

Summa SportsEdge

Your Center for Sports Health Newsletter

Jump Training...What it Does for Your Game!

Speed! Vertical Leap! These are the areas today's athletes say they would most like to improve. One way to improve both is by implementing "jump training" or plyometrics into a conditioning program.

Dr. Nilesch Shah, Medical Director for Summa Center for Sports Health says "Plyometrics are used to enable the muscles to reach maximum strength in as short a period of time as possible". This allows for more power when jumping and running.

Is plyometrics for everyone? Shah states that plyometrics can be a part of a conditioning and training program, but caution should be used. Any form of jump training is very demanding on the body. Before an athlete can perform plyometrics correctly and safely, he/she needs to demonstrate proper strength in their trunk and legs. Balance and flexibility play a vital role when determining if the athlete can safely perform the drills.



Mike Caza, certified strength and conditioning coach from Premier Sports Conditioning offers some general guidelines:

- Strong and tight core or trunk strength
- Athlete must be able to squat 1.5 times their body weight for higher level plyometrics
- Repetitive jumps with little or no time spent on the ground
- Be aware of fatigue resulting in improper form
- No "double jumps" – athlete does not have to stop and gather themselves and take a small hop to continue the exercise
- Plyometrics should be done after weight training and before running
- Should mainly be utilized during the "off season" and pre-season stages
- Combine lower body strengthening with upper body plyometrics
- Combine upper body strengthening with lower body plyometrics
- You should ask your physician before starting any exercise program.
- You should seek advice from a qualified exercise professional before starting any such training program.

There are also different levels of difficulty with plyometrics. A plyometric program should be designed or adjusted for each individual based on strength, balance, flexibility and ability to maintain technique.

Ask yourself the following questions if you are thinking about implementing a plyometric program:

1. Do I have the strength, flexibility and balance to perform plyometrics safely?
2. Does the person training me have the education and knowledge to safely implement such a program into my training?
3. Is the program individualized based on my ability?
4. Is attention being paid to proper technique?

Sports Health Welcomes Dr. Junko and Dr. Noel to our Sport Health Network!

Dr. Jeff Junko of Summa Physicians Sports Medicine and Orthopaedics and Dr. Curt Noel from Crystal Clinic Orthopaedics bring their expertise to Summa Center for Sports Health.

TRAINING

Dr. Junko has just returned to Akron after completing his foot/ankle fellowship at University of Iowa and University of Utah. His main area of focus and specialty is the use of arthroscopic surgery to treat maladies of the foot and ankle. His fellowship training involved advanced foot and ankle arthroscopic techniques.

He joins Dr. Nilesh Shah, sports health medical director, Dr. Scott Weiner, Orthopaedic Department Chair and Ian Alexander, foot and ankle specialist.

Dr. Noel returns to Akron upon completing his fellowship at Steadman-Hawkins of the Carolinas. His specialties include sports medicine, specifically shoulder and elbows. He also brings experience in hip arthroscopy to Akron. Dr. Noel has advanced training in arthroscopic surgery of the shoulder, elbow, knee and the hip (a new and exciting field), as well as advanced training in shoulder reconstruction.

Dr. Noel traveled to France to receive hands-on experience from one of the top rated French shoulder surgeons, Pierre-Henri Flurin, MD. While in France, he received advanced training for total shoulder arthroplasty with the Equinoxe™ Shoulder System.

He joins the other orthopaedic surgeons at Crystal Clinic, Inc. in Montrose.

ABOUT JOINING THE SPORTS HEALTH NETWORK

When asked about the sports health program, Dr. Junko stated "Ideally I would like to work in conjunction with other physicians in the sports network to ensure the highest quality care for our athletes with my emphasis being sports injuries of the foot and ankle".

When asked about the sports health program, Dr. Noel states, "I hope to continue the tradition of cutting edge sports medicine treatment and education here at Summa, adding the new field of hip arthroscopy."

