

SIDELINE

FOR THE COMPETITIVE ATHLETE

2013

Proper nutrition?

Ask The Professional:

- ✓ Hydration
- ✓ When to Eat
- ✓ Eating on the Road

Top 5 Reasons to See a Chiropractor

IS IT A CONCUSSION?

What you need to know about signs & symptoms.

GET BACK TO THE GAME

WITH ALTRU'S PERFORMANCE LINK


HEALTH SYSTEM

Ask the Professional

Get proper nutrition tips for competitive athletes at any level. Altru dietitian, Jennifer Haugen, provides the tips you need to perform, from practice to playoffs.

When should athletes eat?

Pre-exercise

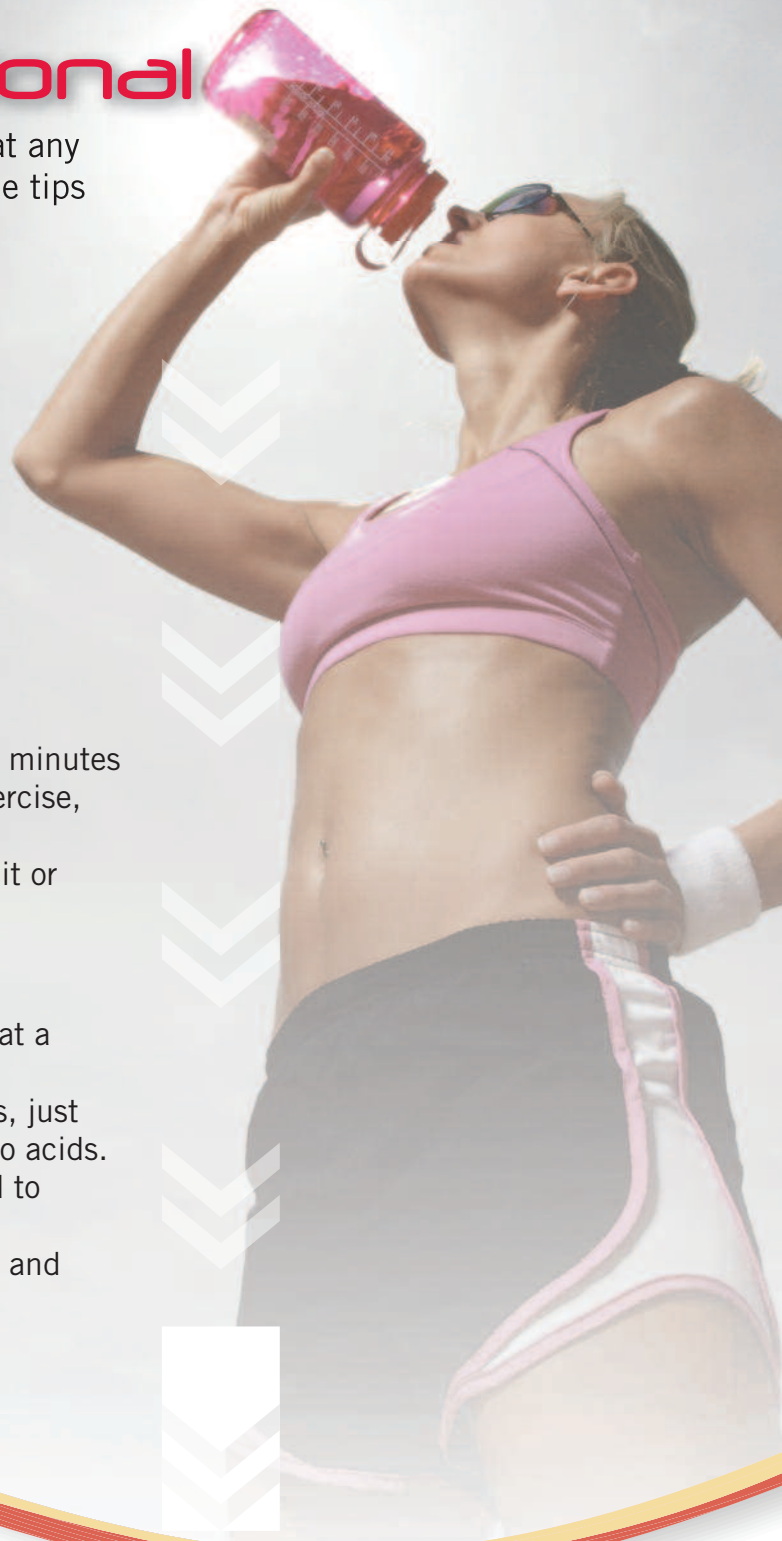
- » Pre-exercise snacks settle stomach acid and maintain blood sugar levels during exercise.
- » Eat snacks 30-60 minutes prior to exercise.
- » Snacks should contain easily tolerated, low-fat and low fiber carbohydrates.
- » Examples: Bananas, unsweetened applesauce, small bagel or yogurt.

