

from the

# Sidelines

A quarterly newsletter for area sports medicine professionals

Vol. 3, No. 2 May 2010



## Upcoming EVENTS

June—August

**Decatur  
Pride Softball**

www.decatur  
pridesoftball.com

Monday, June 7

**Summer  
Hours Begin**

6 am—7 pm

DMH Sports  
Enhancement Center

Monday, June 14

**DMH Walk a  
Healthy 18**

5:15 pm

Hickory Point  
Golf Course

Monday, July 26

**Joe Erhmann  
Presentation**

8—10 am

Hickory Point  
Golf Course  
Banquet Facilities

Wednesday, Aug. 11

**High school  
football season  
officially begins!**

## Get faster, get quicker!

By Chris Fuiten, Exercise Specialist

Every summer, the DMH Sports Enhancement Center gets extremely busy. Athletes from across the area visit us expecting increased speed, agility, strength and balance—and we deliver!

This summer is no different. Armed with new programs and new equipment, we intend to fully meet the needs of athletes willing to get an edge over the competition.

To accommodate the ever changing needs of athletes, this summer we are incorporating some new programs

into our standard running regimen.

We offer the gold standard running program. During this seven-week course, athletes will increase, on average, vertical jump by two inches and take 0.1 to 0.2 seconds off their 40-yard dash time.

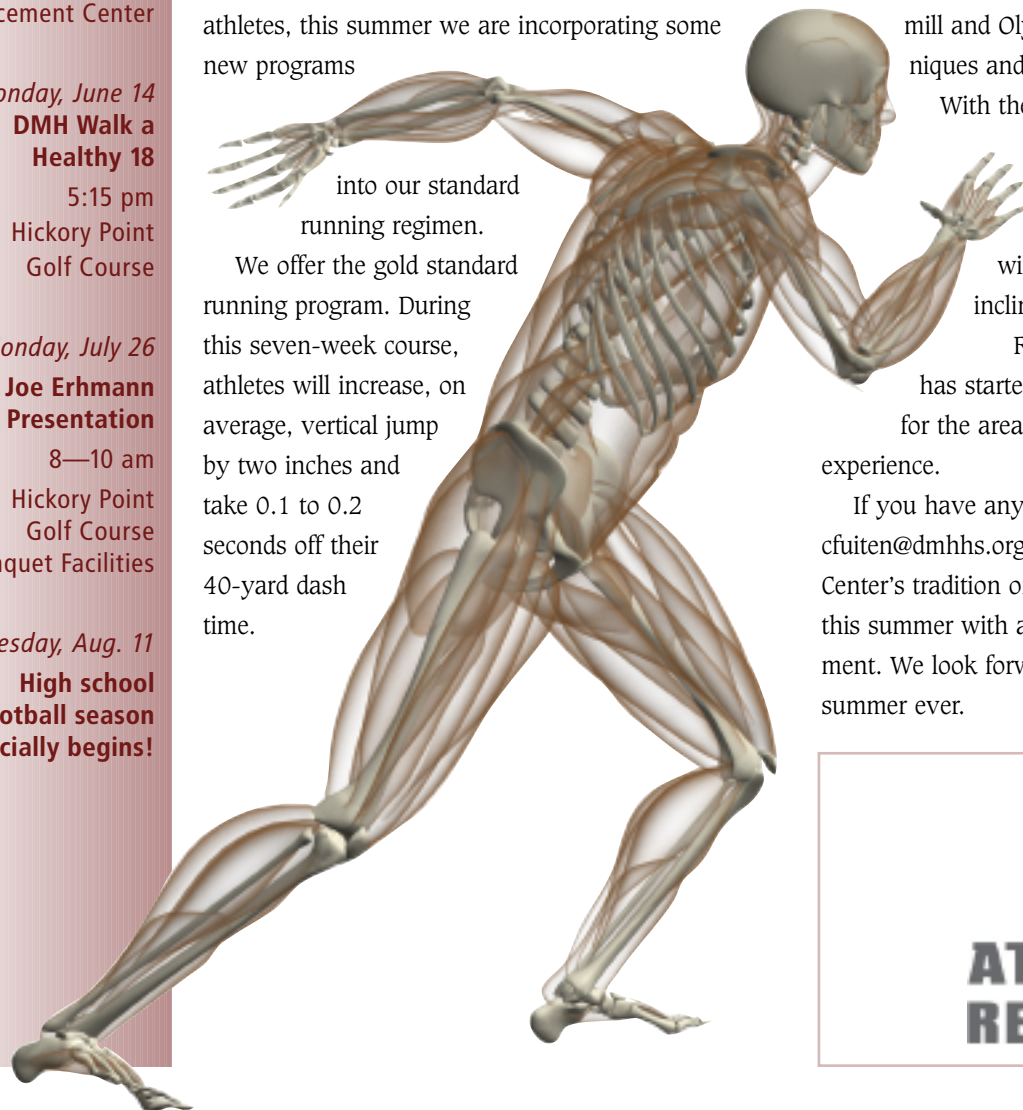
Athletes in this program run twice and jump once a week and improve their running form, efficiency, agility, balance and strength. Participants use our super treadmill to run and jump on our plyoplatform using resistive cords to improve quickness and coordination. Athletes also use the plyopress to improve lower extremity strength and power and the Proprio 5000 to improve balance and muscle endurance.

