reheat the skillet over a medium heat. Reduce heat to low and add eggs, scrambling until cooked through, about 3 minutes.
- Spread each tortilla with 1 tablespoon each sour cream and salsa, then layer with ¼ of the black bean mixture, ¼ of the scrambled eggs, some diced tomato and ¼ of the avocado. Season, to taste, with hot sauce. Roll up burrito-style and serve.

Excellent source of: Protein, Fiber, Vitamin A, Vitamin C

Good source of: Riboflavin, Vitamin B6, Folate, Vitamin K, Calcium, Iodine, Iron, Potassium, Selenium



Nutrition Facts

4 Servings

Amount per serving

Calories 460

Total Fat 20g

Saturated Fat 6g

Cholesterol 235mg

Sodium 860mg

Total Carbohydrates 51g

Dietary Fiber 12g

Protein 23g

RECIPE COURTESY OF FOODNETWORK.COM

Shin Splints Causes & Prevention

Shin splints, or medial tibial stress syndrome, is a common overuse injury that can occur in all types of athletes from dancers to soccer players to weekend warriors. With repetitive exercise, muscles can start to pull at their attachment site on the tibia or shin bone, causing pain in the lower leg during activity.

Worried that you might be at risk?

Keep reading for possible causes and preventative tips to help keep you off the sidelines this fall.

Footwear

Proper arch support stabilizes the lower leg and encourages good mechanics while cushioning absorbs force before it reaches the shin. One size does not fit all when it comes to running shoes, so it's important to choose a pair based on your unique anatomy. If you aren't sure where to start, ask for guidance at your local running store.

Employees are often very knowledgeable when it comes to gait analysis and can help you find the perfect shoe. Athletes who do not wear running shoes such as football players may find benefit from purchasing inserts to wear in their cleats.

Running Surface

Changes in running surfaces are a common trigger when it comes to shin splints because it forces the muscles to work in ways that they aren't used to. Multi-sport athletes may notice an increase in symptoms when transitioning from grass to gym floors or from gym floors to tracks. It is especially important that these athletes wear appropriate footwear to help them cope with the changes in stress that they experience when changing up their playing surface.

Running Mileage

A sudden increase in activity can overload the muscles in the shin, leading to shin splints. A good rule of thumb is to limit weekly increases in mileage to 10% or less and to set aside days to rest. Low-impact cross training activities such as swimming or biking are also great ways to stay active while giving your shins a break.

Strengthening Exercises

Strong, flexible muscles are better equipped to handle the stress from repetitive activities. Calf stretches like mountain climbers are a great way to loosen up the muscles while a couple sets of calf and toe raises can help strengthen them.

Nutrition

The food you eat plays a huge role in injury prevention. An anti-inflammatory diet with less sugar and more fruits, veggies, and omega-3s reins in chronic inflammation and promotes healing. Getting enough calcium and Vitamin D in your diet can help to strengthen the muscle attachment site on the bone. For females, consuming an adequate amount of calories is also essential to prevent a breakdown in bone mass.

If you do develop shin splints...

It is important to be proactive with rest, ice, and ibuprofen. It may be time to see an orthopedic physician or physical therapist if your pain does not improve or if you experience abnormal symptoms such as numbness or discoloration.



More than just A New Field House

Greenville can take pride in hosting teams to outdoor sporting events with the dedication of the new Wayne HealthSports/ Orthopedic Associates/Greenville Field House.

Playing in the prestigious Miami Valley League (MVL), Greenville now matches up with Piqua, Sidney, Butler, Troy and more when it comes to turf, locker rooms, public restrooms, concession stand, training room, coach's offices and a booster's sales office with the completion of phase two of the Green Wave outdoor sports complex.

The new complex offers excellent sporting event facilities for the school's athletes, coaches, and officials. The new renovations replaced some aspects of the old Harmon Field Stadium, a 99-year-old facility that was constructed in 1923.

The New Field House Facility Includes:

- An 8,724 square foot building with metal roof
- Four Locker Rooms—(201) metal lockers, (11) showers, (9) Sinks, (8) water closets, (2) water fountains with touchless water bottle filler
- Coaches and shared office
- Training Room
- Public ADA Restroom Facilities:
 - Family Restroom—(1) sink, (1) water closet
 - Men's Restroom—(6) sinks, (10) urinals, (4) water closets
 - Women's Restroom—(8) sinks, (17) water closets
 - Baby changing stations in all public restrooms
- Large concession area
- Booster's sales office



Elevate Your Game

Become a stronger, more stable, and powerful athlete.