MOST MEMORABLE EXPERIENCE AS A PHYSICIAN

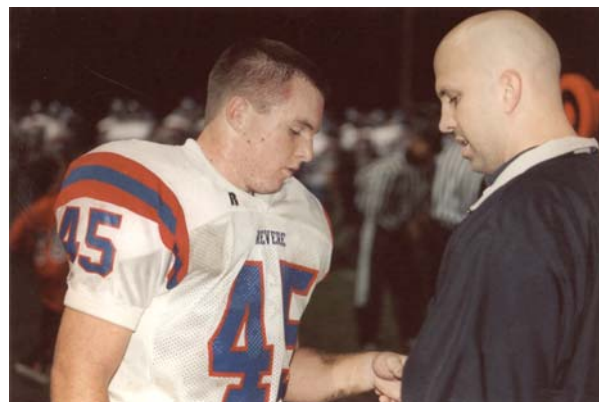
"For me, the most memorable experience has been returning to Summa where I trained and starting to teach residents in our orthopaedic resident program. I have thoroughly enjoyed the opportunity to pass along lessons I have learned in my career to other young physicians in order to help them better care for patients" stated Dr. Junko

PROFESSIONAL GOALS

Dr. Noel's professional goals include "To become an active educator of the residents, students and the community here in Akron, and to have the reputation among my patients and colleagues as a skilled physician who truly cares for his patients."

You can reach Dr. Jeff Junko at 330-379-5051

You can reach Dr. Curt Noel at 330-668-4040



Dr. Noel evaluating a Revere football player.

Sports Health kicks off ImPACT Concussion Testing System!

Summa Center for Sports Health now offers ImPACT®, a concussion management instrument recognized by an international panel of sports medicine experts. Designed on a decade's worth of university research, ImPACT is the most widely used program of its kind in high school, collegiate and professional sports.

Dr. Nilesh Shah, the Center's Medical Director, is the only Certified ImPACT Consultant in the area. He can provide ImPACT testing and interpretation at either his Hudson (330-342-4612) or St. Thomas (330-379-9544) offices.

Summa Center for Sports Health can provide individual or team pre-testing. Call 330-379-5356 to schedule or for more information.



TIPS FROM THE FIELD

HELPING TO REDUCE ACL INJURIES

How to reduce stress on the ACL?

1. Improve muscle recruitment patterns.
2. Improve body control and coordination with cutting and jumping.

How to help prevent ACL Injuries?

1. Train for neuromuscular control of the knee.
2. Flex the knees and hips during activity to increase hamstring use.
3. Work on landing with the knees slightly flexed.
4. Make accelerated rounded turns on a flexed knee vs. planting and cutting on a straight knee.
5. Include stretching, plyometrics and weight training under professional supervision to insure proper technique.

What's the proper way to land when jumping?

1. Land softly on the balls of the feet with the knees flexed (bent).
2. Land with the chest over the knees.
3. Maintain a good, stable center of gravity.
4. Be a "shock absorber" and recoil like a spring.

Sports Health Happenings:

ACL/Knee Injury Prevention Program has begun.



We offer team training right at your school, or athletes can attend one of our scheduled 6 week programs. Training is 2x/wk x 6 wks and includes pre and post-testing.

Akron Roadrunner Marathon Medical Coverage

Summa provided the medical coverage for the event, along with Akron Fire Department and American Medical Response. Summa provided over 140 volunteers at 15 medical tents along the course.



Gary Lake, ATC, Nilesh Shah, MD and Eric Moats, ATC were a part of the finish line medical tent.

Staph Infections – Recognition, Treatment and Prevention

Jeremy Ford, ATC

Staphylococcus aureus, or staph, has been a subject of conversation over the past few months due to area high school athletic teams having a few outbreaks. Many cases of Community-Associated MRSA (methicillin-resistant Staphylococcus aureus) have been found in locker rooms from high school to pro teams. What appears to be a small, red bug bite might actually be something even worse if left untreated.

