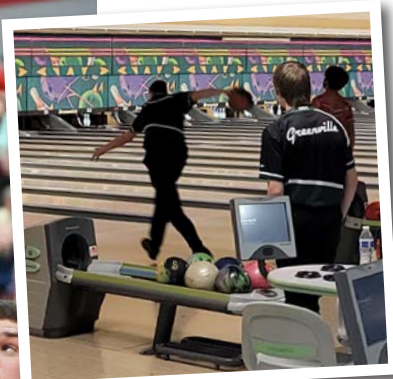




# Wayne HealthSports

Volume 8, Issue 1 – March 2022

## ATHLETES *in action*



### Upcoming *events*

#### PASP COURSES

Monday, July 18  
Monday, October 17  
6:00 to 8:30 pm

**Location:**

Wayne HealthCare Outpatient  
Rehabilitation Center  
1111 Sweitzer Street  
Greenville, OH 45331

**To register, contact:**

Jim Beyke, Director of  
Rehabilitation Services  
937.569.6941  
james.beyke@waynehealthcare.org

#### ANNUAL COMMUNITY SPORTS PHYSICALS

Wednesday, May 11  
Wednesday, June 8  
6:00 pm to 8:00 pm

**Location:**

Family Health  
5735 Meeker Road  
Greenville, OH 45331

**Eligible Schools:**

Ansonia, Franklin Monroe,  
Greenville, Mississinawa Valley,  
and Tri-Village

**Cost: \$20**

**Registration Required:**

Sign-up online or contact your  
school's athletic department.

Download the OHSAA  
Physical Examination Form

# Healthy Meals

## Crispy Honey Garlic Cauliflower Power Bowl

**Author:** Lindsay Pleskot

**Total Time:** 50 min    **Yield:** 4 servings

*This healthy bowl recipe is packed full of crispy baked cauliflower, edamame beans and avocado. The sticky honey garlic sauce is so good and comes together in minutes! This recipe is truly better than take out. Vegetarian. Kid Friendly.*

### Ingredients

- 1 medium head of cauliflower, washed and broken or cut into bite sized pieces (approx 4-5 cups)
- 2 eggs
- 1 ¼ cup panko bread crumbs
- ¼ cup + 2 tbsp flour
- ½ tsp salt
- ¼ - ½ tsp pepper
- ¼ cup avocado oil
- 2 cups edamame beans, shelled & defrosted if frozen
- 1 avocado, cut into chunks or slices

### Sauce

- 6 tbsp warm water
- 1 tbsp cornstarch
- 1 clove garlic, minced or grated
- 2 tbsp honey
- 1 tsp sriracha
- 1 ½ tbsp Soy Sauce

### Garnish

- Green onion, sliced
- Sesame seeds
- Red pepper flakes

### Directions

- Start by cooking rice (follow package instructions)
- Preheat the oven to 425° F. Line two baking sheets with parchment paper and oil the paper with 1 Tbsp oil each, using a brush or your hands to distribute evenly. Set pans aside.
- Set up your breading station with cauliflower in one bowl, eggs in another (whisked), and half of the panko, flour, salt and pepper in the last bowl (you will bread the cauliflower in batches as the flour mixture gets too wet and sticky from the egg if you do it all in one batch)
- Add 4-5 pieces of cauliflower into the egg mixture and toss to coat. Let any excess egg drip off and then place pieces in the panko mixture. Coat evenly, pressing the pieces into the mixture to make sure it sticks. Repeat until all pieces are coated, refilling the panko mixture with remaining panko, flour, salt, and pepper half way through.
- Place cauliflower on baking sheets, brushing the remaining 2 Tbsp olive oil over the tops of the cauliflower. Note the cauliflower is purposely well spread out to allow it to really crisp up vs. steam. Bake for 25 minutes, flipping the cauliflower half way through cooking time.
- Push the cauliflower to one side of the pan and add the edamame beans to the other end of each pan. Place back in the oven to finish baking for 5-10 minutes.
- In the meantime, make your sauce. Add all sauce ingredients to a microwave safe bowl or measuring cup and whisk with a fork to combine, making sure the cornstarch is completely dissolved.
- Cover and microwave for 1 minute. Remove and stir, continuing to heat in 30 second increments until sauce has thickened up.
- To make your bowls, start with rice or base of choice then top with cauliflower, edamame, sauce, and finish with avocado and desired garnishes.



Pleskot, Author: Lindsay, et al. "Crispy Honey Garlic Cauliflower Power Bowl: Lindsay Pleskot, Dietitian." Lindsay Pleskot, RD, 1 Feb. 2022, <https://www.lindsaypleskot.com/honey-garlic-cauliflower-bowls/>.

