

Wayne HealthSports



Rehabilitation & Sports Medicine

*Athletic Trainers, Rehabilitation,
and Orthopedic Services*

Wayne HealthSports Continues to Grow Sports Medicine Services

Wayne HealthSports is excited to share that a new sports medicine partnership with Mississinawa Valley High School began during the 2016-17 school year. By adding Mississinawa Valley, Wayne HealthSports will now have five contracted schools serving Darke County athletes.

As a contracted school, the athletes will have a full-time athletic trainer dedicated to their school. The trainer will work closely with school administrators, athletic coaches, parents and athletes to make sure they are prepared for athletic activities. "It is important for our athletic trainers to be involved with their assigned school and be actively involved in the community," said Jim Beyke, director of rehabilitation services at Wayne HealthCare. The athletic trainers will assist coaches with off-season training, injury prevention and injury management. The goal is to keep the athletes healthy and injury free so they can perform well in the game.

"The administration at Wayne HealthCare and Mississinawa Valley are excited about the future of sports medicine in the county. This opportunity is a perfect fit for us," said Beyke.

Alyse Miles was hired as the athletic trainer and will cover the Mississinawa Valley Junior High and High School athletic teams.



Wayne HealthSports is proud to be
the new Sports Medicine provider for
Mississinawa Valley Schools!



Upcoming Events

PASP Courses 2016-2017

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

Monday, February 13th, 2017
from 6:00pm to 8:30pm.

Monday, May 15th, 2017
from 6:00pm to 8:30pm.

Course location

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

Please call Jim Beyke, PT at
(937) 547-5941 or email
james.beyke@waynehealthcare.org
to register.



Skin Conditions in Wrestling

It's again that time of year for high school wrestling, where hundreds of kids across the state will be taking their talents to the mat. With that, come the certain skin infections that unfortunately go hand in hand with the sport of wrestling. This article will identify some common skin infections that are found in wrestling, the steps that all athletes can take to prevent them, and how your Wayne HealthSports athletic trainers can keep your athletes healthy.



The most common infection found in wrestling is tinea corporis, also known as ringworm. Ringworm is a fungal infection and appears red and scaly in a ring formation with a clear center. Ringworm is highly contagious and can develop in many areas of the body including the feet (athlete's foot), the groin (jock itch), the trunk, the head, and the face. These lesions may or may not itch. Treatments include the use of topical antifungal creams or oral antifungal creams. Lesions should be treated and covered by your athletic trainer during practice and competition and a doctor's clearance may be needed in order to return to participation.



Another common, very contagious infection is Herpes Simplex. Herpes is a viral infection that often appears as a fever blister, genital herpes, or herpes gladiatorum, which can be found on the face, head or trunk. It can enter the body through a break in the skin such as a cut or mat burn. Herpes presents itself as a fluid filled blister on top of red skin. It may break and become scabbed and crusty. There is no cure for herpes but treatments such as Valtrex and other prophylactic medications are commonly used.



A growing infection that has been spreading throughout high school and college locker rooms lately is staphylococcus or a staph infection. A recent problem that doctors have found with staph is that some strands have become resistant to antibiotic treatments; this is known as methicillin resistant staphylococcus aureus or MRSA. These infections are most commonly spread through skin to skin contact, but has been known to be transmitted through sports equipment, workout areas, and shared/unwashed towels or uniforms. MRSA can first appear as a pimple or insect bite, but can quickly transform into a painful boil. If not cared for, it can burst; producing a bloody puss-like substance that is highly contagious. MRSA is very serious and if it is not treated in the early stages, it may require hospitalization. Contact your athletic trainer immediately if you suspect MRSA so they may treat the athlete and contaminated surfaces to limit the outbreak. A referral to a family physician may be warranted for further diagnosis.