According to the Centers of Disease Control and Prevention (CDC), 25%-30% of the population is colonized in the nose or skin with staph bacteria. This means the bacteria is present but not causing any type of infection. Staph has traditionally been seen in hospitals and health care facilities but more cases are becoming community-associated CA-MRSA. CA-MRSA is a form of staph that is resistant to antibiotics such as methicillin, oxacillin, penicillin and amoxicillin.

CA-MRSA can develop from poor personal hygiene, skin-to-skin contact (open wounds from field-turf), sharing of towels, soaps, razors, whirlpools, and equipment (mats, pads, tables, surfaces, etc). It may appear as a small bug bite or look like a pimple, pustule or boil. Symptoms include: red, swollen, painful, pus or drainage, fever, chills or flu-like symptoms.

Treatment for CA-MRSA would consist of contacting your physician immediately and a prescription for antibiotics. *Initial treatment usually consists of moist warm compresses and possibly a topical antibiotic. If the infection is deeper your physician may recommend an oral antibiotic with or without incision and drainage of the infection.* Make sure to take the recommended dose and take all the doses unless your doctor tells you otherwise.



Dr. Nilesh Shah, Medical Director for Summa Center for Sports Health, recommends that you follow these precautions to make yourself and others safe from acquiring CA-MRSA:

- Keep hands clean by washing with soap and warm water or by using an alcohol-based sanitizer
- Shower immediately after activity
- Avoid whirlpools
- Avoid sharing towels, razors and athletic gear/equipment
- Clean athletic gear and towels after each use
- Clean table and equipment
- Seek medical attention for skin lesions if not improving initially
- Bacterial cultures may help to establish diagnosis
- Cover any skin lesions before participation

Photos: Courtesy of Jon Divine, MD



FIGURE 1. A lesion that tested positive for MRSA on the thigh of a recreational athlete, about 2 days after initiating treatment with warm compresses, NSAIDs, and mupirocin cream (A). The pustule ruptured 3 days into treatment, and painful induration lasted about 10 days. Another MRSA infection, 6 days after initiating treatment, on the knee of a college football player (B) who developed the infection after scraping his knee on artificial turf. Treatment consisted of warm compresses, a drying agent, NSAIDs, and double-strength TMP-SMZ. Once opened, the lesion was treated with silver sulfadiazine cream for an additional week.

Congratulations!

Congratulations to some of our outpatient rehab staff and physicians who participated in the Akron Marathon:



Ellen Walker, Sr. Physical Therapist at Summa Health Center at Green, talks with medical volunteer Gary Lake, ATC (Outpatient Rehabilitation Manager) upon her completion of the marathon.



Dr. Ray Leone finishes his leg of the relay. Dr. Leone wore two hats on race day...starting line/mile 10 physician in the medical tent and then the final leg of the relay.

Other sports health and rehabilitation staff running in the marathon include:

Derek Yeager, PT - Akron City Hospital In-patient PT
Heather Gier, PT – Akron City Hospital In-patient PT
Jeannie Buzzi, PTA – Natatorium Rehabilitation and Wellness Center
Rachel Chima, PTA – Western Reserve Outpatient Rehab

Go Where the Pros Go!

Don't settle when it comes to your athlete's or child's health.

Wouldn't you want them cared for by a physician who...

- Understands what it is like to be a runner?
What runners go through?
- Works with professional baseball players?
- Has worked with professional softball players?
- Has worked with various high school teams?
- Is sports medicine credentialed?



*Same
day /
next day
appt:*

Akron Office
St. Thomas Hospital

20 Olive St. #201

Akron, OH
330-379-9544

Hudson Office
Summa Health Center at
Western Reserve
5655 Hudson Drive, Suite
200

Hudson, OH
330-342-4612

NOTE: Dr. Shah offers same day / next day appointments at one of his offices, based on availability

Sports Health "Ask the Doc"

sportsmeddoc@summa-health.org

Summa is the Official Sports Health Provider for...

