



CHILDREN'S HOSPITAL
& RESEARCH CENTER OAKLAND

SPORTS MEDICINE CENTER FOR YOUNG ATHLETES NEWSLETTER



JULY 2010

childrenshospitaloakland.org

sportsmedicineforkids.com

Exercise of the Month: Plank



Purpose: Strengthen the CORE, lower back, hips and buttock muscles

Instructions:

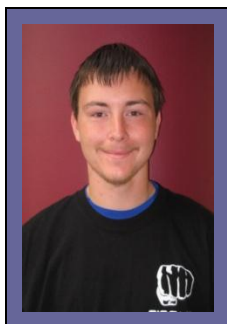
- Face the floor while on elbows and knees, tighten abdominals and glutes.
- Straighten legs and raise your body so that you're supported by the balls of the feet, with feet hip distance apart
- Be careful not to arch your back or stick your bottom in the air.
- Hold 15 seconds to begin for 3 repetitions, extending the time as you get stronger.

Beware of Cheating: Remember to not let your hips and back sag.

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



Jaleel Porter
Stanford University
Baseball

Walnut Creek



Gabriel Samaniego
Campolindo High
Football

Dear Doc,

QUESTION: My son is playing basketball and I have noticed that after he jumps, his knees tend to go together, almost like "knock-kneed." Do you have any suggestions to help his jumping form to optimize safety and sport performance.

ANSWER: The "knock kneed" position, when coming down from a jump or turning to cut or pivot, is not a strong or stable position for sports. This position may increase one's risk for an ACL (anterior cruciate ligament) tear or other injuries. Working on a core body strengthening program along with jumping, cutting and pivoting mechanics can help to improve strength and hopefully decrease the risk for injury. The Sports Medicine Center for Young Athletes sponsors many programs, in both Walnut Creek and Oakland, that focus on jump and landing mechanics, agility and core strengthening.

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

Athletic Trainer's Corner

Got a Bump or a Bruise? Bruce Valentine, PTA, ATC
Try this trick. Fill a paper cup with water and put it in the freezer. When its frozen, tear the top of the cup off and now you have an ice cup! Rub it right along the injured area for 5 minutes and it gives you an ice massage. This technique is good for decreasing swelling and reducing pain.

Get Your Head in the Game

Erika Carlson, MA

Sport Psychology Consultant

The Confidence Riddle:

Which comes first, Confidence or Success? Think about it for a moment.

To be confident you need to focus on more than success. Confidence comes from a combination of preparation (physical and mental), acknowledging personal strengths, accepting praise AND past success. Solve the confidence riddle by stepping up your game preparation, make a list of personal strengths. Did you get some good feedback at practice this week? Make a note of that too. **THINK FEEL PLAY.**

Upcoming Events

- July 13, 2010 in Walnut Creek, 6:00-7:00pm, Free Lecture: "Stick-It": Learn about the latest research with improving cheer performance & preventing injuries.
- August 7, 2010 in Oakland, 7:30am-4:30pm: **Hot Topics in Sports Medicine for Coaching the Young Athlete.** A Conference for coaches and athletic trainers on injury prevention, sports performance, and practical tips for the Adolescent athlete. Call Oakland for more information.

Fun Fact: John Isner made history last week in the longest tennis match ever, taking more than 11 hours to conquer his French opponent at Wimbledon.