Dressing Appropriately

Living in Western Ohio, we see many changes with weather this time of year. It's not out of the ordinary for temperatures to drop significantly once nighttime falls. Often, at the beginning of fall sports seasons, there is much talk about beating the heat and how to keep athletes safe from the conditions. Now as colder weather approaches, how can we keep ourselves safe? High school athletes experience the frigid temperatures during all three sports seasons; whether during games and practices or simply walking outside after practice, it is important for athletes to be prepared. The cold weather doesn't only affect our high school athletes. There are many individuals who exercise or perform physical activity outside during the winter months. With sound judgement and proper clothing, exercising in the cold conditions can be both safe and enjoyable. Proper clothing is one of the most important factors to help control heat when it comes to exercise. Often, we hear that it is imperative to wear several layers of clothing, but it is also important that the closest layer to the skin "wick" sweat away from the skin. When clothing that doesn't "wick" away sweat is worn the moisture pulls heat away from the skin, lowering skin temperature rapidly making us colder. Also, having wet feet and hands become painfully cold and are much more susceptible to frostbite.

Many times, spectators and officials have more problems with the cold weather than athletes. Unlike athletes, spectators are not involved in the physical activity that generates higher levels of body heat. So, if you are dressed similar to the athletes on the field, chances are you might get really cold. Athletes rarely need more than four layers on their torso and two on their legs. Gloves and hats are also important to wear if able. To gauge how much or how little clothing an athlete might need while training outside, it is recommended to add between 10 to 25 degrees to the current temperatures. However, these individuals' activity level is very important. For example, a baseball/softball player wouldn't dress the same as a cross country runner while training, due to the activity level and the generation of body heat. In addition to the cold, wind and precipitation play a major role when dressing appropriately. If able, wind and water resistant gear can be worn on the most exterior layer to keep moisture from the skin as explained earlier.

There are negative impacts of cold on athletic performance. When an athlete is cold, there is a greater load on their metabolism. Blood pressure increases as blood is taken away from the skin surface increasing the amount in the core. This puts extra strain on the heart. Think of it as the same volume of fluid flowing through narrowed pipework. When muscles are not warm they become less efficient and increase the risk of strains. When nerves are cold reaction times slows. You also have the risk (especially when wet) of chilblains, frost bite, or in extreme cases hypothermia.

Whether you are playing a sport, working outdoors, or a spectator, it is important to be prepared for all instances. It is a lot easier to shed layers than not have layers to add on. Also, keeping dry, especially the layer closest to the skin, can be vital in keeping you warm and preventing any cold related issues.

Bow Tie Lasagna Recipe

Use your slow cooker to make this easy-to-prepare, family-pleasing version of lasagna.

Prep Time: 30 minutes

Total Time: 3 hours 30 minutes

Ingredients:

3 3/4 cups (8 oz.) uncooked bow tie pasta
1 package (9.5 oz.) Morningstar Farms®
Tomato & Basil Pizza Burgers
2 cups (8 oz.) shredded mozzarella cheese
1 container (16 oz.) low-fat cottage cheese
1 jar (26 oz.) spaghetti sauce
1 cup water
1/4 teaspoon salt
1/4 teaspoon pepper
1 teaspoon Italian seasoning
2 tablespoons dry parsley



Directions:

1. Cook pasta according to package directions. Drain and place in crock-pot.
2. Cube MORNINGSTAR FARMS Tomato & Basil Pizza Burgers and place in crock-pot. Add cheese, spaghetti sauce, water, salt, pepper and Italian seasoning. Stir to combine.
3. Cook on low about 3 hours or until thoroughly heated. Stir in parsley and serve hot.

Servings: 6 Serving Size: 1 1/3 Cups

Calories: 410; Total Fat: 9g; Saturated Fat 3g; Trans Fat 0g; Cholesterol: 20mg; Sodium: 1150mg; Total Carbohydrate: 53g; Dietary Fiber: 6g; Sugars: 16g; Protein: 32g;

Source: Kellogg's Family Rewards

https://www.kelloggsfamilyrewards.com/en_US/recipes/bow-tie-lasagna-recipe-recipe.html?version=VERSION2_K2&PID=14871789&utm_source=newsletter072516&utm_medium=newsletter&utm_term=sec_ss_recipe_bowtielasagna_0725_get_recipe_button&utm_campaign=KNA_DOLLARGENERAL_FINDINGDORY_CRAYOLA_FAMOUSAMOS_0725

Safe Weight Loss Strategies in Wrestling

Wrestling is a very unique sport in regards to nutrition and the potential performance implications of losing weight during the season. In recent years, especially with the implementation of hydration testing, it has become increasingly important for wrestlers to learn how to safely and effectively lose weight without exercising extreme measures that may negatively influence their athletic performance, or even their overall health. In order for a wrestler, or any athlete, to perform at their best, they must provide their body with proper nutrition even when they are implementing certain dietary restrictions to alter their weight due to the constraints of their sport.

