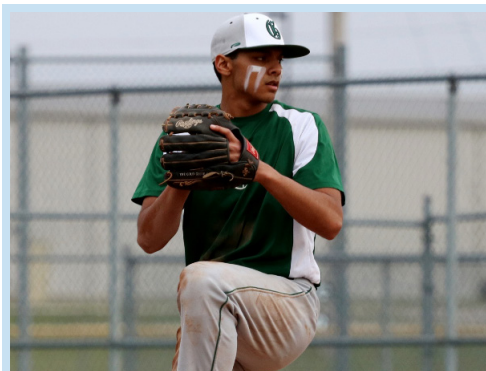


Wayne HealthSports



Rehabilitation & Sports Medicine
*Athletic Trainers, Rehabilitation,
and Orthopedic Services*

Our Athletes in Action



Photos are courtesy of Blue Bag Media.

Upcoming Events

PASP Course 2017

May 15th and July 17th
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.

Sports Physicals

Wednesday, May 3rd, 2017
from 6:00pm to 9:00pm.

Thursday, May 18th, 2017
from 6:00pm to 9:00pm.

Location
Family Health
5735 Meeker Road
Greenville Ohio



Chicken and Quinoa Burritos Recipe

INGREDIENTS

- 4 burrito-size whole-wheat tortillas, warmed
- 1 cup shredded rotisserie chicken, warmed
- 1 cup black beans, rinsed and warmed
- 1 cup cooked quinoa or brown rice
- 1 cup grated Monterey Jack
- 1 cup fresh cilantro sprigs
- 1/2 cup low-fat Greek yogurt
- 1 avocado, sliced
- 1 cup corn salsa

DIRECTIONS

Dividing evenly, top the warmed tortillas with the chicken, beans, quinoa, Monterey Jack, cilantro, yogurt, and avocado.

Roll into burritos and serve with the salsa.



Our quick and easy burritos only take 25 minutes to prepare, but you can also trim that time down considerably by cooking the quinoa the day before you plan to serve them. Store cooked, cooled quinoa in a covered container in the refrigerator, then reheat it in the microwave before loading up each burrito to your liking. We like the burritos with plenty of fresh cilantro, but you could also use shredded romaine lettuce, or even mixed greens. If you haven't yet experimented with Greek yogurt as a substitute for sour cream, trust us—you won't taste the difference.

<https://www.realsimple.com/food-recipes/browse-all-recipes/chicken-and-quinoa-burritos>

The sparkpeople.com website was used to determine the nutritional amount per serving.

524 Calories, 20.5g Fat, 30.6mg, 3.0gm Saturated Fat, Cholesterol, 590mg Sodium, 53gm Carbohydrate, 30.4 gm Protein

Recipe Source: RealSimple.com

Dusty Yingst Bio

Dusty Yingst Athletic Director Greenville City Schools

A 2004 graduate of Covington High School and 2009 graduate of Bowling Green State University. Earned a Bachelors in Education with a Sport Management major and General Business minor.

While attending BGSU, worked four years as a student manager for the Men's Basketball team and one year in the Intramural Office. Completed my internship at Covington High School with Athletic Director Roger Craft during the spring/summer of 2009. After graduation from BGSU, moved to Bucyrus, Ohio and worked at United Bank for two years. Moved back home in 2011 and worked a short time at Covington Savings and Loan, before being hired at Bradford Exempted Village School District as the Athletic Director in 2011. Work four years at Bradford as the Athletic Director, along with positions as Study Hall Monitor, Attendance Coordinator and Transportation Supervisor. During the 2015-2016 school, worked at Mississinawa Valley Local Schools as the Athletic Director and Transportation Supervisor. Was hired and took the position as Athletic Director at Greenville City School this year (2016-2017 school year). Currently working on obtaining Athletic Administration certifications through the National Interscholastic Athletic Administrators Association (NIAAA), and plan to pursue a Master's degree in Sport Administration in the near future.



