



Wayne HealthSports

Volume 10, Issue 1 – March 2024



Get back to life.



OUTPATIENT REHABILITATION CENTER

Committed to Getting You Back to Your Life

Quickly. Efficiently. Effectively.

Our therapists will work closely with your healthcare providers to help you achieve maximum recovery with a comprehensive rehabilitation program tailored to your specific needs. Our goal is to help you recover faster and get back to your life.

Our Services:

- ▶ Physical Therapy
- ▶ Occupational Therapy
- ▶ Speech Therapy
- ▶ Wayne HealthSports
- ▶ Dry Needling
- ▶ Aquatic Therapy



(937) 547-5714
WayneHealthCare.org

Upcoming events

FIRST AID FOR COACHES

Monday, July 8, 2024
Monday, October 14, 2024
Monday, February 3, 2025
6:00 to 8:30 pm

Location:

Wayne HealthCare
835 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, June 5, 2024
5:30 pm to 8:00 pm

Location:

Family Health
5735 Meeker Road
Greenville, OH 45331

Eligible Schools:

Ansonia, Greenville and Tri-Village

Cost: \$25

Registration Required:

[Register online](#)
or contact your school's athletic department.



2024/25 OHSAA Physical Exam
Form: Contact School Athletic Dept.

Healthy Meals

Quinoa Salad

Recipe courtesy of: Mary Sue Milliken and Susan Feniger, Food Network.com

Total Time: 40 min Yield: 8 servings

Ingredients

- 12 cups water
- 1 ½ cups quinoa, rinsed
- 5 pickling cucumbers, peeled, ends trimmed, and cut into ¼-inch cubes
- 1 small red onion, cut into ¼-inch cubes
- 1 large tomato, cored, seeded, and diced
- 1 bunch Italian parsley leaves, chopped
- 2 bunches mint leaves, chopped
- ½ cup extra-virgin olive oil
- ¼ cup red wine vinegar
- 1 lemon, juiced
- 1 ½ teaspoons salt
- ¾ teaspoon freshly ground black pepper
- 4 heads endive, trimmed and separated into individual spears
- 1 avocado, peeled, seeded and diced, for garnish

Quinoa, a “new” ingredient that has been around for thousands of years, is a tiny, high-protein grain from South America. It’s nicknamed the “wonder grain” because it cooks more quickly than rice, is virtually foolproof, and is lighter and more nutritious than other grains.

Directions

- Bring the water to a boil in a large saucepan. Add the quinoa, stir once, and return to a boil. Cook uncovered, over medium heat for 12 minutes. Strain and rinse well with cold water, shaking the sieve well to remove all moisture.
- When dry, transfer the quinoa to a large bowl. Add the cucumbers, onion, tomato, parsley, mint, olive oil, vinegar, lemon juice, salt, and pepper and toss well. Spoon onto endive spears, top with avocado, and serve.

Nutrition Facts

8 Servings

Amount per serving

Calories 319

Total Fat 20g

Saturated Fat 3g

Cholesterol 0mg

Sodium 467mg

Total Carbohydrates 32g

Dietary Fiber 6g

Protein 7g

Sugar 4g

RECIPE COURTESY OF FOODNETWORK.COM

Meet Your Trainer

Juliette Mueller Ansonia Athletic Trainer

Hello! My name is Juliette Mueller and I am Ansonia's new athletic trainer! I am so excited to start my career with the Tigers and I look forward to the years to come. I am originally from Maria Stein, OH, and have grown up on a farm most of my life. Outside of my time as an athletic trainer, I enjoy reading, walking my German Shepherd named Maggie, and spending time with friends and family amongst many other things.