Post-exercise

- » Consuming carbohydrates and protein within 15-60 minutes of working out replenishes energy burned during exercise, repairs muscles and aids in recovery.
- » Examples: Smoothie made with yogurt and fresh fruit or chocolate low-fat milk, along with a sandwich.

Overall Diet

- » Eat a balanced diet including all the food groups. Eat a variety.
- » Different color vegetables provide different nutrients, just like different protein sources contain different amino acids.
- » For tournaments and games, prepare nutritious food to eat between sporting events. Suggestions are sports bars, string cheese, dried fruit, crackers, dry cereal, and sports drinks (i.e. gatorade, powerade).



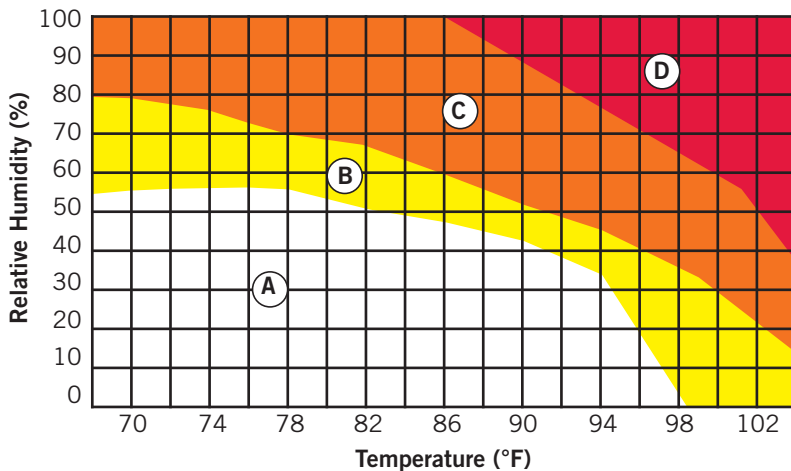
The Importance of **HYDRATION**

- » Hydration can significantly affect your performance. By maintaining adequate hydration status, your body is able to cool itself effectively and prevent heat-related illnesses.
- » Water should be the main hydration source for any athlete.
- » Sports drinks should be considered if you are exercising for 60 minutes or longer.

Activity Guidelines

Fluid breaks should be scheduled for all practices and become more frequent as the heat and humidity levels rise.

See the chart below to coordinate breaks depending on temperature and physical activity.



Add 5°F to the temperature between 10 a.m. and 4 p.m. from mid-May to mid-September on bright, sunny days.

- Children should receive a 5-10 minute rest and fluid break after every 25-30 minutes of activity.
- Children should receive a 5-10 minute rest and fluid break after every 20-25 minutes of activity. Children should be in shorts and t-shirts (with helmet and shoulder pads only, not full equipment, if worn for activity).
- Children should receive a 5-10 minute rest and fluid break after every 15-20 minutes of activity. Children should be in shorts and t-shirts only (with all protective equipment removed, if worn for activity).
- Cancel or postpone all outdoor practices/games. Practice may be held in an air-conditioned space.

