

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 Courses 2018-19

Monday, July 16, 2018
from 6:00pm to 8:30pm.

Monday, February 11, 2019
from 6:00pm to 8:30pm.

Monday, May 13, 2019
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.



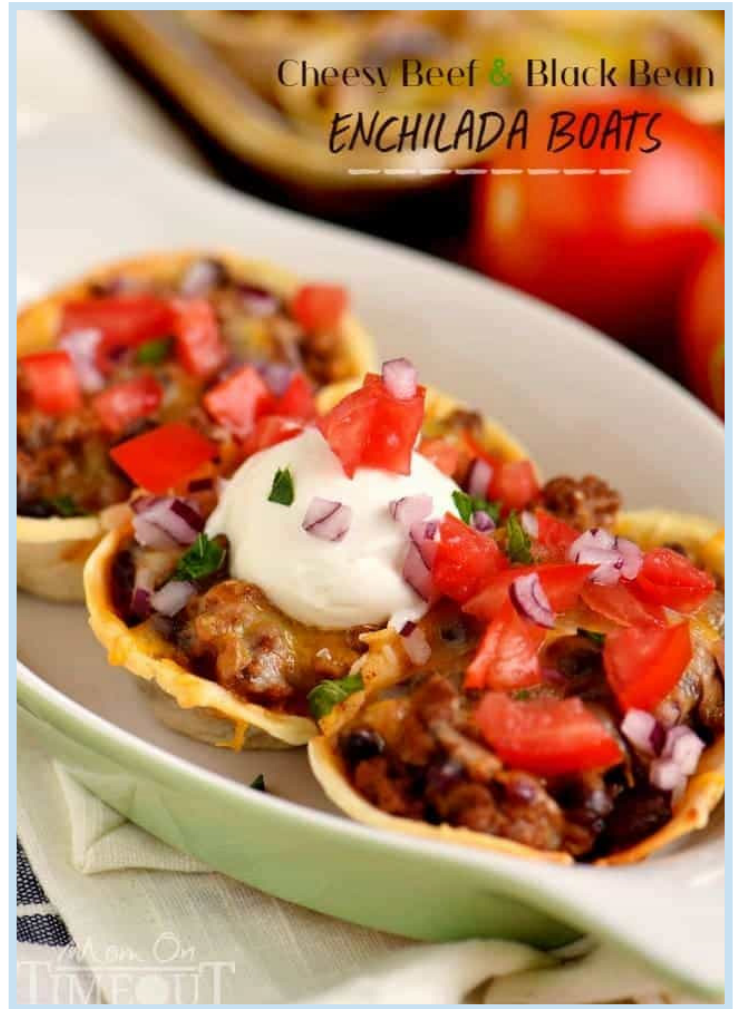
Cheesy Beef & Black Bean Enchilada Boats

INGREDIENTS

- 1 package Old El Paso Mini Soft Tortilla Taco Boats
- 1 lb lean ground beef
- 1 15 oz can black beans, rinse and drained
- ½ red onion, diced
- 1 10 oz can Old El Paso enchilada sauce
- 8 oz shredded Mexican cheese

DIRECTIONS

- Preheat oven to 375 degrees.
- Spray a baking sheet with nonstick cooking spray and line up taco boats on the baking sheet. Spray the tops and outsides of the boats with cooking spray. Set aside.
- Brown ground beef in a large skillet. Drain off all but one tablespoon of fat.
- Stir in onions and cook for 4 minutes stirring frequently.
- Add black beans and enchilada sauce.
- Bring the mixture to a simmer and cook, stirring frequently, for 3 minutes.
- Spoon mixture into taco boats and top with shredded cheese.
- Bake for 10 minutes or until is melted and bubbling.
- Serve with tomatoes, sour cream, avocado whatever you like!



These Cheesy Beef and Black Bean Enchilada Boats are the perfect quick dinner on busy weeknights! Packed full of flavor and so fun to eat!

