

# Wayne HealthSports



## Rehabilitation & Sports Medicine

*Athletic Trainers, Rehabilitation,  
and Orthopedic Services*

### Wayne HealthCare Collaborates with Local Healthcare Facilities to Offer Sports Physicals

Wayne HealthCare, Family Health and Orthopedic Associates of SW Ohio collaborated to offer 2016-17 school year comprehensive sports physicals to Wayne HealthSports athletic contracted schools which include athletes at Greenville, Versailles, Ansonia and Tri-Village.

Wayne HealthCare has supported local high school athletes since 2012 when they started offering sports physicals. Last year was the first year for the collaborative sports physicals. In effort to make sure all athletes meet the Ohio High School Athletic Association sports participation requirements it was determined this would be the best structured opportunity. All athletes were screened for hearing, dental, vision, height, weight, blood pressure, pulse, behavioral health, orthopedic, and general medical examinations. Vaccinations were also offered to athletes who did not have current vaccination records.

Student athletes were examined by fellowship-trained Orthopedic Surgeons, Family Health Physicians and other Family Health medical providers. Other professionals participating included Dr. Lucille Hosfeld, Family Health dental staff, Wayne HealthCare Athletic Trainers and Physical Therapists, Dayton Sports Medicine Institute, Greenville High School Med Tech students and Greenville Area Emergency Rescue Services. Office personnel from Family Health and Wayne HealthCare were essential to provide registration, traffic flow and record keeping.

All of the services were offered at a low cost of \$10. With more than 50 providers and volunteers working together, 340 athletes completed their sports physical for the 2016-17 school year. "The support of Athletic Directors at each school who communicate with parents and help students sign up for sports physicals is the driving force of this successful event. With the addition of Tri-Village as an athletic contracted school, we increased the number of students receiving physicals by more than 100 athletes."

said Jim Beyke, Director of Rehabilitation Services at Wayne HealthCare. "We are very pleased to be able to offer the collaborative sports physicals to local athletes." "This was a great team effort involving several organizations coming together to provide a great community service." We look forward to the event next year and will continue working together to provide quality care to all members of the Darke County community.

Family Health patients can still schedule a sports physical by contacting their medical provider. Family Health encourages their patients to schedule their sports physicals as soon as possible since many fall sports begin practices during the summer months.

## Upcoming Events

### PASP Courses 2016-2017

**Monday, July 18th, 2016**  
from 6:00pm to 8:30pm.

**Monday, October 24th, 2016**  
from 6:00pm to 8:30pm.

**Monday, February 13th, 2016**  
from 6:00pm to 8:30pm.

**Monday, May 15th, 2016**  
from 6:00pm to 8:30pm.

*Course location*  
Wayne HealthCare Outpatient  
Rehabilitation Center  
1111 Sweitzer St.  
Greenville, OH 45331

To register please call Jim Beyke,  
at (937) 547-5941 or email  
[james.beyke@waynehealthcare.org](mailto:james.beyke@waynehealthcare.org)  
to register.

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# PUPIL ACTIVITY SUPERVISOR PERMIT PROGRAMS

PRESENTED BY WAYNE HEALTHSPORTS



Providing Athletic Trainers & Orthopedic Care for Athletics

## A SERVICE OF WAYNE HEALTHCARE

<u>DATE</u>	<u>LOCATION</u>	<u>TIME</u>
<b>Monday, July 18, 2016</b>	Wayne HealthCare Rehab Center 1111 Sweitzer Street Greenville, Ohio 45331	<b>6:00 p.m.-8:30 p.m.</b>
<b>Monday, October 24, 2016</b>	Wayne HealthCare Rehab Center 1111 Sweitzer Street Greenville, Ohio 45331	<b>6:00 p.m.-8:30 p.m.</b>
<b>Monday, February 13, 2017</b>	Wayne HealthCare Rehab Center 1111 Sweitzer Street Greenville, Ohio 45331	<b>6:00 p.m.-8:30 p.m.</b>
<b>Monday, May 15, 2017</b>	Wayne HealthCare Rehab Center 1111 Sweitzer Street Greenville, Ohio 45331	<b>6:00 p.m.-8:30 p.m.</b>

### PRE-REGISTRATION CONTACT INFORMATION

Call Jim Beyke, PT, MPT  
Director of Rehabilitation Services  
James.beyke@waynehealthcare.org  
(937) 547-5941

