



Sports

the Prevention and Treatment of Sports Injuries

Building and Re-Building Athletic Performance

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————— *Sheila Yonemoto, PT*

When I treat an athletic injury or assist anyone in building a complete training program for improving athletic performance, I really take a close look at one major factor within the program design. I want to make sure that whatever we do, the exercises and training activities look like and function like the sport or activity that the athlete will be performing. This may seem like a simple concept, but all too often training and exercise programs are not sport or movement specific.

More specifically, I mean that many exercise and training activities end up being exercises that train muscles rather than training the movements required to perform athletics. Additionally, many rehabilitation and training routines can overlook a few key training components in preventing injuries and preparing any athlete for the physical demands that each



Sheila Yonemoto, PT—Owner, Yonemoto Physical Therapy
sport can place on the body.

The most important return to sport factors, beyond of course acute injury care for swelling and pain control, are related to whether or not the athlete can quickly and safely stop motion of the body in any direction. This is probably the most overlooked aspect of athletic performance training and or return to sport after injury. Some good examples of this concept is whether or not an athlete can land from

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Sports Injury Prevention Coming in for the Landing!



The majority of non-contact injuries in athletes occur as these athletes are trying to stop! No matter how “fast” an athlete might be, the athlete is only as safe as their ability to efficiently stop. A good analogy would be that you would not want to drive a really fast car that did not have good brakes, would you? Unfortunately, a major emphasis in athletics has been on generating force, improving speed and explosiveness, with little emphasis at all on reducing force, stopping or landing! In the midst of an epidemic of non-contact injuries, it should make sense to do whatever we can to prevent injury.

Here are some suggested activities that athletes and coaches can implement into their existing training programs to emphasize force reduction and improve the athlete’s ability to become a better shock absorber. One could equate this type of training to building a spring. In essence, the better you can absorb shock, the more safe and effective you can become. The following activities can easily be used as warm-up and altered to be sport specific training activities.

1. Start with form run activities such as: double and single arm skipping, high knee runs, butt kickers, cross over runs, and a lunge walk. Cover a distance of 30 to 40 yards with each activity.
2. Jumping rope is another simple activity

with nice results. Start jumping rope with double leg touches and progress to single, with the emphasis on a tall posture and very light touch.

3. A series of double and single leg hops (straight up and down, side to side or front to back). Start with the double leg hops then progress to single leg hops. 20 reps of each is good number for each movement. Remember to stress a soft full-foot landing (toe to heel) with good control. Stick the landing and keep it quiet, no pounding on the ground!
4. Stopping is the next skill to train. Assigning a stopping point to all your footwork or conditioning drills easily accomplishes this. We like to place a cone on the ground about 10 to 15 yards beyond where the drill ends, instructing the athlete to sprint out and stop on the cone. Emphasize a smooth, quiet stop, and lowering of your hips as you stop.
5. Finally, make sure you work change of direction activities into your training and conditioning. Very few sports require purely straight ahead activities so you really need to change directions frequently and make your training look like the game!

These simple activities will help reduce the forces that cause injury, improve you or your athlete’s performance, while building sport specific strength.

“If the inflammation goes unchecked the situation can deteriorate to the point where surgery is needed to remove calcium deposits that can develop in the tendon, to remove the inflamed tissue around the tendon or to stabilize the joint.”

Prevention and Treatments of Sports Injuries

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a jump, quickly stop after running full speed or throw a ball without pain and not feel like their arm is coming off at the shoulder.

A complete training program will include simple body weight exercises that require the athlete to safely and efficiently land from a jump,

stop, start and change the body's motion and direction without pain or compensation.

Other very important treatment and sports conditioning components include a delicate balance between flexibility, strength, posture and balance activities. When speaking of balance I am not just talking about staying upright or balancing on one leg. I am also referring to balance from the right

to left and the front to back side of your body, balancing out your strengths and weakness and finally, balancing your training or rehabilitation routine between what types of activities you do and how you do them. Please read on in this newsletter to find out some simple training tips that can better prepare you for a safe return to a sport or recreational activity or even enhance your current level of performance!

Tips and Tricks

TRAINING TIPS!!



Simple to Complex

Learn movement skills before sport skills!



Train Movements Not Muscles

Focus on big coordinated movements vs. isolating muscles!



Force Reduction Before Force Production

Learn how to stop and land!



Core Strength Before Extremity Strength

Develop the "go muscles" before the "show muscles"!

FAQ - Frequently Asked Questions

How do I know if I am ready to safely return to training or competition following a sports related injury?

One of the best ways to know if you are ready to return to a sports activity is through functional testing of your physical performance in a controlled setting. A physical therapist and or athletic trainer can take you through a series of sport specific tests to make sure you are ready to return. They will look for signs of pain, weakness compensation or reduced performance when testing the injured side and comparing it against the uninjured side. You should put through a series of sport and movement specific tests and be able to perform them without noticeable pain or compensation.

How long will it take for my "pulled muscle" to heal?

Typically it takes 4-6 weeks for a mild to moderate strain or "pulled muscle" to heal but it takes much longer if the muscle is completely torn. You can begin rehabilitation

right away after a muscle injury and may feel much better within the first few weeks but the tissues really need about 6 weeks to adequately begin the rebuilding process. Keep in mind that the healing of the muscle tissue and "taking time off" does not take the place of strengthening and alternate training activities needed to fully recover. You will need to exercise and remain active at the same time that the injured muscle is healing. We call it "active rest" or "active recovery".

