



Upper Valley
Medical Center
Premier Health Partners

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

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National Athletic Trainers' Association (NATA) Offers Tips on How to Shovel Safely Throughout the Winter Months

Having a "White Christmas" can be a dream come true, but cleaning up after one can be very physically challenging. To help kids and adults alike avoid injury while shoveling snow and ice this winter, the National Athletic Trainers' Association (NATA) has compiled the following suggestions:

PEOPLE WHO SHOULD AVOID SHOVELING SNOW

- Sufferers of angina, other heart conditions and hypertension
- Those experiencing low back or neck pain
- Anyone physically out-of-shape

WHAT TO DO BEFORE SHOVELING

- Warm up by stretching your back and exercising your abdominals, legs and upper body muscles
- Eat a healthy snack and drink water or a sports drink before shoveling to ensure you have adequate energy. Replenishing fluids and staying hydrated is extremely important, no matter how cold it is outside.
- Don't overdress because you'll warm up quickly. Wear boots, long johns, coveralls, undershirts made with "Dri-Fit" material (which will wick sweat from the skin), a sweatshirt, jacket, gloves, a hat, UV protectant sunglasses and sunscreen.

WHILE SHOVELING

- Pace yourself, especially if the area you're shoveling is large, or you haven't been physically active in a while.
- Shovel for 10-15 minutes at a time, then rest to catch your breath and stretch your lower back, neck and shoulders.
- Use a shovel with a long handle to give you more control. Shovels with short handles are likely to increase the amount you bend your back and neck, causing low back and neck pain.
- For those not used to heavy physical activity, take half scoops rather than full scoops of snow.
- Be square to the shovel—your feet and shoulders should "face" the shovel. Keep your legs slightly bent to keep your back relatively straight. Use your legs to push the shovel into the snow. Once you have a shovelful, grasp the shovel with one hand as close to the blade as you can, with the other hand positioned about three-quarters of the way up the handle. Pivot or move your feet to face the area where you want to place the snow. Do not twist with the shovel, as this will torque your lower back.
- Keep in mind that water content of snow varies from region to region. Water content in the west is usually less than in the east or northeast: a shovel of snow in the west will likely feel lighter than that of other regions, so judge your scoops of snow carefully.
- When shoveling snow is performed correctly, your legs and arms should feel the brunt of soreness, not your lower back.
- If you're using a snow blower, consider one that is self-propelled as it will limit the amount of pushing you'll have to do. Should you choose a hand-held version, be sure it "fits" according to the manufacturer's instructions.

AFTER SHOVELING

- Soreness is likely to be at its greatest 24-48 hours after shoveling. If you feel sore, do some light exercises. Keep active, and the soreness should be minimal.
- Ice and pain relievers such as acetaminophen or ibuprofen may be helpful.
- Use heat 24 hours later if needed. Otherwise, it will add to the swelling you may have experienced.

SPORTSMETRICS™

Knee Injury Reduction Program

Sportsmetrics™ is the only training program scientifically proven to decrease knee injuries in female athletes. In addition, it is proven to increase jump power and improve overall leg strength for sports, including pivoting, cutting and jumping. The Sportsmetrics™ program was designed by Cincinnati Sports Medicine and Orthopedic Center and took more than ten years to perfect.

The program is a comprehensive jump-training program, featuring dynamic warm-up, jump/plyometric drills, strength training, speed and agility drills, and flexibility exercises. The Sportsmetrics™ program reduces injuries and improves performance for sports like soccer, basketball, and volleyball.

This program will be offered for all area female athletes during June/July 2013, 3x/week for 6 weeks.

This program may also be offered throughout the school year, or at additional schools with 10 or more participants.

Free Sportsmetrics™ screenings to determine an athlete's risk for serious knee injury are offered throughout the year. This screening includes a video analysis of jumping/landing and can be offered at any school for 10 or more participants. Please see your school's athletic trainer to arrange this screening at your school. Screenings can also be performed individually by appointment at the UVMC Center for Sports Medicine.

For more information, or to enroll in the program, please call (937) 667-2614.



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TEAM OF THE MONTH

The UVMC Center for Sports Medicine would like to congratulate the following teams from the area for their outstanding achievements and selection as Team of the Month this fall:

September: Troy Christian Girls' Soccer Team

The team was recognized for its outstanding performance during the month of September as they began their season with a 9-0-0 record. The team also stayed busy off the field by performing public service. Team members served at the Christian Life Center with the Convoy of Hope and packed more than 3,000 meals to be shipped to Africa, again at the Christian Life Center. The team conducted their own fund-raisers to pay for its warm ups, practice balls, trees to be planted around the practice field and a storage shed for their equipment.

October: Miami East Girls' Soccer Team

The team finished their regular season with a record of 17-2. They were 8-1 during the month of September, giving up only two goals in those games. They team was ranked consistently in the top five of Division III schools in the Miami Valley. Off the field, the team has a team grade point average of 3.30, which will qualify it for an all-state award. It was also busy with fund-raising efforts. In September, a Kick for the Cure game raised \$2,106 for Susan G. Komen for the Cure. Team members also raised \$2,141 for an ill Newton school student and her family.

November: Russia Girls' Volleyball Team

The team completed their regular season with a record of 19-3 and a conference record of 10-2 placing them 2nd in the SCAL. The team also prolonged their excellent season by making a run in the state tournament, finishing their season with an overall record of 22-4 and making an appearance in the Division IV District Finals. Off the court, the 13 member team had a team grade point average of 3.87.