This summer we will introduce the Hybrid program, which combines the DMH Sports Enhancement Center's speed program including the super treadmill and Olympic weights with CrossFit techniques and methodology.

With the high volume of athletes that we see every summer, the Sports Enhancement Center will add another running treadmill which will also go up to a 40 percent grade incline and 28 mph.

Registration for summer programs has started! Don't miss out. Sign up today for the area's premier Sports Enhancement experience.

If you have any questions, call 876-4975 or email cfuiten@dmhhs.org. The DMH Sports Enhancement Center's tradition of high quality training continues this summer with all the new programs and equipment. We look forward to having the most successful summer ever.



**ATHLETIC  
REPUBLIC™**

# Shoulder impingement explained

By Matt Munjoy, MHA, ATC

Shoulder impingement syndrome is a common and treatable injury.

But left undisclosed or untreated, this syndrome can result in a debilitating and season-ending injury.

Shoulder impingement is typically seen in overhead athletics such as baseball, softball, tennis, volleyball, and swimming.

Various factors contribute to shoulder impingement. Studies of shoulder movements have recorded overhead rotational velocities of more than

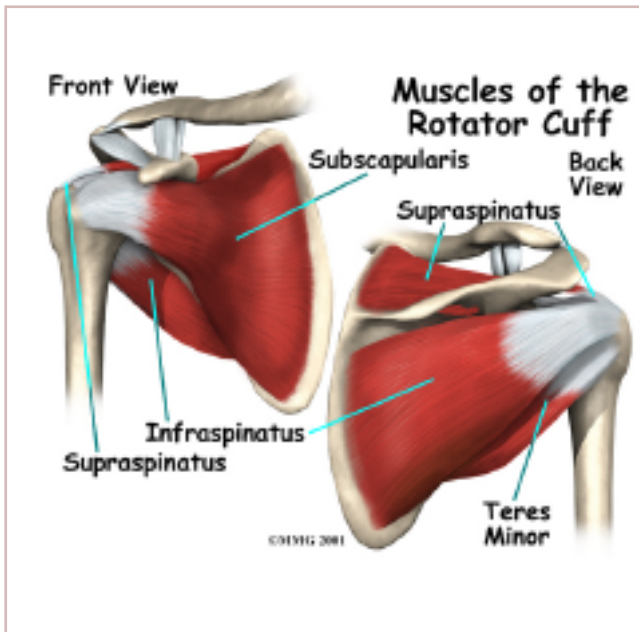
7,000 degrees per second, which is the fastest recorded human movement.

The overhead throwing motion is the most unnatural movement that athletes' perform. To prevent shoulder impingement syndrome, the first step is to assess the overhead mechanics of the athlete and make necessary changes to ensure that the overhead motion is performed as controlled and safe as possible. In conjunction with proper mechanics, the athlete should focus on stretching for increased flexibility, rotator cuff strengthening, and even lower body

strengthening to develop the strength and balance needed improve mechanics, produce velocity, and achieve a high level of athletic performance.

The primary structures involved in shoulder

impingement syndrome are the head of the humerus, the acromion process of the scapula, the supraspinatus rotator cuff muscle, the sub-acromial bursa (fluid-filled sac), and the long-head tendon of the biceps muscle. Impingement occurs when either the supraspinatus muscle, bursa, biceps tendon, or any combination of those tissues become impinged between the



head of the humerus and the acromion process.

Pain is typically experienced with movements of the arm above shoulder level. Causes of the inflammation include shoulder instability, fatigue, shoulder weakness, strength imbalance, and alterations in overhead mechanics.

Treatment consists of rest from activity as well as anti-inflammatory medication such as ibuprofen and naproxen. In advanced cases, cortisone injections and physical therapy may be prescribed to decrease inflammation and improve strength and function.

## Concussion Information

By DMH Athletic Training Staff

The internet is a wonderful source of information. We encourage all coaches, teachers and administrators to spend time looking at these websites regarding concussion in adolescents.

■ <http://www.cdc.gov/Features/Concussion/>

■ <http://www.asha.org/Publications/leader/2009/090714/f090714a.htm>

■ <http://www.upstate.edu/uh/pmr/concussion/classroom.php>

■ <http://impacttestoffice.com/>

Remember that DMH Sports Medicine and Dr. Wendell Becton provide the area's first and most COMPREHENSIVE concussion management team.



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# “Why do you coach?”

By Darin Buttz MS, ATC, and Dustin Fink, MS, ATC

Wally Sparks and DMH Sports Medicine have teamed up to bring the “Most Important Coach in America” (as determined by Parade Magazine and the Chicago Tribune) to Decatur.