Athletics have always been a passion for me, and started at young age. My father (Don) and Roger Craft (Covington HS Athletic Director) have been influential in my career. My father was involved in youth, middle school and high school athletics at Covington for 20 years before his passing in 2012. He held many roles, president of youth associations, coached at youth, middle school and high school levels, and volunteered countless hours for all levels of athletics in Covington. There was never a season that we were not at a field or in a gym, and it didn't take long for me to realize that is where I wanted to continue to be. Coach Craft was influential in gaining my interest into the Athletic Director role. During high school and college, I would volunteer time in his office and helping at various athletic events. He was helpful during my college years, in granting me the opportunity to complete my internship under him, but also during early college years of allowing me to gain volunteer field hours during my times off at college. These two men have/had a great passion for education based athletics, along with being great role models, and really guided me in the career path I have chosen.

Currently reside in Bradford with my wife, Crystal, who is a Special Education teacher at Bradford Exempted Village Schools. We have two wonderful children, Garrett (son), three years old, and Ainsley (daughter), one year old.



Spotlight Feature

Sarah Rindler PT, MS BS-PT

Sarah Rindler, a Greenville High School graduate, joined the Wayne HealthCare Rehabilitation team in May, 1999. Sarah's first position in the department was as a rehab aide. Sarah worked primarily during her summer breaks while attend Bowling Green State University. This early exposure to the rehab field was very helpful as Sarah pursued a degree in Physical Therapy from the Medical College of Ohio.

Sarah joined the team as a full-time Physical Therapist in January, 2004. Sarah has treated a variety of conditions over the past 13 years while employed at Wayne HealthCare. Sarah enjoys working with patients of all ages, but particularly enjoys working with her pediatric patients. These patients have conditions such as Down Syndrome, Cerebral Palsy, Spina Bifida, Autism, and developmental delays. Sarah can also be seen treating athletes recovering from their injuries or surgeries at the Wayne HealthCare Outpatient Rehabilitation Center. "The Physical and Occupational Therapists work very well with our Athletic Training Staff to coordinate each athlete's treatment plan and get them back into action as quickly as possible", stated Jim Beyke PT, Director of Rehabilitation Services.

In more recent years, Sarah decided to pursue her Lymphedema Certification. This was an intense 11 day course of study for Physical Therapists focusing on treating Lymphedema and associated conditions. Sarah noted there was a lack of Physical Therapists in this area offering this specialized treatment and decided to pursue her certification. "Having a Physical Therapist on staff like Sarah is a true blessing" stated Beyke. "Sarah has a genuine passion for Physical Therapy and helping others. She knows how to combine kindness and motivation to get the most out of her patients."



Proper Shoe Gear for Sports Athletes

Dr. Michael Maher, DPM

In recent years it has become increasingly confusing for consumers to figure out the proper shoe gear for a particular sport. Manufacturers and professional athletes promote brands, shoes and trends to young athletes. Shoes have evolved over the years to be very sport specific and we have found that we need to match the athlete to a shoe is tailored to their sport. The trend over the last few years has been for shoes to weigh less which has provided less stability to the athletes.



What type of foot do you have?

