

Exercise of the Month: Foam Roller for the Iliotibial Band (ITB)



What is the ITB?: The iliotibial band is a strong, thick band of fibrous tissue that runs along the outside of the leg that can cause pain when tight.

Purpose: Foam rolling prior to a workout can help to decrease muscle density and allow for better warm-up. Rolling after a workout may help to aid in recovery from strenuous exercise.

Instructions:

- Lie on the roller on your side, with the roller positioned just below the hip.
- Bend top leg in front of you to unload some of your body weight and provide better balance.
- Use your hands for support and roll from the hip down to your knee, pausing on any tight or sore spots.
- Repeat on other side.

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



Breanna Brown
Bishop O'Dowd High School
Basketball

Walnut Creek



Thomas Dingley
Happy Valley Elementary
Soccer

Fun Fact: When tennis balls are dropped from a height of 100 inches onto concrete, they should bounce about 55 inches

Dear Doc,

QUESTION: My son is a football lineman for his high school. He has been complaining of low back pain when he extends his back, for instance, when he's doing blocking drills and gets pushed into back extension. Ice helps a little for pain control but his symptoms haven't gone away. Could he be putting his back at risk?

ANSWER: Teenagers who have back pain when bending backwards (hyperextension) may be at risk for a stress fracture of their low back (spondylolysis). This is a common injury among teenagers playing sports that require repetitive backwards bending (football lineman, gymnasts, dancers, divers etc..) however, it can be seen in any sport. Your son should be evaluated by a sports physician as continuing with activity can make this injury worse and may prevent it from healing.

Email your sport-related question to Dr. Rebecca Demorest, MD, via our editor, Kristen Welsh at kwelsh@mail.cho.org.

Athletic Trainer's Corner

CIF Bylaw 313

Bruce Valentine, PTA, ATC

A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time for the remainder of the day. A student-athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives written clearance to return to play from that health care provider.

Get Your Head in the Game

Positive Thinking

Erika Carlson, MA
Sport Psychology Consultant

Myth or Fact: Positive thinking helps me play my best. Research termed, "ironic processes in sport" has confirmed that trying *not* to perform an action, for example "Don't shoot at the keeper" can in fact cause that action to occur (Janelle 1999). It seems our brains cannot effectively distinguish between "don't" and "do." Therefore our focus must be on what we are trying to do, "Shoot far post." This thinking allows our brains pilot our muscles in the most effective way possible. So, YES! Thinking positively does help you play your best.

Upcoming Events

•Oct. 9, 2010 in W.C., 12:30-2:30pm, **SOCCKER CIRCUIT: ACL Injury Prevention Training**, Call Walnut Creek for information

•Oct. 25, 2010 in Oakland, 7:00-8:00om, **Free Lecture: Swimmer's Shoulder: Recognizing & Preventing this Injury**