# Life Saving Device For Heat Illness Emergencies

## The Wayne HealthCare Auxiliary Donated Four DataTherm Devices to the Sports Medicine Program.

**Wayne HealthSports would like to thank the hospital Auxiliary for purchasing four DataTherm devices for our sports medicine program.**

Alyse Grillot, ATC at Greenville Senior High School identified the need for equipment to monitor heat illness in our student athletes. The hospital auxiliary stepped in and purchased the devices for the sports medicine program. Now, each school in our program has a DataTherm available to monitor heat illness. We are so grateful to have these devices that can potentially save a life, should we need to utilize them in an emergency. DataTherm devices can benefit the Athletic Trainer when dealing with severe heat illness.

### What is a DataTherm?

- DataTherm is a lightweight, portable, continuous temperature monitor that provides core body temperature that updates & records temp, every 4 seconds.

- This thermometer can potentially save an athlete's life, if used properly.

### What is a Heat Illness?

- Heat exhaustion occurs in athletes when their core body temperature increases to 104-105 degrees fahrenheit. This extreme of a core body temperature can cause severe dizziness, loss of consciousness, fatigue, confusion, reduced sweating, low blood pressure, and can lead to worsening heat illness if not treated promptly.

- Heat Exhaustion does not take long to escalate into heat stroke, which is life-threatening. As the core body temp rises, this causes stress to the brain and slows down the flow of oxygen to important aspects & organs of the body.

- The best treatment for heat exhaustion is to monitor signs and symptoms very closely, and get the athlete cooled down, ASAP. Hose them down or submerge them into cool/cold water. Remove football pads/equipment if necessary, apply ice packs to armpits, groin, back of knees, as these areas have large arteries to cool the body faster.

### When is DataTherm Used?

- The goal is to never have to administer use of the DataTherm, but if it is needed, Athletic Trainers are educated with the proper competencies to do so.

- If the athlete has started to lose consciousness, become hysteric, is severely disoriented, call 911 and administer the DataTherm while simultaneously using cold immersion to lower their body temperature. Even after EMS arrives, it is crucial to maintain DataTherm usage and monitor core temp until it drops to at least 102.5 degrees fahrenheit. If you remove said athlete from cold immersion before their temp lowers enough, their body temp will continue to increase, putting them in danger of permanent damage, or even death.



The new DataTherm equipment was delivered to the Athletic Trainer staff on February 10.



# Sports Performance For the Youth Athlete

The importance of safely progressing the physical development of junior high students for the extremely competitive, demanding nature of youth sports in the modern era.

## Improving Athletic Skills While Reducing the Risk for Injury

Organized youth sports began as a way to encourage physical activity, social interaction, and the development of positive character traits. While these facets of sport are present today, youth sports have become extremely competitive. Longer seasons, advancements in skill and strategy, early specialization, and year-round sport commitments have significantly changed the preparation required to maintain a competitive edge. The demanding nature of youth sports in the modern era has also led to an increase in injuries among competing athletes.

Sports are often introduced early, with many youth sports holding competitive seasons for athletes as young as six. Early introduction to competitive athletics paired with limited physical preparedness can lead to disastrous consequences. Often, competitive sports are the only form of conditioning youth athletes participate in. This is problematic because sports do not effectively address movement deficiencies, physical development, and other performance markers. Rather, sports test and expose deficiencies.

## How can my youth athlete benefit from the Wayne HealthSports Performance Program?

Without physical preparation in the form of General Physical Preparation (GPP), many young athletes are relying solely on their chosen competitive sport for improvement in athletic efficiency. General physical preparation lays the foundation on which sport-specific skills can be built. GPP consists of working toward improvement in general conditioning, to include strength, speed, endurance, and flexibility. Once a solid foundation of general physical preparation is established, youth athletes are able to apply these established athletic traits to developing sport-specific skills.

The Wayne HealthSports Performance Program provides general physical preparation to youth athletes at the junior high level, a development stage in which the benefits of general physical preparation are vitally important and readily apparent. The program helps athletes in this development stage safely progress their physical development and improve mobility, stability, strength, agility, power, and speed. Each of these developed general athletic qualities will make participation in sport safer for young athletes and will contribute to their success at the high school level.

## What can my youth athlete expect from the Wayne HealthSports Performance Program?

Youth sports require the ability to sprint, cut, change direction, jump, throw, accelerate, and decelerate. The Wayne HealthSports Performance Program is intended to improve the aforementioned skills while reducing risk for injury, creating a competitive edge, and maximizing the potential of each individual athlete. To achieve this, our sports performance program uses methodology based on proven scientific principles and evidence-based best practices, implemented by a multidisciplinary team comprised of certified athletic trainers, an exercise physiologist and collaboration with physical therapists, registered nurses, and orthopedic surgeon Dr. Safet Hatic.

The Wayne HealthSports Performance Program provides an inclusive and supportive environment for athletes and aspiring athletes representing a multitude of sports. Our team has a vested interest in ensuring each athlete has a positive and beneficial experience and feels socially supported by both members of our multi-disciplinary team and their peers.

# Elevate Your Game

Become a stronger, more stable, and powerful athlete.

