



## Focus: Sports Health



## Dear Friend of Cleveland Clinic,

Welcome to the July issue of Catalyst eNews, featuring a Cleveland Browns football player committed to raising funds to fight childhood obesity after a unique application of astronaut research aided his injury recovery. Also hear from specialists with simple and innovative techniques to prevent sports-related injuries, including a knee-expert who is changing the way we think about jumping.

We invite you to support these exciting initiatives and help more individuals live a healthy life.

## The Catalyst eNews Staff

## Focus: Sports Health

[Browns' Player Champions Kids Health](#)

[Jump Right, Prevent Injury](#)

[Ask the Pro: Low Back Pain](#)

[Personal Fitness Plan](#)

[Strength, Flexibility Improves Golf Score](#)

iSupport  
Make a gift online

### Today's Innovations, Tomorrow's Healthcare

is a philanthropic campaign to raise \$1.25 billion for Cleveland Clinic. Success will boost Cleveland Clinic's already exceptional patient care, research and educational programs. This campaign will benefit patients, redefine medicine and create new opportunities that have a direct and beneficial impact on the health and well-being of our local communities. Learn more at:

#### Campaign Update

Supporters have given  
**\$880.5 million**  
toward our  
**\$1.25 billion**  
Campaign Goal

#### Campaign Giving

Learn about 2007 tax benefits of

<< A Gift from Your IRA >>

### Related Links

- [Sports Health](#)
- [Sports Nutrition](#)
- [Healthy Recipes for Athletes](#)
- [Body Mass Index Calculator](#)
- [Food PYRAMID](#)
- [Sports Rehabilitation](#)
- [ACL Injury Q & A](#)
- [Read sports related articles](#)
- [Read more about choosing an athletic trainer](#)
- [Competitive Edge newsletter](#)
- [Exercise Physiology & Metabolic Testing](#)
- [Exercise Program Must-haves](#)
- [Exercise Precautions](#)

Submit a Story  
Share your experience

Share your personal Cleveland Clinic experience and your story could be included in an upcoming issue of *Catalyst eNews*.

### Feature Story

#### Browns' Player Champions Kids Health

[Cleveland Browns' Gary Baxter Tackles Youth Wellness Issues](#)

Cleveland Browns' football player, Gary Baxter, teams up with Cleveland Clinic to help children improve their health and wellness.

[Read Full Story](#)

#### Jump Right, Prevent Injury

[Female Athletes Relearn How to Jump to Protect their Knees](#)

Sports health specialists concerned about increasing numbers of sports-related knee injuries in female athletes are joining in a multidisciplinary effort to change the way female athletes and coaches think about jumping.

[Read Full Story](#)

#### Ask the Pro: Low Back Pain

[Specialist Offers Power of Prevention](#)

Cleveland Clinics Sports Health specialists provide a range of preventive health expertise for athletes of all levels and sports, including professional athletes and little league players. With your help, Sports Health can continue to offer expert advice, provide specialized athletic programs and conduct research to improve sports health to ensure athletes of all ages, specialty and skill can perform their best.

[Read Full Story](#)

#### Personal Fitness Plan

[Exercise Physiologists Create Custom Fitness Programs](#)

For athletes seeking enhanced performance or a novice who is ready to get in shape, Cleveland Clinic exercise experts advise a custom-designed fitness program for the best result.

[Read Full Story](#)

#### Strength, Flexibility Improves Golf Score

[Physical Therapist Help Golfers Prevent Injury, Improve Game](#)

An emphasis on golf fitness has emerged over the past 10 years. Most PGA tour golfers now have their own physical therapist or athletic trainer year-round and novice players are beginning to understand the benefits of golf fitness.

[Read Full Story](#)

### Podcasts

- [Golf Conditioning: Improving Performance and Decreasing Risk of Injury](#)
- [Keeping Your Head in the Game](#)
- [Golf: Related Upper Extremity Injuries](#)

### Sign up for more health news...

Join thousands of people reading [Health Extra](#), a free monthly e-mail newsletter from Cleveland Clinic. Get wellness tips, gourmet recipes and essential health news delivered straight to your inbox. It's information for your health, your life.

[Sign up](#) for Health Extra.



Cleveland Clinic - Institutional Relations and Development  
9500 Euclid Avenue/Dvb  
Cleveland, OH 44195  
216.444.1245  
[giving@ccf.org](mailto:giving@ccf.org)