Eating on the Road

Information provided by the American Dietetics Association

Goals for Eating on the Road

- » **Carbs** - carbohydrates at each meal and pre- and post-exercise, for fuel and to replenish muscle energy stores
- » **Protein** - moderate amounts of lean protein at each meal, small amounts in pre- and post-exercise snacks, to speed recovery and repair muscles
- » **Fat** - healthy fats at each meal to meet needs for energy balance and help replace muscle energy stores
- » **Fluids** - enough to maintain hydration and replace fluids lost during exercise and travel

Fast Food Ideas

Familiarize yourself with eateries that provide high performance food options and nutrient information.

- » **Mexican:** burrito or soft tacos with grilled veggies, chicken, fish, or steak
- » **Fast food:** grilled chicken sandwich, hamburger, or veggie burger with tomato and lettuce, or grilled chicken salad with reduced fat dressing
- » **Deli sandwich:** chili and side salad and turkey sandwich
- » **Bakery:** low-fat garden vegetable soup and veggie sandwich or smoked turkey breast sandwich



Here for all your **Therapy Needs**

Physical Therapy

Altru's physical therapists evaluate and treat musculoskeletal injuries and diseases. Using physical modalities, exercise and specialized treatment techniques, Altru's goal is to return our patients to their highest level of function.

Occupational Therapy

Through coaching and utilizing lifestyle adaptation processes and other treatment techniques, occupational therapy's goal is to maximize a person's independence in everyday life.

Speech Therapy

Altru's speech and language pathologists identify, evaluate and treat individuals of all ages who have cognitive, communication and swallowing disorders. The overall objective is to optimize individuals' ability to communicate and swallow, thereby improving quality of life.

Hand Therapy

With a unique understanding of all shoulder, elbow, wrist and hand problems, Altru's certified hand therapists create a rehabilitation program tailored to individual needs.

Appointments

- » Altru Rehabilitation Center
701.780.2330
- » Altru Y Family Center
701.780.2400
- » Center for Prevention & Genetics
701.732.7620
- » East Grand Forks
701.780.2400
- » Regional locations
701.780.2400



HEALTH TIP

Rest

Resting an injured area is necessary to control the injury and to avoid additional stress and damage. People who do not rest an acute (sudden or traumatic) injury can prolong the inflammation period and increase the healing time required, thereby delaying the recovery.

Ice

Ice applied promptly to an injury can slow or minimize some of the inflammation.

*Examples of ice treatment include using an ice bag or ice bucket for 15-20 minutes or ice massage for 7-10 minutes. Heat should only be applied after you are sure that the bleeding and swelling has stopped completely. Otherwise, an individual's recovery time will be delayed.

Compression

Compression is the application of bandage around the injured area. This helps control swelling and provides mild support.

Note: Any wrap should be applied carefully. Too tight of a bandage could constrict or interrupt vital circulation to the area.

Elevation

Elevation involves rising the injured area above the level of the heart as much as possible. Doing so helps lessen swelling and improves circulation.

To prevent injuries, athletes should:

- Be in proper physical condition
- Warm up and stretch before participating in any sports or exercise
- Always wear properly fitted shoes, and replace athletic shoes as soon as the tread wears out or the heel wears down on the side
- Nourish their muscles by eating a well-balanced diet
- Use or wear appropriate protective equipment
- Maintain hydration
- Avoid exercising or playing sports when tired or in pain
- Walk and work on even surfaces





Keep Your Family in the Game.

The Sanny and Jerry Ryan Center
for Prevention and Genetics

Programs & Services Offered

Prevention Clinic

Utilizing scientific-based health risk assessments and access to three experts for an evaluation, all participants leave with a personal action plan for healthy lifestyle changes.

Health & Wellness Specialist Services

Through a combination of assessments, interventions, health enhancement and maintenance strategies, Altru's Health & Wellness Specialist facilitates healthy lifestyle change.