Author: Trish - Mom On Timeout

Recipe type: Entree

Serves: 6 servings

Proper Shoe Gear for Athletes

In recent years, it has become increasingly confusing for consumers to choose 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 tailored to their sport. There has been a trend toward lighter weight, 'more minimalist' footwear over the past few years which has come at the expense of stability and is not suited for every athlete.



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, any custom or over-the-counter inserts, or even taping that may affect their proper fit. Athletes should also be evaluated by a professional or their athletic trainer that understands both genetic predisposition to injury, body mass, and body mechanics as it relates to the sport and needs of the athletes.

Perhaps the most critical component of shoe gear is matching the fit to an athlete's sport and personal preferences. If further customization is needed, over-the-counter orthotics or a custom-made orthotic may help your physician facilitate optimization of your particular foot mechanics. Orthotics do need to be matched to the shoe and the specific needs of the athlete as well.



With so many choices, such a wide variety of shoe gear options, colors, styles, and brands, it is easy to become overwhelmed. Focus on comfort and sport specific support to optimize the athlete's mechanics. I recommend athletes get re-sized every season to make certain they're buying the most appropriate size. It's not uncommon to find the 'perfect shoe' only to realize the manufacturer has updated the style and it no longer fits like it did last year. For this reason, it's ideal to visit your local retailer for a personal fitting when possible. There is simply no substitute for an athlete trying on a new pair of shoes; after all, it's their opinion that matters most in the end.

Proper Shoe Gear for Athletes



An athlete's anatomy and running mechanics can contribute to their overall foot and ankle mechanics. In general, for the overpronator, or "flat foot," we traditionally recommend a motion control or stability shoe, for the cavus foot or "high arch," a more cushioned shoe providing some drop and possibly an insert with a first ray cutout, and for a "normal" arch a neutral shoe may be most appropriate. Again, it's ultimately up to the athlete to decide what's most comfortable. Even the most educated recommendation won't yield good results

if the athlete isn't comfortable with the shoe. Your local running shop, athletic trainer, physical therapist, or physician may be a good resource for recommendations but there is no substitute for an athlete trying on the shoe and comparing styles.

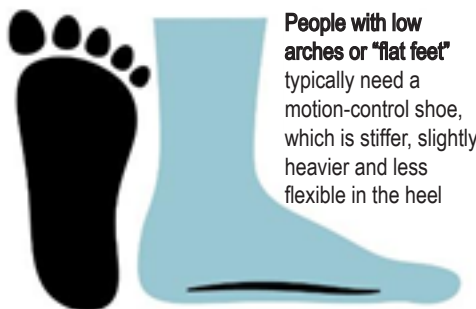


People with higher arches typically underpronate and are given neutral shoes with more cushioning and flexibility

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. Different lacing approaches can be valuable for avoiding common issues. In addition, athletes may find the 'knotless' lacing systems very helpful. When in doubt, your athletic trainer, coaching staff, and physician can help you navigate choosing the most appropriate shoe gear to ensure optimal comfort and performance all season long.



People with normal arch heights mildly pronate and are often recommended stability shoes with a moderate amount of support and midsole cushioning.



People with low arches or "flat feet" typically need a motion-control shoe, which is stiffer, slightly heavier and less flexible in the heel

Toe Problems?

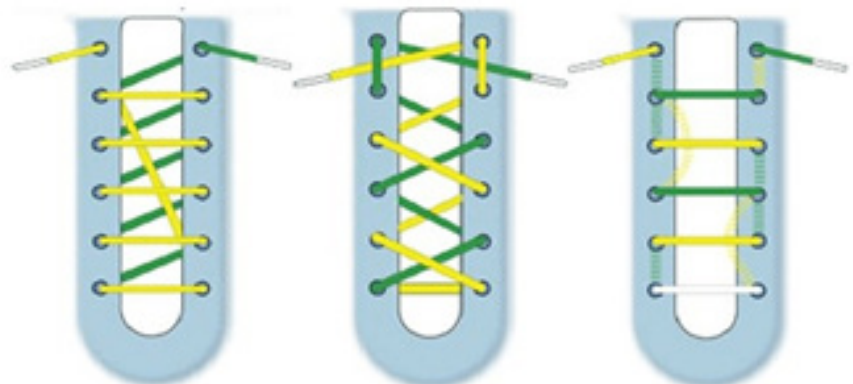
Lifts toe box up to alleviate hammer toes, corns, and nail problems

Heel Slipping?