Losing Weight:

There are a few important implications that an athlete must consider when losing weight during the course of their athletic season including, but not limited to:

- The energy demands of their sport and the consumption of an appropriate amount of calories to maintain their athletic performance
- The maintenance of muscle mass despite dietary changes
- The athlete's age and their involvement in other sports
- The athlete's training age and their level of sporting form

For young athletes (10-14 years old) who are still developing sports specific skills and their overall sporting form, cutting significant quantities of weight (if they are already at a healthy weight for their age) just so they can wrestle at a particular weight class, either for their own benefit or the benefit of the team as a whole, is counterproductive to their development as an athlete. The diet of an athlete and the process of cutting weight should be determined by the athlete's individual circumstances and needs associated with said circumstances. For example, a senior wrestler who plans to wrestle in college and needs to meet a specific weight class will have significantly different dietary needs and restrictions than a junior high wrestler who is just starting out in the sport and may still play multiple sports throughout the year.

1. Energy Demands of the Sport: In order to lose body fat, you must consume fewer calories than you burn. For athletes, there are a number of other variables that will also affect a person's ability to lose body fat. Hypocaloric balance (eating less than you burn) decreases sports performance; it can make you feel sluggish and tired during practice/competition. Considering this, along with the implications of hydration testing, it is vitally important to start cutting weight well in advance of the start of the season. You could potentially cut 15-20 pounds within 2-3 days but you wouldn't meet hydration requirements with this strategy. It would also be exponentially more difficult to maintain that lower body weight and maintain athletic performance using this strategy than to do it in a more appropriate and safe manner. If you are a relatively experienced wrestler and have a specific weight class in mind that you're comfortable wrestling in, but you know you have a lot of weight to lose to get down to that weight class, begin the weight cutting process in the offseason a few months before the season begins. If you know you are within a few pounds of your goal weight, you can begin the weight cutting process a few weeks prior to the start of the season instead. This advance planning before the season begins is very important so your body can get acclimated to the

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decreased calorie consumption and adjust to it accordingly. It is important to get to within 5-10 pounds of your goal weight prior to the competitive season so your body can adjust and your athletic performance won't be hindered by sluggishness or fatigue due to a sudden calorie deficit.

2. Maintenance of Muscle Mass: Muscle mass can be lost quickly if significant weight loss happens over a short period of time. Dramatic decreases in calorie consumption will result in some muscle loss no matter how hard you work to prevent it. This is why it is important to start the process of weight cutting early on, well before the season begins, so that you can lose weight slowly and gradually while maintaining as much muscle mass as possible. One suggestion to help maintain as much muscle mass as possible while decreasing calorie consumption is to make protein a greater percentage of your macronutrient intake, followed by carbohydrates, and finally fat. Basically, increase the percentage of protein, keep carbohydrates similar to maintain and replenish muscle and liver glycogen stores, and decrease fat intake to allow for the drop in calories. Supplementation with Branched Chain Amino Acids (BCAAs) during weight loss has also been suggested to help hold onto as much muscle mass as possible, however BCAAs can be consumed in appropriately elevated quantities by simply eating the right types of high protein foods which already contain high levels of BCAAs. In the event that diet alone is not providing an athlete with sufficient protein intake, this type of supplementation may be indicated. This being said, it is nearly impossible to cut significant weight without losing some muscle mass along the way.

3. Age and Involvement in Other Sports: With underclassmen and junior high athletes it is important to keep the big picture in mind. If they are a male athlete, they are starting to produce testosterone at a significantly elevated level and they are approaching a time frame when the accumulation of significant muscle mass may be possible. If the athlete plays multiple sports, cutting a large amount of weight for wrestling may be detrimental to their performance in other sports, especially sports like football where greater muscle mass is desirable. Testosterone affects weight loss and the ability to create and maintain muscle mass. Thus younger athletes should not generally cut large amounts of weight, unless they are obese. Cutting smaller amounts of weight (10-15 pounds max) should be permissible as long as they maintain a weight that allows them to function athletically without sacrificing performance.

