

Wayne HealthSports



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

Our Athletes in Action



Photos are courtesy of Blue Bag Media and the Daily Advocate.

Upcoming Events

PASP Courses 2018

Monday, Feb 12, 2018
from 6:00pm to 8:30pm.

Monday, May 14, 2018
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.

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Sports Physicals

Coming in May



Pork Pita Pocket

INGREDIENTS

3/4 pound boneless pork tenderloin, precut for stir-fry (about 2-inch by 1/2-inch strips)
3 tablespoons reduced-fat oil and vinegar dressing
1 cup fresh diced cucumber
3/4 cup nonfat plain yogurt
2 tablespoons fresh diced onion
1/2 tablespoon dried dill
2 (6-inch) whole-wheat pita breads



DIRECTIONS

Place pork in a self-sealing plastic bag. Add oil and vinegar dressing. Set aside and let stand while the other ingredients are prepared (about 5 minutes).
Mix cucumber, yogurt, onion, and dill together in a bowl. Set aside.
Heat a nonstick skillet over medium-high heat. Drain pork, reserve the marinade, and add pork to skillet. Sauté 2 minutes. Add marinade, and sauté 3 minutes. Marinade should come to a boil.
Cut pita breads in half, and open pockets. Fill with pork, top with cucumber dressing, and serve.

Helpful Hints:

If pork strips aren't available, use pork tenderloin and slice it into 1/4- to 1/2-inch slices and then into 5-inch long strips.

Fresh diced cucumber is available in the produce section of the supermarket.

Fresh diced onions are available in the produce section of the supermarket.

If you have time, use fresh dill. Snip the leaves with scissors.

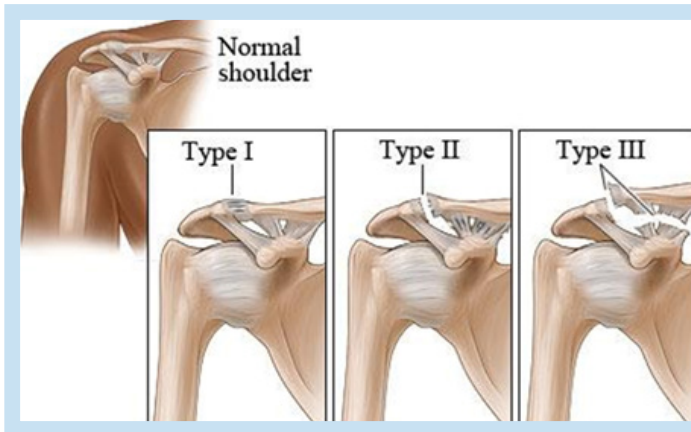
Choices/Exchanges: 2 Starch, 1/2 Fat-Free Milk, 1 Vegetable, 5 Lean Meat

From Fast and Flavorful by Linda Gassenheimer

NUTRITION INFORMATION

Serving size 1/2 recipe, Calories 435, Carbohydrate 45.5 g, Protein 47.8 g, Fat 7.1 g, Saturated Fat 1.7 g, Sugars 2.3 g, Dietary Fiber 5.3 g, Cholesterol 111 mg, Sodium 508 mg.

AC Joint Sprain Article



With winter sports seasons in full swing, there is often an increase of injuries seen, specifically injuries to the shoulders. One of the most common injuries that can occur is damage to the Acromioclavicular (AC) joint.

An injury to the AC joint occurs when the collarbone separates itself from the shoulder blade. This can happen in a couple of different ways. The most common mechanism of injury is a direct blow to the outer tip of the shoulder. This can happen from falling directly onto the shoulder,

or even from a direct blow with another athlete. When this happens, the force of the impact can cause the ligaments that stabilize that joint to “stretch”, and sometimes even rupture. There are different “grades” to explain the severity of the sprain.

Grade I-III AC joint sprains are the most common. A grade I sprain is accompanied by discomfort over the tip of the shoulder, and could present with slight difficulty to raise the arm up. As the grading of the sprains increase, the pain also increases, and often, the function of the shoulder will decrease. A grade II and grade III sprain involve more of the ligaments that stabilize the AC joint, which in turn causes more pain and more limited range of motion of the shoulder. As stated above, when the severity of the sprain increases, the athlete will lose more function of their shoulder. They may have a hard time fully lifting their arm up, they will often complain of severe pain over the outer edge of their shoulder, and there will most likely be a visible deformation when compared to the unaffected shoulder.

A grade III sprain involves an upward displacement of the collarbone when compared to a grade I sprain, which is called “Piano Key Sign”. The name “piano key sign” comes from being able to press downward onto the outer edge of the collarbone, and feeling laxity in that joint. An uninjured AC joint shouldn’t move when you press downward on the collarbone, but when damage occurs to the ligaments that stabilize the joint, the collar bone becomes slightly mobile, which can cause significant discomfort for the athlete.