- Akron Aeros (Dr. Shah)
- Ohio Ballet
- Vertical Runner Racing Team
- Extreme Team of NE Ohio
- Cuyahoga Falls Cougars IBL Team
- Akron RoadRunner Marathon
- LeBron King for Kids Bikeathon
- Green High School
- Revere High School
- Springfield High School
- Woodridge High School
- Kent Roosevelt High School
- Akron Garfield High School
- Northeast Ohio Fit

To find out how to obtain the services of
Summa Center for Sports Health for your
school/organization, contact:

Hollie Kozak – Manager
330-379-5356
kozakh@summa-health.org

www.summahealth.org
(orthopaedics; sports health)

SPORTS HEALTH NEWSLETTER STAFF

Jeremy Ford – athletic trainer
Arietta Paulus – athletic trainer
Lindsay Lake – athletic trainer
Tammy Folk – physical therapist
Renee Brinker – physical therapist
Stephanie Kassinger – physical therapy assistant
Tricia Richardson – occupational therapist
Hollie Kozak – athletic trainer
Nilesh Shah, MD

SUMMA SPORTS REHABILITATION / PHYSICAL THERAPY OFFICES

St. Thomas: 330-379-5200
Green: 330-899-5599
White Pond: 330-836-9023
Hudson: 330-379-5200
Cuyahoga Falls Natatorium: 330-926-0384

UPCOMINGEVENTS

- **WRESTLING ALPHA WEIGHT TESTING:** We will be providing this service for *Springfield, Green, Woodridge, Revere, Akron Garfield and Kent Roosevelt High Schools* on Saturday, November 18 in Dr. Shah's office at St. Thomas Hospital. Talk to your wrestling coaches for your team's scheduled time. Cost is \$5 per athlete.
- **ACL / KNEE INJURY PREVENTION PROGRAM:** A 6 week program geared towards recreation and interscholastic athletes to aid in the prevention of ACL injuries while improving overall performance. For more information, call Hollie @ 330-379-5356 or visit the website at www.summahealth.org and go under "services", "orthopaedics", "sports health"
- **2ND ANNUAL SPORTS HEALTH SYMPOSIUM:** Friday, March 2 and Saturday, March 3 @ Akron City Hospital. Friday's topic will be foot and ankle, including a live dissection, panel discussion and break-out sessions. Saturday's topic will be the throwing shoulder including a live dissection, panel discussion, break-out sessions. For more information, call Hollie at 330-379-5356 or visit the website at www.summahealth.org and go under "services"; "orthopaedics", "sports health".
- **WRESTLING SKIN CHECKS:** Mondays and Tuesdays starting in November. NO APPOINTMENT NECESSARY. Cost: \$20. These will occur at Dr. Nilesh Shah's office at St. Thomas Hospital at 20 Olive St. #201. For more information or directions: Call Dr. Nilesh Shah's office at 330-379-9544.
- **PRE-PARTICIPATION SCREENINGS:** \$20 per person. Call Dr. Nilesh Shah's office to schedule @ 330-379-9544 (St. Thomas) or 330-342-4612 (Hudson).
- **IMPACT CONCUSSION GROUP TESTING:** \$10 per person. Call Hollie Kozak to schedule your team @ 330-379-5356. For more information visit the website at www.summahealth.org and go under "services"; "orthopaedics", "sports health"
- **COACHES FIRST AID / PAV:** Tuesday, February 6 from 6pm – 10pm @ Akron City Hospital. Approved by the Ohio Department of Education for coaches. Cost: \$15 pre-registration and \$20 at the door. To register, call Summa Connections at 330-379-9229 or 800-237-8662. For more information visit the website at www.summahealth.org and go under "services"; "orthopaedics", "sports health"
- **WRESTLING ALPHA WEIGHT TESTING:** If you are interested in scheduling a date for your team to be tested at one of our Summa facilities, please call Hollie at 330-379-5356. Cost is \$5 per student + \$30 per hour for testing.