4. Training Age and Level of Sporting Form: "Training age" is the length of time that an athlete has been training in a particular discipline. "Sporting form" is the ability of an athlete to perform the athletic functions and technical skills that are necessary to compete in a particular sport. When an athlete is young, they are just beginning to develop sports-specific skills and movements and thus they have a young training age. During this time frame, it is vitally important for the focus to be on continuing to develop the athlete's sporting form and enhancing their sports-specific skills. This happens most effectively when an athlete is meeting their daily energy demands as well as those caloric demands associated with their sport. It is much more difficult for an athlete to continue to develop their sporting form if they are suffering from a severe caloric deficit and they feel tired and sluggish as they might in the midst of cutting weight. As long as an athlete is already in relatively good sporting form and is

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competent and proficient in the technical skills involved with a sport like wrestling, cutting weight is generally an acceptable part of the sport.

Practical Application:

Assuming most high school aged athletes are not going to take the time to count calories on a daily basis, the best approach to cutting weight is with a restrictive or elimination strategy. The athlete should eat a little less each day over a period of time, until they are losing up to 3 pounds per week. The less weight an athlete loses each week and the slower the weight cut is, the more muscle mass they are likely to maintain and the smaller the decline will be in their athletic performance throughout the process. This again is why it is so important for wrestlers to plan their weight goals well in advance of the start of the season and begin working towards those goals in the offseason. If an athlete is significantly overweight, it is acceptable to lose more pounds per week. As a general rule, you should eat less over time until you see results, so long as you are not also seeing a decline in your athletic performance. Continue to decrease caloric intake each time that a weight plateau is reached until you reach your goal weight.

General Guidelines:

- **Most important:** Decrease overall calories. Eat less of whatever you would normally eat on a daily basis. This principle will dictate your weight loss success. Don't drop your caloric intake too low, otherwise your athletic performance will begin to suffer. Start early in the offseason and make gradual, incremental decreases in food intake until you approach your goal weight.
- **Decrease fat intake.** Although fat is conducive to testosterone production, protein and carbohydrates should stay close to normal intake levels during the weight cutting process while fat intake is reduced. Carbohydrates are essential to maintaining energy stores during long, grueling training sessions and competitions and protein is important for maintaining muscle mass and repairing muscular damage during exercise.
 - **Avoid high fat foods** – bacon, whole milk, fatty red meat, use oils sparingly, etc.
 - **Fats are calorie dense** – more calories in a smaller quantity than with carbohydrates and proteins
- **Decrease added sugar intake.** When cutting weight for sports purposes, it is vital to make every calorie you consume count positively toward your athletic performance. Small quantities of sugar after training/competition is fine, but avoid eating large quantities throughout the day, especially immediately before a workout. Carbohydrate intake should primarily come from quality, nutrient-rich sources such as rice, oatmeal, and potatoes, rather than sugary, "empty calorie" types of foods. These poor carbohydrate sources include soda/pop, artificially flavored juices, sports drinks, and any other beverages containing added sugars. Natural sugars, such as those found in fruits, are fine, especially after training/competition. Whole fruits, rather than fruit juices alone, are preferable because the whole fruits retain far more nutrients, vitamins, and minerals.

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- **Fill up on vegetables.** Eating plenty of vegetables provides many essential vitamins and minerals and helps keep stomach volume filled, without adding a lot of additional calories.

- **As you start to approach your goal weight salt becomes more of a factor.** If you're within 5-10 pounds manipulating excessive salt intake can help you reach your goal weight while still passing hydration testing. High salt intake promotes retention of water weight. Reducing your sodium intake can help you shed excess water weight in a short period of time.

- **Stay close to your goal weight in the offseason.** Major swings in weight are not conducive for maintaining muscle mass or improving athletic performance. Stay within 15-30 pounds of your ideal weight year round to make the weight cutting process easier.

Special thanks to Jordan Francis, MPH for providing Wayne HealthSports with much of the content for this article. Jordan is the Director of Wellness Services at Wayne HealthCare.

WRESTLING REMINDER

Wrestling Hydration Testing will take place between the middle and end of November. Greenville High School will be a host site.

Contact Info

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Visit us online
www.waynehealthcare.org.