Education

- Bachelor Of Science in Education, Major in Exercise Science/Sports Medicine; Bowling Green State University (Go Falcons!)
- Master of Science in Athletic Training; Wilmington College

Favorites

- **TEAMS** - Cincinnati Bengals, Cleveland Cavaliers, Columbus Bluejackets, BGSU, and Ohio State.
- **FOOD** - Mexican
- **DRINK** - Peach Lemonade
- **SPORTS** - Football, Hockey and Basketball
- **ANIMAL** - Monkey
- **MOVIE** - Harry Potter films
- **COLOR** - Purple
- **CANDY** - 3 Musketeers
- **VACATION** - Orlando, FL, and Gatlinburg, TN
- **MUSIC** - A few favorites are Luke Combs, Paramore, and Taylor Swift

Maggie, my German Shepherd!

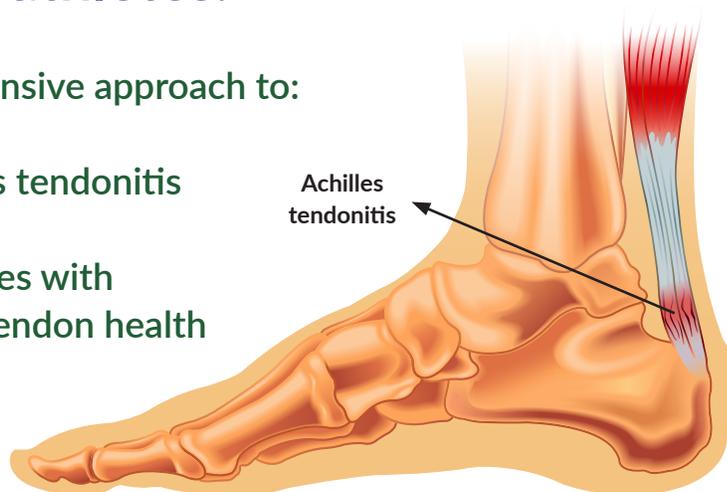


Protecting Your Achilles

Achilles tendonitis poses a risk to the performance and longevity of running athletes.

This guide aims to provide a comprehensive approach to:

- 1.** Managing and preventing Achilles tendonitis
- 2.** Combining effective care strategies with proactive measures to preserve tendon health
- 3.** Boosting athletic performance on the court



What is Achilles Tendonitis?

Achilles tendonitis is characterized by inflammation of the Achilles tendon. This commonly presents with pain, tenderness, and swelling along the back of the heel or lower calf¹. Athletes who use activities that often involve abrupt or repetitive stops and jumps are the most susceptible (i.e. basketball, tennis, track, etc.).¹

Care Strategies

REST AND RECOVERY:

Achilles tendonitis management involves allowing proper rest and ample time for tissue healing. Athletes should rest from any activities that worsen symptoms and add time for rest into their training schedule.²

STRETCHING EXERCISES:

Beginning a stretching program that targets the calf muscles and Achilles tendon can help relieve tightness and improve flexibility. Calf stretches, soleus stretches, and seated Achilles stretches are effective in reducing tension and promoting tissue function.³

STRENGTHENING EXERCISES:

Building strength in the lower leg muscles is important for supporting the Achilles tendon and reducing the risk of reinjury. Eccentric heel drops, calf raises, and ankle dorsiflexion resistance band exercises are among the key strengthening exercises that enhance resilience and stability.²

Prevention

PROPER FOOTWEAR:

Wearing supportive footwear with appropriate cushioning and arch support is crucial for reducing excessive strain on the Achilles tendon.¹ Athletes should look for shoes designed specifically for their respective sport to ensure they have the best comfort and support.