Should I use heat or ice after my injury or during my rehabilitation?

When in doubt use "ICE". Ice is always used for the first 48-72 hour after an injury and then heat may be used if the swelling and localized internal bleeding of the area is well under control and not still warm to the touch. Heat may be used during your recovery as a "warming up" agent prior to activity to get the blood flowing but always use ice after activity or when you are just not sure which to use.

Would you or your athlete benefit from a performance training program??

Take this simple test...

Results:

If you have answered yes to any of these questions, you should contact a performance specialist.



YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	Are you a frequently injured athlete?
<input type="checkbox"/>	<input type="checkbox"/>	Would you like to be more athletic?
<input type="checkbox"/>	<input type="checkbox"/>	Would improved speed provide you playing opportunities?
<input type="checkbox"/>	<input type="checkbox"/>	Would improved lateral speed and agility provide you playing opportunities?
<input type="checkbox"/>	<input type="checkbox"/>	Do you lack confidence on the playing field?
<input type="checkbox"/>	<input type="checkbox"/>	Would you like to have more control over your athletic future?

Featured Employee

Romie Castillo



Romie Castillo has been working at Yonemoto PT in the finance department for many years. He knows all about Medicare billing, insurance details and is very helpful with our patients.

Recently, he saw a program on TV focusing on heavy people and stepped on the scale. To his surprise, he weighed in at 293 pounds and decided then and there to do something about it. He knew he needed to change his eating habits and gave up steaks, rice, bread, pasta, junk foods and late night eating. He started eating more fruits, vegetables, fish, tofu and lots more water everyday. He started limiting his caloric intake to 1500-1800 calories/day and started working out at the gym 4-5 times a week, spending 2 hours on weight lifting and 1 hour of cardio on the treadmill or

bike. It's been about 5 months now and he is down to 219 pounds. His goal is to reach 195-205 pounds, but we think he looks great and are so proud of him!

Lifestyle habits can make all the difference in the world and Romie has proved that big time! Romie realized how important it is to do this for your health and well being.

Yonemoto Physical Therapy can help you do the same.

SUCCESS STORIES

Patients Spread the Word

I originally thought PT was a waste of time. After two weeks I'm much better and now believe that exercise from qualified people is the way to go. Yonemoto Physical Therapy has been super!

- B.O.

I really enjoyed coming to Yonemoto Physical Therapy. Everyone was friendly and very helpful. I started feeling improvement on the first visit. I'm done now and I feel so much better. They gave me exercises to do at home and said that I could call anytime with questions. I would recommend Y o n e m o t o Physical Therapy to any one who needed help. Thank you

- J.O.



I am very pleased with the help and results I've achieved from the staff at Yonemoto Physical Therapy. They helped me regain my flexibility and



strength after my injury. Now I am back to my regular activities that I enjoy. Thank you everyone!

- J.G.

I have noticed a considerable improvement in my back since coming to Yonemoto Physical Therapy for treatment. I have enjoyed my experience here not only because of my improvement, but the friendliness and professional care of the therapists. They are a great group of people to work with and I will definitely come back here if I need to again and I will recommend them to anyone who needs therapy.



- L.S.

ENJOY LIFE!

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ADVANCED NUTRACEUTICALS

The world's most advanced nutraceuticals

nutraMetrix® Sports Nutrition

Torch products are for those who wish to optimize their workout, increase muscle growth and aid in muscle recovery. nutraMetrix® has used the latest technology to create scientifically supported formulations to maximize performance and endurance during workouts. The nutraMetrix Torch Sports Nutrition line allows any individual the opportunity to achieve peak performance.

nutraMetrix® Weight Management

These days, everyone's an expert when it comes to the best way to lose weight. If one diet doesn't work, there are a hundred more to try. But why waste any time and money on unproven, unsafe fad diets? Wouldn't it be better, safer and more efficient to use a weight-management system based more on scientific research than trend-setting hype?

Buy it today at:

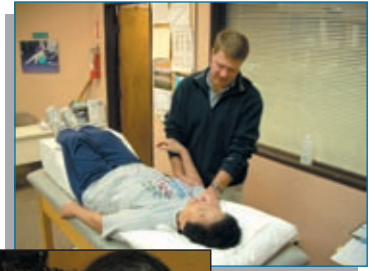
<http://www.nutrametrix.com/sheilayonemoto>

YONEMOTO
PHYSICAL THERAPY

Yonemoto Physical Therapy has successfully treated patients since 1982. We provide several therapy programs ranging from Integrative Manual Therapy, wellness programs, Worksteps which provides services for employers, chi-gong, as well as therapy for common orthopedic problems such as backaches, knee injuries and twisted ankles and pool therapy programs.

Other specialties include orthopedics and sports medicine, TMJ, chronic headaches, Bell's Palsy, urinary incontinence, and low back pain from pregnancy.

We have highly qualified staff trained in methods combining the best from Eastern and Western medicine and philosophies.



Our clinic is open on Monday through Friday 7:30 a.m. to 6:30 p.m.

We can help you recover and achieve Whole Body Health.

Call us today for a FREE CONSULTATION at

626-576-0591

www.yonemoto.com



INSIDE:
the Prevention and Treatment of Sports Injuries
and Re-Building Athletic Performance

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PHYSICAL THERAPY
since 1982

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