Wayne HealthSports Performance Program



Thank you to everyone who participated in the 2022 Sports Performance Program!

The second year of the Wayne HealthSports Performance Program was a great success.

This year we had 13 student athletes join us to safely improve their athletic performance and learn important skills to incorporate into their sports for the upcoming seasons.

Athletes attended 10 sessions over the summer that included pre and post assessments, lifting techniques, agility training and a competitive atmosphere. During each 1-hour session, athletes were taught a specific warm-up routine designed for them to use in their respective sports, followed by an overview of the day's session. Each session we aimed to focus on certain movement patterns to incorporate into the strength and agility portions. At the end of each session, athletes competed amongst each other to push each other and bring the competitive edge to the program!

As a program, we saw improvements in every athlete on and off the assessment sheet. Not only did every athlete improve in their strength, agility and speed, but we saw athletes build relationships with other athletes from other sports and other schools. Our goal also included informing our young athletes about injury prevention. Most of the movement patterns introduced over the course of the program were tailored to cover the body mechanisms associated with sports-related injuries.

The success and excitement among the athletes make us hopeful for the future of this program. We anticipate growth and continued athletic success for participants

The 2023 Sports Performance Program will start in June. Keep an eye out for additional information.

For more information about the Sports Performance Program, contact Robyn Feitshans at 937.569.6504 or robyn.feitshans@waynehealthcare.org or visit us at WayneHealthCare.org/SportsPerformanceProgram.

October is National Physical Therapy Month

National Physical Therapy Month—

It is a time to celebrate the profession and all the ways physical therapists and physical therapist assistants help improve lives. This year's focus is on the importance of physical activity and the role of PTs and PTAs in helping people get moving.

Inadequate physical activity results in an added \$117 billion in health care costs in the U.S. and leads to reduced quality of life for millions of Americans. As we struggle to address the after effects of a global pandemic, it's more important than ever to encourage movement to help people manage pain and other chronic conditions, recover from injuries, and reduce the risk of future injury and chronic disease.

Physical therapists are movement experts who improve quality of life through hands-on care, patient education, and prescribed movement.



WAYNE HEALTHCARE REHAB TEAM:

11

Physical Therapists

9

Physical Therapist Assistants

2

Occupational Therapists

1

Occupational Therapist Assistant

5

Athletic Trainers

“ The Rehab team at Wayne HealthCare work together very closely with our patients to provide the best care available. Often times, our athletes are evaluated initially by the Athletic Trainers at practice or during an athletic event. The Athletic training staff may refer the athlete to their family physician or the providers at Orthopedic Associates. The patient may need to be referred for Physical Therapy after seeing the physician. At the conclusion of their Physical Therapy, the patient then returns to their sport and the Athletic Trainer often plays a role again making sure they are safely transitioning back to their sport. Each step in this process is very important and requires a team approach. Our team works very well together, we understand that each member of the team has a role and we trust each other. ”

Jim Beyke, Director of Rehabilitation Services



Jim Beyke, PT, MPT
Director of Rehabilitation Services at Wayne HealthCare

Meet Our New Trainer!

Ariel Lee

Greenville Athletic Trainer



Ariel Lee attended National Trail High School and is from West Manchester, Ohio. After graduation she attended Anderson University and received her Bachelors in Athletic Training while also playing softball for the school. Ariel grew to love athletic training during her junior and senior year of high school while job shadowing during football season. Ariel's hobbies include hanging out with friends & family, watching sports, reading, and working out.

Ariel recently started as an athletic trainer at Greenville High School and is excited to get to know the Green Wave family!



Wayne HealthSports

For more information about Wayne HealthSports or Wayne HealthCare Outpatient Rehabilitation, please contact:

Wayne HealthCare
Outpatient Rehabilitation Center
1111 Sweitzer Street
Greenville, OH 45331

937.547.5714

To learn more about rehabilitation, orthopedic and sports medicine services, please visit:

WayneHealthCare.org

Sports Physicals

Wrap-Up



THE 2022 SPORTS PHYSICALS WERE A HUGE SUCCESS!

A total of **183 student athletes** were provided **comprehensive physicals**, over the span of two nights. Our physicals cover dentistry, behavioral health, immunizations, orthopedic evaluation, vision, hearing, and primary care. This would not be made possible without the collaboration of 45-50 volunteers each night. **A huge thank you goes out to Wayne HealthCare, Beltone, Orthopedic Associates, Greenville Rescue, and Family Health for their specialty care services.** We look forward to seeing everyone for the 2023 sports physicals next May/June.

ATHLETES *in action*