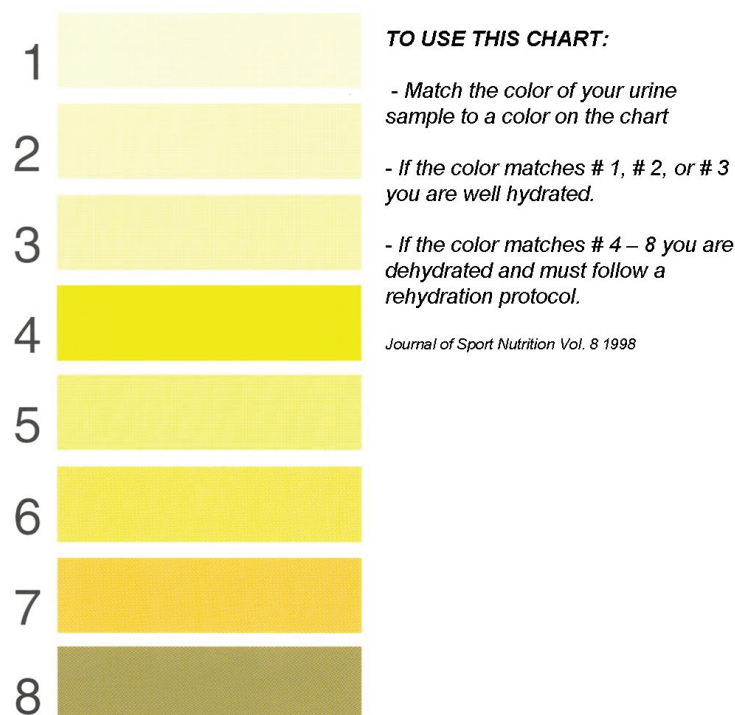
\*\*\*SPACE IS LIMITED\*\*\*

\$20.00 fee for the program  
(Excludes Wayne HealthSports contracted schools)

# Dehydration

With summer practices in full swing and the fall sports seasons starting shortly it is a good time to review important information regarding the detrimental effects of dehydration. Whether you are a coach, parent, administrator, or even fellow athlete, it is very important that anyone involved in athletics be able to not only recognize the early signs of dehydration, but also be able to act as a first responder in the event that this potentially serious condition arises during activity.

Dehydration is almost always a common contributing factor across all heat related illnesses. In order to perform at its peak level, the body requires a certain amount of water to be present. During the course of vigorous physical activity, the human body loses a great deal of water through sweating and other necessary bodily processes. For this reason, it is vitally important for a person to not only make sure that they are drinking enough water throughout the duration of their exercising but to also prepare their body with an adequate amount of water well before the exercise even begins. It is much more difficult to get the body to proper hydration levels once activity begins then it is to properly hydrate before activity. During strenuous activity, much of the blood flow that would normally go to the digestive system gets shifted to the muscles in the extremities where it is in higher demand. This process makes it more of a challenge for the body to effectively absorb water throughout the digestive tract even if a person is consuming more water during activity. The simplest way to effectively check a person's hydration status prior to and during exercise is to observe the color of their urine and compare it to a urine color chart as shown.



In order to ensure proper hydration before exercise, the general recommendation for the average person is to consume about 500 to 600 mL (17 to 20 fl oz) of water or a sports

# Dehydration

drink, like Gatorade, 2 to 3 hours before physical activity and 200 to 300 mL (7 to 10 fl oz) of water or a sports drink about 10 to 20 minutes before exercise. As for fluid replacement during physical activity, a person should aim to maintain their hydration status at less than a 2% body weight reduction through the duration of the physical activity. For the average person, this generally will require about 200 to 300 mL (7 to 10 fl oz) every 10 to 20 minutes. For most physical activity, especially those activities lasting less than 45 minutes, it is very important that a majority of the fluid replacement be done with water. Sports drinks can be very beneficial to replace electrolytes and provide simple carbohydrates for the body during long bouts of strenuous exercise, especially for people who tend to sweat heavily. The problem with hydrating solely with sports drinks however is that many people do not need all of those simple sugars and additional electrolytes to still perform at their best during shorter periods of exercise. In these situations, it is much more beneficial to hydrate with only water during exercise and drink a sports drink after the activity is completed. Post-exercise hydration is just as important as pre-workout and mid-workout hydration because a person's body must be replenished with the proper amount of water, carbohydrates, and electrolytes. Sports drinks can be very beneficial post-exercise because most of them contain all three of these hydration elements in adequate amounts for the average person. Post-exercise replenishment should be ideally completed within 2 hours after the exercise is completed and continued hydration should be done for 4 to 6 hours after exercise.