That’s right! From 8—10 a.m. on **Monday, July 26**, Joe Ehrmann will be at the Hickory Point Golf Course Banquet Facility to help you answer questions like—

- “Why do you coach?”
- “What is it like to be coached by you?”
- “What is it like to coach with you?”
- “What is your curriculum for the season?”

Joe started the foundation Coach For America (<http://buildingmenandwoman.org>) and uses this as

a platform to inform, inspire and initiate individual, communal and societal change that will empower men and women to be their very best—personally, professionally and relationally.

*“Great coaching goes beyond X’s and O’s and focuses on the Y’s. Why isn’t your team more engaged and performing at its full capability? Why do you coach or lead the way you do? It’s the Y’s that get you to the deeper question of purpose, preparation and planning to win in business, on the field and in life.”* —Joe Ehrmann

Space is limited so register today. To register for this FREE EVENT, contact Dustin Fink at [dfink@dmhhs.org](mailto:dfink@dmhhs.org); indicate your name, school and sport, space is limited to 150. Recommended reading: Season of Life, by Jeffery Marx; it’s all about page 48.

## Please excuse our mess

By Darin Buttz, MS, ATC, and Dustin Fink, MS, ATC

Due to our continued success, the DMH Sports Enhancement Center is under going yet another expansion: A 4,500 square foot addition to

accommodate our growing programs in Sports Enhancement, Physical Therapy and CrossFit Enhance.

We break ground the week of May 17; expected completion is mid September.

## Welcome back Cardinals!

By Darin Buttz, MS, ATC

DMH Sports Medicine would like to officially welcome back Warrensburg-Latham High School.

We are excited to begin providing Athletic Training Outreach services to the high school and community. We begin our endeavor with sports physicals on June 22 from 1:30—4:30 pm at the high school.

### DMH SPORTS MEDICINE CURRENTLY PROVIDING SERVICE TO—

Atwood-Hammond Rajahs/Rajenes  
Decatur LSA Lions  
Eisenhower Panthers  
MacArthur Generals  
Maroa-Forsyth Trojans  
Millikin Big Blue

Okay Valley Timberwolves  
Sangamon Valley Storm  
Shelbyville Rams  
South Piatt Wildcats  
Warrensburg-Latham Cardinals

## Summer Sports Physicals

Wednesday, May 26  
**Sangamon Valley High School**  
3—5 pm

Tuesday, June 15  
**Maroa Forsyth High School**  
1—4 pm

Thursday, June 17  
**Okaw Valley High School**  
2—4 pm

Tuesday, June 22  
**Warrensburg Latham High School**  
1:30—4:30 pm

Tuesday, June 29  
**Decatur Christian School**  
2—4 pm

Wednesday, July 14  
**Lutheran School Association**  
at Dr. Wendell Becton’s Office,  
4—6 pm

Tuesday, Aug. 3  
**Eisenhower High School**  
10 am—2 pm

Thursday, Aug. 5  
**MacArthur High School**  
1—4 pm



# from the sidelines

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## Athletes of the Month

■ For February, the Athlete of the Month is **Kaley Wittrock**, a Millikin swimmer who finished with all conference honors. She set MU records and finished third in the CCIW in the 500 freestyle and 200 butterfly events. She also finished third in the 100 butterfly event.

■ The March Athlete of the Month is **Bridgett Starwalt**, a Millikin sprinter with the seventh best jump in MU history at 5.13 meters. She also helped the 4x400m relay team finish first at Rose-Hulman Twilight Meet and set an MU record for the 400m hurdles with a time of 1:04.34.

■ The April Athlete of the Month is **Shannon Boone**, a junior softball player at Shelbyville High School. Shannon batted 0.536 average with 12 doubles, four triples and six home runs. Oh yea, she also knocked in an astounding 42 RBIs.



## Doc's Box

*By Wendell W. Becton, MD  
Medical Director, DMH Sports Medicine*

**Editor's Note:** *Dr. Becton has been out of the office for a few weeks due to his military obligation. Below is an email from him:*

"All is well on the desert front. I am enjoying cold nights and hot days here in Afghanistan. I am seeing a lot of sports and exercise related injuries. We are keeping the troops healthy and in the fight. I am the officer in charge of the 455 EOG/34 EFS Flight Medicine and we are responsible for nearly 500 troops. I am logging combat flying hours as well as overseeing and working in our two flight med clinics. War is tough but we are winning the battle. I reached my 20th year of service on May 18, 2010, and no more fitting place to be than serving on the battle field of Afghanistan. I should be home soon but until then Fly, Fight and Win.

*Wendell W. Becton, Lt. Col, USAFR, MC, CFS*



*Written by DMH Sports Medicine Staff*

Thanks to our recent group of internship students: Dylan Lewis (PT student from Northern Illinois University); Jenna Moore, Sarah Plumley, Liz Lynch, and Kelly Harrington (Athletic Training students from Millikin University). These students completed internship requirements from their respective programs and provided much needed assistance in the DMH Rehabilitation and DMH Sports Enhancement departments. Best of luck to these students in their future endeavors!