Dietitian Services

Dietitians give sound nutrition advice and education through a variety of programs such as online counseling, nutrition seminars and more.

Wellness Programs

Several programs are designed to improve your overall wellness. Offerings include STOTT PILATES®, Rehab to Wellness and Back to Fitness.

Therapy Services

The Center's goal with therapy is to help patients function to the best of their ability while living reasonably pain-free. This location offers physical and occupational therapy and lymphedema treatment.

Chiropractic Services

Chiropractic care focuses on the diagnosis, treatment and prevention of disorders of the musculoskeletal system and the nervous system. Our chiropractor cares for individuals age 12 and older.

Call 701.732.7620 for more information about the Sanny and Jerry Ryan Center for Prevention and Genetics. Services are located at Choice Health & Fitness and are available to the public.



Excellent care. Your Hometown Team.

Altru Clinic Regional Locations

Phone

Altru Clinic Cavalier	701.265.8338
Altru Clinic Crookston	218.281.9100
Altru Clinic Devils Lake	701.662.2157
Altru Clinic Drayton	701.454.3311
Altru Clinic East Grand Forks	218.773.0357
Altru Clinic Erskine	218.687.5317
Altru Clinic Fertile	218.945.6064
Altru Clinic Greenbush	218.782.2400
Altru Clinic Red Lake Falls	218.253.4343
Altru Clinic Roseau	218.463.1365
Altru Clinic Thief River Falls	218.681.7280
Altru Clinic Warroad	218.386.2020

Outreach Therapy Locations | 701.780.2400

North Dakota

Minnesota

Aneta	Langdon
Cando	Larimore
Cavalier	McVille
Cooperstown	Park River
Hatton	Walhalla
Lakota	

Hallock
Karlstad

Is it a concussion?

SIGNS

SYMPTOMS

Reported by Student Athlete

- » Headache or “pressure” in head
- » Nausea or vomiting
- » Balance problems or dizziness
- » Blurry or double vision
- » Sensitivity to light and/or noise
- » Feeling sluggish, hazy, foggy or groggy
- » Concentration or memory problems
- » Confusion
- » Does not “feel right”

Observed by Parents/Guardians and Coaching Staff

- » Appears dazed or stunned
- » Is confused about assignment or position
- » Forgets sports plays
- » Is unsure of game, score, or opponent
- » Moves clumsily
- » Answers questions slowly
- » Loses consciousness (even briefly)
- » Shows behavior or personality changes
- » Can't recall events prior to or after hit or fall

Observed by School Professionals

- » Appears dazed or stunned
- » Is confused about events
- » Answers questions slowly
- » Repeats questions
- » Can't recall events prior to or after hit or fall
- » Loses consciousness (even briefly)
- » Shows behavior or personality changes
- » Forgets class schedule or assignments

Get back to the sport you love

ImPACT (Immediate Post-Concussion Assessment and Cognitive Training) is a computer-based screening to help health care professionals evaluate the recovery of a patient following a concussion. The baseline test is available to individuals of any sport, including sports such as BMX and martial arts, for \$40. Testing is also available for groups and organizations. To schedule an appointment, call 780.2516.

How does ImPACT work?

- » A baseline test is completed.
- » When a concussion is suspected, a follow-up test is administered to see if results have changed from the baseline.
- » This comparison helps to diagnose and manage the concussion.
- » Follow-up tests can be administered over days or weeks, allowing clinicians to continue to track the student athlete's recovery.



imPACT

Dehydration

Dehydration

Dehydration is when your body is low in fluid (water) because you are not drinking enough to replace what is lost through sweat. This can cause you to perform poorly in sports.

Exertional Heat Stroke

Heat stroke is a severe heat illness that occurs when a person's body creates more heat than it can release, due to the strain of exercising in the heat. This results in a rapid increase in core body temperature, which can lead to permanent disability, or even death, if left untreated.