Hydration is a vital part of keeping a person performing at their best as well as avoiding heat illnesses. For this reason, it is important to keep hydration a high priority when exercising to any degree, but especially in warm, humid conditions. If any athlete's, parents, or coaches have questions about hydration needs in particular circumstances it is important to seek out information from trained medical personnel such as certified athletic trainers.



# Pre-Game Meal Recipe

A Healthy Pre-Game Meal doesn't have to take a lot of time to prepare. Keep it simple so you can put more of your focus on getting in the game. A healthy meal should consist of lots of vegetables (half of the plate), a side of lean protein (1/4 of the plate) and a side of whole grains (1/4 of the plate). Here is a quick and fresh recipe for the summer that you can complete by adding a medium piece of fresh fruit and a glass of milk.

## California Avocado Super Summer Wrap

**Prep time: 15 minutes**

**Makes: 4 Servings**

1 ripe avocado (seeded, peeled, and cut into chunks)  
1/2 cup plain nonfat Greek yogurt  
1 teaspoon lime juice  
1/2 cup blueberries  
1/2 cup carrots (grated)  
1/4 cup red onion (chopped)  
2 cups fresh arugula (chopped)  
12 ounces cooked chicken breast (cubed)  
4 8" whole wheat tortillas

1. Mash half the avocado chunks with yogurt and lime juice in a medium bowl.
2. Add remaining filling ingredients, including the rest of the avocado chunks; mix gently.
3. Top each tortilla with 1/4 of filling mixture.
4. Roll and tuck in ends. Slice in half diagonally, securing with toothpicks, if needed.

Reference: <http://www.whatscooking.fns.usda.gov/recipes/myplate-cnpp/caifornia-avocado-super-summer-wrap>





# Chad A. Weber, DO

## Orthopedic Surgery, Trauma



Dr. Chad Weber is a board certified orthopedic surgeon who provides comprehensive general orthopedic surgery and orthopedic trauma care throughout the Miami Valley and surrounding areas.

He joined Orthopedic Associates of SW Ohio (OASWO) after completing his specialty training in Orthopedic Trauma with a fellowship through OrthoIndy at Methodist Hospital in Indianapolis, Indiana. He completed his orthopedic surgery residency at Ohio University Kettering Network Grandview Medical Center.

Dr. Weber through affiliation with OASWO joins the Athletic Workshop and was a Certified Athletic Trainer prior to becoming a physician. He served as an assistant athletic trainer for The Pittsburgh Steelers during summer training camps and preseason games. He is a member of the American Academy of Orthopedic Surgeons, American Osteopathic Association, and Orthopedic Trauma Association.

Dr. Weber states his goal as a physician, "My mission is to provide the highest-quality and most comprehensive general orthopedic and orthopedic trauma care to the community. My patients are my top priority. Consideration of the whole patient, open communication, and easy accessibility will enable us to be successful in obtaining our goal of a positive and functional outcome."

He will see patients for consultation in Centerville, Dayton, Sidney, and Greenville.

### **Education**

Fellowship, orthopedic trauma, OrthoIndy (Indianapolis, Indiana)

Doctor of Osteopathic Medicine, Ohio University College of Osteopathic Medicine

### **Academic Appointments**

Clinical Assistant Professor of Orthopedic Surgery at Ohio University College of Osteopathic Medicine

Clinical Assistant Professor of Orthopedic Surgery, Sports Medicine, and Rehabilitation at Wright State University Boonshoft School of Medicine

Adjunct Clinical Faculty for Kettering College Physician Assistant Program

## Alyse Miles, Mississinawa Valley



My name is Alyse Miles. I was born and raised in the small town of Pompeii, Michigan. I graduated from Ithaca High School in Ithaca, Michigan. I attended Anderson University and graduated in 2012 with my Bachelor of Arts in Athletic Training. I am going into my 5th year as an Athletic Trainer and couldn't be happier to still be working in my chosen career. I have been the Athletic Trainer at Mississinawa Valley High School for the past two years and I am excited to continue serving this school through Wayne HealthCare. I feel very honored to be joining the athletic training team here at Wayne HealthCare.

Welcome to  
Wayne HealthSports!  
**GO HAWKS!**



### Contact Info

For more information about Wayne HealthSports or Wayne HealthCare Outpatient Rehabilitation, please contact Jim Beyke at [james.beyke@waynehealthcare.org](mailto:james.beyke@waynehealthcare.org) or (937) 547-5941.

Visit us online at [www.waynehealthcare.org](http://www.waynehealthcare.org).