## Wayne HealthSports Performance Program



### Take your performance to the next level

Wayne HealthSports Performance Program offers training and techniques to give athletes or aspiring athletes the edge to take their performance to the next level. Training programs are personalized to identify and correct each athlete's weaknesses, while maximizing their athletic potential. A pre and post assessment will be performed to determine the athlete's current baseline and identify what hard training is needed to get them to their goal. Our program is tailored toward the junior high athlete looking to safely progress their physical development and improve mobility, stability, strength, agility, power, and speed. Our focus is to bridge the gap between sports medicine and sports performance to enhance performance and minimize the risk of injury.

### Brand new state-of-the-art facility and a team of experts

Athletes will train in our brand new Wellness Center, which includes a 10,000 sq. ft. state-of-the-art gym, 30-yard turf area, and walking/running track. Athletes will also have access to a team of experts, including certified athletic trainers, an exercise physiologist and collaboration with physical therapists, registered nurses, and orthopedic surgeon, Dr. Safet Hatic.

For more information, contact Robyn Feitshans at:  
937.569.6504 or [robyn.feitshans@waynehealthcare.org](mailto:robyn.feitshans@waynehealthcare.org)

### Register online today.

[WayneHealthCare.org/SportsPerformanceProgram](https://WayneHealthCare.org/SportsPerformanceProgram)

**MAY 31 – JUNE 30**

*(5-week Program, 10 sessions)*

**TUESDAYS & THURSDAYS**

**3:30PM – 4:30PM**

**Middle School (Grades 6-8)**

**Cost: \$100**

*Registration Deadline: May 25*

### AREAS OF FOCUS:

- ▶ Plyometrics
- ▶ Strength
- ▶ Speed/Agility
- ▶ Core
- ▶ Flexibility

**DON'T LET PAIN**  
*control your life*



## Balance the Pain

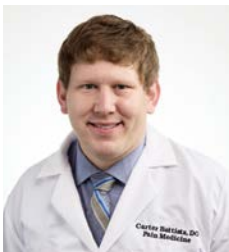
### GET BACK TO YOUR LIFE

The Wayne HealthCare Pain Management Center **provides a balanced approach** to pain treatment that focuses on restoring patients' daily function. Our specialty-trained providers **create tailored care plans** for each patient that incorporate a variety of modalities, including physical therapy, minimally invasive interventional procedures and medication management when appropriate. Don't let pain keep you from doing the things you enjoy. **Ask your provider about a referral today!**

**Monday–Friday | 8:00 am–4:30 pm**

**937.569.PAIN (7246)**

**WayneHealthCare.org**



**Carter E. Battista, D.O.**



**Yvonne Y. Clark, PhD,  
APRN, CNP**



**Diana Sanati, RN  
Supervisor**

#### COMMONLY TREATED PAIN CONDITIONS:

- Back and neck pain
- Shoulder, hip, and knee pain
- Complex Regional Pain Syndrome (CRPS)
- Nerve damage and muscle spasm pain
- Shingles pain
- Arthritis pain
- Headaches
- Sciatica
- Herniated disc
- Vertebral fractures
- Neuropathic pain
- Work-related injuries

#### COMMON INTERVENTIONAL PROCEDURES:

- Epidural steroid injections
- Spinal cord stimulation
- Joint injections
- Selective nerve root blocks
- Radiofrequency ablations



**PAIN MANAGEMENT CENTER**

835 Sweitzer Street  
Sweitzer Street entrance, 3rd floor  
Greenville, Ohio 45331  
[WayneHealthCare.org](http://WayneHealthCare.org)

# Meet Our New Doctor!

## Jonathan Silverman, MD

### Pain Intervention Specialist



**Jonathan Silverman, MD**  
Pain Intervention Specialist,  
Orthopedic Associates

**800.824.9861**

Dual board certified in physical medicine and rehabilitation and pain medicine, Dr. Silverman specializes in the application of targeted interventions for optimization of function through the management of pain. He is especially interested in the use of implanted electrical stimulation devices to manage debilitating pain syndromes which develop following technically successful joint or spine surgeries.

Dr Silverman was raised in the Dayton area and attended medical school at Wright State University. After a PM&R residency at Carolinas Medical Center in Charlotte, NC, he completed an interventional pain management fellowship at the Weill-Cornell Tri-Institute Program in Manhattan. There, he trained at 3 world-renowned institutions: New York Presbyterian, Hospital for Special Surgery and Memorial Sloan Kettering Cancer Center. He recently returned to Dayton, bringing his medical expertise and a commitment to promoting the well-being of his home town.



## Wayne HealthSports

For more information about Wayne HealthSports or Wayne HealthCare Outpatient Rehabilitation, please contact:

**Wayne HealthCare  
Outpatient Rehabilitation Center**

1111 Sweitzer Street  
Greenville, OH 45331

**937.547.5714**

To learn more about rehabilitation, orthopedic and sports medicine services, please visit:

[WayneHealthCare.org](http://WayneHealthCare.org)

# ATHLETES *in action*

