

Exercise of the Month: Hip Flexor Stretch



Good for growing athletes and all sports. Don't stretch into pain.

Purpose: To elongate the hip flexors in the front of the thigh.

Instructions:

- Lunge forward, leading with your right leg.
- Drop your left knee down on the ground.
- Placing your hands on top of your right thigh, lean forward with your hips.
- The hips should be square with your shoulders.

Perform 3 reps for 30 seconds each.

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



Kevin Hernandez
Granada High
Football

Walnut Creek



Melanie White
Monte Vista High
Soccer

Fun Fact: According to FIFA, over 715,000,000 people watched the world cup final in 2006, more than any other event worldwide.

Dear Doc,

QUESTION: My kids are looking for off season training courses. Does the hospital offer any sports medicine training classes for my young athletes?

ANSWER: The Sports Medicine Center for Young Athletes, in Walnut Creek and Oakland, offers many programs that focus on pediatric and adolescent specific off-season training, core strengthening, shoulder and back strengthening for throwers, and agility work for athletes. For full details and class schedules, information can be found at (www.childrenshospitaloakland.org and www.sportsmedicineforkids.com).

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

Athletic Trainer's Corner

Bruce Valentine, PTA, ATC

The Blister Prevention Trick

For those who are prone to blisters, try wearing two pairs of socks with the inside pair turned inside-out. The fuzzy sides facing each other help reduce friction. Of course, well fitting shoes are a must. Second Skin and mole skin are good products to protect a blister that has already formed.

Get Your Head in the Game

Erika Carlson, MA
Sport Psychology Consultant

Last month we talked about the 4 P's of confidence; Preparation, Personal Strengths, Praise and Past Success. If you have made your detailed list for each category (if you haven't, now is the time!) the next step is to create a "Confidence To Do List." This is a list of things that you should be doing to help build your confidence and ultimately your performance. For example:

- Giving consistent effort in practice
- Quickly shifting from negative self-talk to positive self-talk
- Sleeping 8 hours per night

When it comes to confidence, little things make a big difference.

Upcoming Events

Summer Circuit Class for Injury Prevention, 6/21 - 7/23 or 7/26 - 8/20, \$99.00 per class. Call Walnut Creek for more information.

Sport Speed Camp, 6/21 - 7/2 or 7/12 - 7/23 or 8/2 - 8/13 at Oakland, 2:00-4:00pm, \$250 per athlete

June 28, 2010 at Oakland, 7:00-8:00pm, Free Lecture: *Golf Injuries: Getting Back to the Fairway and Greens*