

## Exercise of the Month: Side Lunge



**Purpose:** Targets the hips and thighs but also utilizes the abdominals and calf muscles. It also helps with lateral (side to side) strength and agility.

### Instructions:

- Start with feet parallel facing forward, shoulder width apart.
- Try to brace abdominals by contracting your core.
- Keep your head straight forward.
- Slowly step to the right while keeping both feet facing forward.
- Bend at the hips, pushing them backwards while placing your weight over the right foot.
- Continue lunge until shinbone (tibia) is aligned over your 2nd toe of the right foot.
- Step back to starting position.
- Repeat R/L, 3 sets of 8-10 reps.

This is for general educational and informational purposes only. It is not medical advice and is not intended to replace consultation with qualified medical professional(s) regarding your specific circumstances.

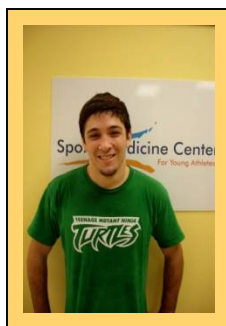
## Athletes of the Month

### Oakland



**Joe Ross**  
Bishop O'Dowd High School  
Baseball

### Walnut Creek



**Nikko Triggas**  
Ohio State University  
Wrestling

**Fun Fact:** Most points scored in a single game:  
Wilt Chamberlain March 2, 1962 (100 points) followed  
by Kobe Bryant Jan. 22, 2006 (81 points)

## Athletic Trainer's Corner

Bruce Valentine, PTA, ATC

### Foreign Bodies in the Eye

When dust, dirt, or "dirt" from a field turf surface gets in the eye, an athlete may experience excessive tearing, pain, visual impairment or excessive eye movement, blinking and muscle spasm.

Eye flushes with a boric acid solution or eye wash can help remove the debris. Another useful trick is to pull the upper eyelid over the lower lashes...or vice versa, and use the lashes of the opposing lid to sweep the debris clear.

If a scratchy sensation persists and a scratched cornea is suspected, place an eye patch over the effected eye and refer to an ophthalmologist for further evaluation. It would be helpful to have the athlete close the unaffected eye, as both eyes tend to move in tandem even though one is closed.

## Get Your Head in the Game

**THINK. FEEL. PLAY**

Erika Carlson, MA  
Sport Psychology Consultant

That is the secret to great athletes. They know how to manage their thinking, which keeps their emotions in check and helps them play their best. Simple. Not always easy.

## Upcoming Events

• **Dec. 11, 2010: FREE Conference: "Hot Topics in Sports Medicine for Coaching the Young Athlete", in Oakland. Call to Reserve Your Spot!**

*This conference will provide coaches and athletic trainers up-to-date info on injury prevention, maximizing sport performance and practical tips for training the adolescent athlete. The format combines lectures, case presentations, Q&A sessions, workshops, and opportunities to interact with the speakers! Visit our website for more information.*

• **2-Week Holiday BOOT CAMP in Walnut Creek:**  
Dec. 20-30<sup>th</sup>, Monday – Thursday, 7:00am – 8:00am, \$99.

• **Sports Performance & Injury Prevention Program for Overhead Athletes, Tough Cuff: Jan.3 – Jan.27, in Oakland, \$199, Check Website for Details.**