Locks heels into place

High Arches?

Remove pressure points from laces



Tyler Rhodus Athletic Director - Franklin Monroe



Tyler Rhodus is a 2008 graduate of National Trail and a 2013 graduate of Cedarville University, where he earned a Bachelor's degree in Kinesiology with a minor in Sports Management and Bible.

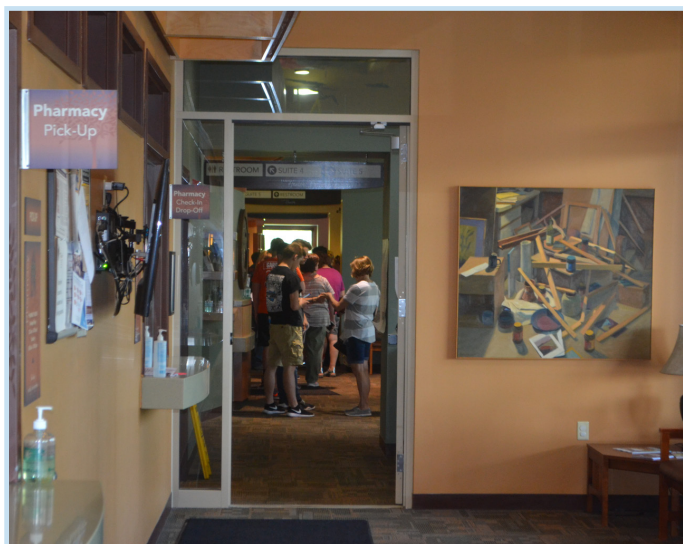
While attending Cedarville, Tyler worked for four years as an intramural coordinator and Assistant Varsity baseball coach at Tri-County North. He completed his student teaching at Fairborn (Baker) Middle School and Cliff High School in Physical Education and Health.

In addition to his student teaching, Tyler completed an Athletic Director internship at Dayton Christian School. After graduation from Cedarville, he moved to Washington Courthouse, Ohio and taught Physical Education at Washington City Schools. While at Washington Schools, he was the Varsity Baseball Head Coach for four years, Varsity Girls Soccer Coach for two years and JH Basketball coach for two years. In 2017 Tyler became the Athletic Director at Franklin Monroe. He plans to obtain a master's degree in Education Administration in the near future.

Athletics have always been a passion for Tyler, and started at a young age. He has had many teachers and coaches who were influential throughout his career. His father, Brian was one of his coaches in athletics and taught him respect, hard work, passion, and dedication. The educators and coaches throughout his time at National Trail and Cedarville instilled in him a passion for education and athletics. The educators and coaches Tyler has worked with at Washington City Schools gave him the opportunity to learn from them while he taught and coached. He has had many opportunities to work and learn from other great educators and coaches, which drives him to be the best Educator and Athletic Director for student athletes as he can be.

Currently Tyler resides in Preble County with his wife, Whitney, who is an intervention specialist at Milton Union. They are expecting their first child (son) this September.

Thanks to all involved with Sports Physicals!



- Total physicals provided: 311
- Total immunizations given: 64
- Total Volunteers: 91

Wayne HealthSports Athletic Trainer Survey



Wayne HealthSports Athletic Trainers Want Your Feedback

Let us know how we are doing by completing a short survey. To complete the survey:

- Scan the QR code displayed at the top of this page, with your smart phone
- Log on to the internet and visit www.surveymonkey.com/r/CFXPDDP
- Contact your athletic trainer and they can send you an e-mail with the survey link, or have it sent to your phone via text message

Thank you for your participation and feedback, and for the opportunity to serve you 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.