GRADUAL PROGRESSION:

Avoiding sudden changes in training intensity and volume is important for preventing overuse injuries like Achilles tendonitis. Athletes should slowly increase the intensity and duration of their workouts, allowing the tendon plenty of time to adjust to the demands of activity.¹



WARM UP AND COOL DOWN:

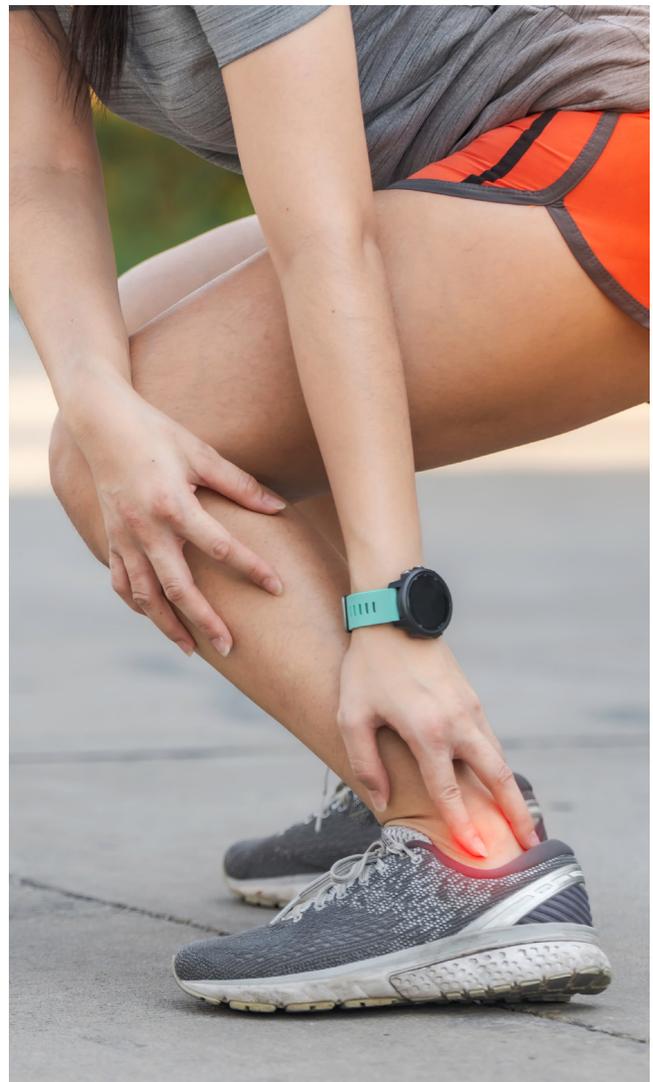
Using dynamic warm up exercises before activity and including static stretches during cool downs helps prepare the muscles and tendons for exercise and encourages recovery.¹

CROSS TRAINING:

Participating in cross-training activities that vary in intensity and impact can help lessen the stress placed on the Achilles tendon. Activities such as swimming, cycling, or yoga can provide a well-rounded approach to fitness while reducing the risk of injury.¹

References

1. Medina MA, Usker Naqvi. Achilles Tendonitis. Nih.gov. Published April 8, 2019. <https://www.ncbi.nlm.nih.gov/books/NBK538149/>
2. Alfredson H, Cook J. A treatment algorithm for managing Achilles tendinopathy: new treatment options. *British Journal of Sports Medicine*. 2007;41(4):211-216. doi:<https://doi.org/10.1136/bjism.2007.035543>
3. *ACHILLES TENDINITIS Home Exercises*. Orthopedic Associates of Hartford



Shoulder Maintenance

Spring sports like baseball, softball, and field events rely heavily on upper body movements, which can lead to shoulder injuries if you are not prepared.

Here are some prevention strategies that you can use to keep you or your student athlete in the game.

■ **Throwing athletes often lose shoulder flexibility as the season wears on.** Baseball and softball athletes in particular may notice a decrease in internal rotation, resulting in shoulder pain and stiffness. To counter this, try out doorway stretches. Hold your shoulder and elbow at 90-degree angles and place your forearm against a door frame. Step forward until you feel a stretch through your chest. Sleeper stretches are also a great option. Lay on the side you want to stretch with your arm straight out in front of you. Bend your elbow at a right angle and use your top arm to grab your wrist and gently push it towards the ground. Make sure to lean back slightly to avoid impingement in the front of your shoulder. Lastly, foam rollers and tennis balls can be helpful tools in maintaining range of motion. Either roll back and forth over a tight muscle or hold against a trigger point until it releases. Incorporate soft tissue work into your daily routine to get the best results.

