



UVMC Center for Sports Medicine

Your Home Town Sports Medicine Team

450 N. Hyatt St., Suite 102 • Tipp City, Ohio, 45371 • (937) 667-2614 • UVMC.com

DR. JEFF RAYBORN, MD - JOINS SPORTS MEDICINE TEAM

VOLUME I, ISSUE 1
AUGUST, 2009

The UVMC Center for Sports Medicine is excited to announce a new addition to their sports medicine team, Dr. Jeff Rayborn, MD. Dr. Rayborn will provide office hours at the Hyatt Center in Tipp City on Monday, Wednesday, and Friday afternoons. As a family practitioner who is Fellowship trained in Sports Medicine, Dr. Rayborn is the ideal liaison between the primary care physician and orthopedic surgeon for many non-surgical orthopedic conditions. During his Sports Medicine Fellowship, he trained with the team physicians for the Cincinnati Reds and Cincinnati Cyclones which has helped him gain expertise in treating athletic and orthopedic injuries. Dr. Rayborn provides fracture care, joint injections and non-operative orthopedic injury management while working very closely with the Center for Sports Medicine's physical therapists and athletic trainers to provide a continuum of quality care to the athletes and all patients serviced in the community. Dr. Rayborn can be reached at (937) 440-7248.

SATURDAY WALK-IN CLINIC FOR ATHLETIC INJURES

The UVMC Center for Sports Medicine offers a Walk-In Clinic for acute athletic injuries on Saturday mornings from 9 to 11 a.m. from August 22nd through October 31st, excluding Tipp City Mum Festival weekend on September 26th. Fellowship trained sports medicine physician, Dr. Jeff Rayborn, MD and other sports medicine professionals are on hand for consultation, imaging, evaluation and immediate treatment. The Walk-In Clinic is located in Suite 304, at the Hyatt Center, Tipp City, above the UVMC Center for Sports Medicine. No appointment necessary. Last walk-in is accepted at 10:30 a.m. Please call (937) 667-2614 for further information.

STAFF LISTING

Sports Medicine Physician:
Dr. Jeff Rayborn, MD

Physical Therapists:
Jenny Jones, Supervisor
Brian Jans
Greg Hoying
Greg Schultz

Physical Therapy Assistants:
David Brush
James Hammock

Certified Athletic Trainers:
Corinne Lyons
Joyce Kastl
Annette Bair
Holly Higgins
Stephanie Burdette
Aaron Schlotterbeck
Ryan Ingley
Tiffany Rhoades
Mark Houle
Amee McCool-Rose
Lori Ulrich

Office Coordinator:
Stacey Lyman



Upper Valley
Medical Center
Premier Health Partners

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IT'S HOT...DON'T FORGET THE WATER!!

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During this warm weather, many of us are enjoying outdoor activities such as athletic conditioning, cycling, and family outings. However, increasing temperatures and humidity make people more vulnerable to dehydration. Dehydration is the excessive loss of body water. The amount of fluid someone loses can vary from person to person. On average, moderately active people require between 3 to 5 Liters per day. An individual's water needs may vary due to the length of activity, weight and body mass, diet, level of physical fitness, clothing being worn, and how acclimated the individual is to the environmental conditions (heat, humidity, and wind).

How does dehydration affect you?

- Decreases short term memory, physical performance, and mood.

What are the signs and symptoms of dehydration?

- Dizziness, headaches, and dry mouth (cotton mouth).
- Dark yellow urine is a sign of dehydration.

How much fluid should I consume during an activity?

- First, weigh yourself before activity while properly hydrated.
- Then weigh yourself after activity. For every pound lost you should consume 16 ounces of fluid to replenish what was lost during activity.

What kind of fluids should I consume?

- A combination of water and sports drinks are best.
- Water is good at anytime while a sports drink's greatest benefit comes from replacing carbohydrates and electrolytes lost during activity.

Fluids should be consumed in small amounts over time. Trying to replenish all fluids lost in one sitting may cause other serious problems. An individual should consume approximately 4 ounces of water or sports drink every 20-30 minutes. So if you have a big Friday night game, you need to start replenishing those fluids 1-2 days in advance. Remember...caffeinated soda, coffee, and energy drinks do not count towards your hydration.

TEAM OF THE MONTH

The UVMC Center for Sports Medicine would like to recognize outstanding girl's and boy's varsity athletic teams from our affiliated schools by asking our area principals, coaches, athletic directors, and athletic trainers to nominate a deserving team to receive this award.

One team from area schools will be chosen each month. Winners will be selected through UVMC Center for Sports Medicine's selection committee based on our nomination criteria.

For more information contact the UVMC Center for Sports Medicine at:
937-440-7152
or
937-667-2614