Heat Exhaustion

Heat exhaustion is a moderate heat illness that occurs when a person continues to be physically active, even after suffering ill effects from the heat, like dehydration.

Heat Cramps

Heat cramps are intense muscle spasms that occur due to losing large amounts of sweat during exercise. While heat cramps are more common in children who perform in the heat, they can also occur when it's not hot (for example, during ice hockey or swimming).



Stop dehydration before it begins

	If you weigh less than 90 pounds	If you weigh more than 90 pounds
Before Your Activity	Drink 3-6 ounces of fluid (not pop or juice), or take 6-12 gulps one hour before your activity.	Drink 6-12 ounces of fluid, or take 12-24 gulps one hour before your activity.
During Your Activity	Drink 3-5 ounces of fluid, or take 6-10 gulps every 20 minutes.	Drink 6-9 ounces of fluid, or take 12-18 gulps every 20 minutes.
After Your Activity	Drink up to 8 ounces of fluid, or take up to 16 gulps in the first hour after the activity.	Drink up to 12 ounces of fluid, or take up to 24 gulps in the first hour after the activity.



“Anything is possible.”

(even clear skin)

Said basketball star Kevin Garnett.
Improvement doesn't happen overnight,
but with practice, anything is possible.



Reclaim the true you.

Skin experts at Truyu agree. With the right care, even clear skin is within reach. Here are five tips for controlling acne:

1. **Wash.** Gently wash your face twice a day with a mild, oil-free cleanser. Rinse well and pat dry.
2. **Apply.** If your doctor has approved any over-the-counter medication, use it at bedtime after you wash your skin. Apply to any blemishes.
3. **Don't squeeze.** Keep your hands off your face. Avoid squeezing or picking blemishes. Doing so can make them look worse and, possibly, scar.
4. **Clean.** Wash your pillowcase regularly. Ladies, clean your makeup brushes and sponges to avoid spreading bacteria.
5. **Plan.** Sometimes it's necessary to talk to a dermatologist to develop a treatment plan. With proper care, you can manage your acne and feel better about your skin.

Truyu offers professional services and products specifically designed to improve teen acne, including Acne HydraFacials, Chemical Peels and the SkinTx® Acne Treatment System. Call 701.780.6623 to schedule an appointment with a dermatologist (no referral necessary) or to set up a free consultation with a Truyu aesthetician.

Top 5 Reasons to See a Chiropractor

1. **Prevention.** A thorough assessment of an athlete's musculoskeletal system can locate and fix weak links, making the body less prone to injury.
2. **Reach your potential.** The body exists in a constant state of adaptation and compensation. Visiting a chiropractor can help reduce stress from compromised areas and lead to increased performance.
3. **Evaluate sport-specific positions.** Many positions and postures used in sports such as throwing overhand or hitting a volleyball are unnatural. Evaluation can reduce the possibility of injury in these positions.
4. **Open communication.** The body's function is regulated by the nervous system. Sometimes, input from joints or tissues that are not aligned or working correctly can send mixed signals. Seeing a chiropractor can help the nervous system communicate to with less interference.
5. **Establish a relationship.** Get to know Dr. Howson. He can evaluate how an athlete's body functions and ensure there is proper balance. In the event that an injury does occur, it is quicker and easier to get care started and recover faster.

To schedule an appointment at the Center for Prevention and Genetics, call 701.732.7620.



What will you do to help your team?

I Will _____ .

Play safe get a physical wear a
mouthguard drink milk take my vitamins
stretch **hydrate** rest snack well be a team
player wear protective gear shower after
practice ice life weights train in the
off season **have a positive attitude**

By working together,  all get better.

Performance Link

Getting you back in the game

Performance Link is an innovative, customized program for athletes recovering from injury or surgery. For more information or to register, call 701.732.7620.



12 sessions: \$250 | 8 session: \$175 | 3 sessions: \$80
one-time session or add on to package: \$30