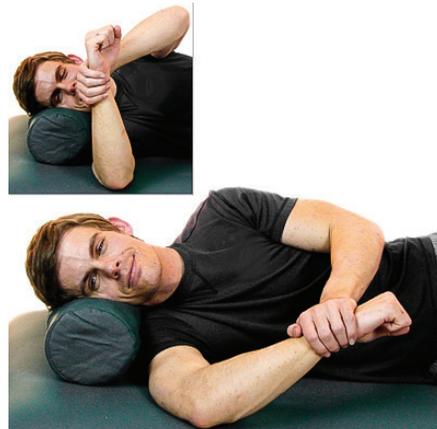
■ **Throwing relies on your rotator cuff muscles to stabilize your shoulder while you generate power.** Keeping these muscles strong is essential in preventing injury. Programs such as The Thrower's Ten and The Advanced Throwers Ten are available for free by searching online. Developed by some of the most well known names in baseball, these programs contain some great exercises that can keep your shoulder healthy no matter what overhead sport you play. Try out several of the exercises on non-competition days to strengthen your shoulder while avoiding fatigue.

■ **Maintaining a strong core can help you get more velocity on your pitch without increasing the demands on your shoulder.** Exercises like planks, dead bugs, and farmer carries can help to increase core stability and provide a strong base for your throwing motion. Throwers can also benefit from rotational exercises like pallof presses, weighted russian twists, and medicine ball side tosses. These exercises can easily be added as accessories to help you get the most out of your workout.

■ **Rest is an important part of maintaining a healthy shoulder, especially for young athletes who are more prone to overuse injuries.** Make sure that your child is following pitch count guidelines and they get some time off each week for rest or light tossing. If your child is returning from an injury, their physical therapist or athletic trainer can work with them on a throwing progression to help them increase their workload in a safe manner.



Doorway Stretches



Sleeper Stretches



Foam Rollers and Tennis Balls

Elevate Your Game

Become a stronger, more stable, and powerful athlete.



Wayne Sports Performance Program

Take your performance to the next level

Wayne Sports 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.

Cutting-edge facility and a team of experts

Experience elite training at our newly unveiled Wellness Center, featuring a cutting-edge 10,000 sq. ft. gymnasium, expansive 30-yard turf area, and a dedicated walking/running track. As part of our commitment to excellence, athletes will receive personalized guidance from a multidisciplinary team of professionals, including certified athletic trainers, an exercise physiologist, and collaborative support from physical therapists, registered nurses, and esteemed Orthopedic Surgeon, Dr. Safet Hatic.

For more information or to register online, scan the QR code or visit: WayneHealthCare.org/SportsPerformanceProgram

Or contact Stephanie Beisner:
937.569.6980
stephanie.beisner@waynehealthcare.org



MAY 28 – JUNE 27

(5-week Program, 10 sessions)

TUESDAYS & THURSDAYS

3:30PM – 4:30PM

Middle School (Grades 6-8)

Cost: \$100

Registration Deadline: May 24

AREAS OF FOCUS:

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

Matt Light All-Conference Football Camp



June 17-18, 2024
For players entering grades 2-8

Improve your football skills and develop leadership qualities and attributes that are necessary for attaining success on and off the field. Under a coaching staff of area high school coaches, college coaches and former college and pro-players, each camper comes away with a better understanding of the game of football. In addition to learning skills specified for each position, campers develop a better understanding of pride, discipline, attitude, and team play. Awards are presented at the end of each day and at the end of camp to recognize performance, hard work and leadership.



Scan the QR
code for more
information and
to register.



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

MEET OUR *Athletic Trainers*



ALYSE GRILLIOT
GREENVILLE



RACHEL LAMB
TRI-VILLAGE



ARIEL LEE
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ANSONIA