Depending on the severity of the sprain will factor into recovery time from this injury. A grade I AC joint sprain typically will take a few of days of limited play to recover from, along with some basic strengthening and range of motion exercises to get back to “pre-injury” status. With a more severe sprain and separation of the joint, the athlete may need to be in a sling to remove stress from the AC joint, and to provide as much comfort for them as possible in their time of healing. After a grade III sprain, once the athlete’s pain level has decreased, and any fractures have been ruled out, it is important to rehab the shoulder. Because this injury will affect even their daily activities, it is vital to strengthen the surrounding muscles of the shoulder to help aid in stabilization of the damaged joint. Also, getting the athlete back to the same range of motion they were at before injury is key. This process can range anywhere from 2-5 weeks of healing time, depending on the severity of the sprain to the joint. These injuries will heal themselves, but it can take a decent amount of time and patience.

Antonio Manocchio, DO General Orthopedics, Total Joint Arthroplasty



Dr. Antonio Manocchio, a native of Ohio, grew up in Mansfield, Ohio. He received his undergraduate degree from University of Findlay in Ohio, while on a football scholarship. He majored in biology and graduated Magna Cum Laude. He completed his Doctorate of Osteopathic Medicine at Ohio University College of Osteopathic Medicine and then completed his Orthopedic Surgical Residency at Grandview Hospital in Dayton, Ohio at Ohio University.

Dr. Manocchio completed a fellowship in Adult Reconstruction of the Hip and Knee at Joint Implant Surgeons, Inc., with Dr. Adolph V Lombardi, Jr, MD and Dr. Keith Berend in New Albany, Ohio. His special interests include less-invasive total knee, anterior total hip arthroplasty, minimally invasive partial knee replacement, complex reconstruction, and rapid rehabilitation protocols for faster recovery after surgery and outpatient total joint replacement. In his free time he enjoys spending time with his family, fishing, and golfing.

"Medicine is rapidly changing, and so is the world of Total Joint Replacement. Having trained at one of the largest outpatient

total joint practices in the world, I will use the latest techniques and minimally invasive surgery to increase patient outcomes and satisfaction, while decreasing hospital stay and even doing total joint replacement as an outpatient, in appropriate candidates. I take great pride in helping my patients return to their active lifestyles following total joint replacement; it is the reason adult reconstruction is my passion."

Dr. Manocchio will see patients for consultation at the Centerville, Dayton, and Beavercreek office locations.

Affiliations/Memberships

American Osteopathic Academy of Orthopedics (AOAO)

American Osteopathic Association (AOA) Member

Ohio Osteopathic Association (OOA) Member

Education

Fellowship, Adult Reconstruction/Total Joint Replacement

Joint Implant Surgeons, New Albany Surgical Hospital, New Albany, Ohio

Orthopedic Surgery, Ohio University Grandview Hospital, Dayton Ohio

Doctorate of Osteopathic Medicine, Ohio University College of Osteopathic Medicine

Chelsea Sweeney, AT Tri-Village



Welcome New Athletic Trainer, Chelsea Sweeney

Chelsea is a Clark County native who lived in South Charleston, OH and went to Southeastern High School. She graduated from Wilmington College in the spring of 2017 with a Bachelor's of Science degree in Athletic Training.

Chelsea plans on furthering her education to earn at least a Master's degree, but is currently undecided on what she wants to study. Chelsea is glad to have been given the opportunity to work at Tri-Village High School as their Athletic Trainer. The Tri-Village community and the staff members of Wayne HealthCare have all been very welcoming into their community.

Prior to starting her career at Tri-Village, Chelsea was the Volunteer Assistant Cheerleading Coach for the Southeastern HS Cheerleaders. She helped coach the cheerleaders throughout football season along with helping prepare them for the OHC cheer competition.

In Chelsea's spare time she enjoys spending time with family and friends, listening to music, and being active which includes working out, running, and hiking.



Patriots Pride!

Congratulations Versailles Lady Tigers on Earning the State Championship Title!



The Versailles Lady Tigers defeated the State's No. 1 ranked OHSAA Division III volleyball team to earn the 2017 State Championship trophy by a 3-2 score over fellow Midwest Athletic Conference (MAC) Coldwater, a Lady Cavaliers team that earned the season's MAC league title.



Wayne HealthSports Athletic Trainer Survey



Wayne HealthSports Athletic Trainers Want Your Feedback

Share your feedback by completing the survey today!

To complete the WHS Parent Survey:

- Scan the QR code displayed at the top of this page with your smart phone
- Visit www.surveymonkey.com/r/CFXPDDP
- Contact the athletic trainer at your child's school and they will email you the survey link or send it via text message

We value your feedback and appreciate your participation.
Our athletic trainers are grateful for the opportunity to serve Darke County athletes exceedingly well!

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.