



CHILDREN'S HOSPITAL
& RESEARCH CENTER OAKLAND

SPORTS MEDICINE CENTER FOR YOUNG ATHLETES NEWSLETTER



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childrenshospitaloakland.org

sportsmedicinecenterforkids.com

Exercise of the Month: Single Leg Squat



The Single Leg Squat is one of the best exercises to increase strength, balance, and stability in the hip, knee, and ankle.

- Stand on one leg and maintain your balance.
- With your hands on your hips, bend your stance leg and lower your body down about 45 degrees and then push back up.
- Keep your hips level and your hip, knee and foot aligned while you execute this exercise.
- Do 2-3 sets of 8-12 repetitions on each foot. If you feel pain in the front of your knee, do a more shallow squat.

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

Walnut Creek

Modesto



Terika Brewer
Arroyo High
Volleyball



Taylor Ryan
Carondelet High
Soccer



Marcelo Valenzuela
Osborn School
Any Sport

Fun Facts: The only two days of the year in which there are no professional sports games (MLB, NBA, NHL, or NFL) are the day before and the day after the Major League All-Stars Game.

Doc's Talk

Rebecca Demorest, MD
Associate Medical Director

Tips for Preventing Sports Overuse Injuries

1. Stay flexible.
2. Keep your core body (stomach, back, buttocks and hip muscles) strong.
3. Take a break from your position and sport every few months. Don't over train and remember to cross-train!

Athletic Trainer's Corner

Bruce Valentine, PTA, ATC

Tips for Proper Hydration

1. Hydration is an around-the-clock job.
2. Cool water (40°-50° F) is best.
3. 6-8 ounces every 15-20 minutes of activity.
4. The more you sweat, the more you need!

Get Your Head in the Game

Erika Carlson, MA
Sport Psychology Consultant

The Sports Medicine Center now offers Sport Psychology Consulting services with Erika Carlson, M.A., CC-AASP. Erika has been serving the mental training needs of athletes, teams, coaches and parents for the last 10 years. Erika can be reached by phone at 510-331-0327. For more information on her services please visit www.ErikaCarlsonSports.com.

Upcoming Events

October 26, 2009 at Oakland, 7:00-8:00pm,
Free Lecture: Sports Nutrition: *Fueling the Furnace*

November 23, 2009 at Oakland, 7:00-8:00pm,
Free Lecture: Rowing: *Ready, Set, Row!*