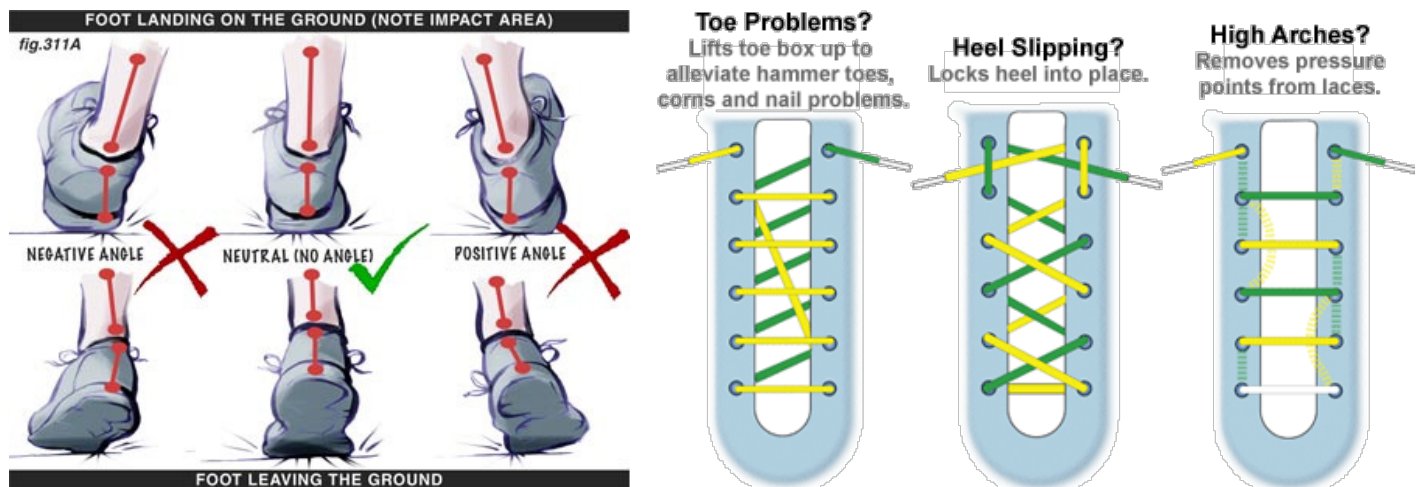
	FLAT FOOT	NORMAL ARCH	HIGH ARCH
FOOTPRINT			
SOLE WEAR			
HEEL VIEW			

There are different combinations of materials and lacing systems that may create confusion. Ultimately an athlete should have a shoe that is specifically made for their sport. Basketball requires significant medial and lateral stability to the shoe. Running requires proper structure and support for distance. Sprinting requires excellent traction to the forefoot. Soccer, baseball and softball require extra grip with various types of cleats and a high or low top shoe. Shoe fitting is also imperative to allow the athlete to have a stable foot base whether they are wearing a custom insole modification or different sock combinations. They should always be properly sized and fitted to the athlete at the end of the day or after practice due to swelling and friction that can develop. They should also try their shoes on with socks, braces or possible taping that they would wear during a game to find a proper fit. Athletes should also be evaluated by a professional or possibly a trainer that understands both genetic predisposition to injury, body mass and body mechanics as it relates to the sport and needs of the athletes. Shoes can be fitted adequately if these perimeters are met and special issues are recognized. If further customization is needed over-the-counter orthotics or a custom made orthotic may be used. Orthotics do need to be matched to the shoe and the specific needs of the athlete as well. It is imperative for all athletes, parents and trainers to

Proper Shoe Gear for Sports Athletes

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understand that the price of the shoe, the color of the shoe or the name of the shoe does not matter if it provides stability, protection and performance that the athlete needs for their individual sport. There are endless resources both through internet evaluations, trainers, coaches and physicians to allow the athlete to find the optimal shoe. I highly recommend that everyone seek out someone to properly fit shoes and to be properly evaluated. This can pay dividends in the future for the athlete's performance, injury prevention and overall confidence in their sport.



For the "overpronator" or flat foot we have recommended a motion control shoe, for "high arches" a cushioned shoe, and for a "normal" arch a neutral shoe. Running stores with employees who are trained to properly fit and determine the type of shoe that is best for you mechanics are excellent tools for high school athletes to utilize when first figuring out the type of running shoe needed. The type of shoe is not the only important factor in a properly fitted running shoe. Knowing the proper way to lace the shoe for common problems such as heel slipping or rubbing in the toe box is also important. When in doubt ask your Athletic Trainer or coach before purchasing a shoe to ensure your athlete can have a successful pain free season.



Sports Physicals Info

Mark Your Calendars! Sports Physicals

Wayne HealthCare, Orthopedic Associates of Southwest Ohio and Family Health are collaborating for the third year to provide a full, comprehensive sports physical for Darke County athletes at Greenville, Versailles, Ansonia, Tri-Village and Mississinawa Valley schools entering grades 7-12 for the 2017-2018 school year.

Dates

Wednesday, May 3rd from 6:00pm - 9:00pm
Thursday, May 18th from 6:00pm - 9:00pm

Pre-registration is required

Please sign up in your High School Athletic Department

Location

Family Health
5735 Meeker Road
Greenville Ohio

Cost is \$10 paid at time of physical. (Cash or Check only)



FAMILY
Health
Building healthy lives
Together



WAYNE
HEALTHCARE

Orthopedic
Associates
of SW Ohio



Contact Info

For more information about Wayne HealthSports or Wayne HealthCare Outpatient Rehabilitation, please contact Jim Beyke at james.beyke@waynehealthcare.org or (937) 547-5714.

Visit us online at www.waynehealthcare.org.