

## Exercise of the Month: Heel Raises



This exercise strengthens the muscles in the lower leg important for running and jumping.

### Instructions:

- Stand with hands on the wall while leaning slightly forward, feet facing forward.
- Lift the swing leg toward the wall bending your hip and knee and pulling your toes up.
- At the same time, lift your heel on the other side while keeping your knee straight.
- Make sure to return to the start position with your foot facing forward.

Do 3 sets of 8-12 repetitions.

This exercise is great for all sports.

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



**Ariel Pacini**  
Pinole Middle School  
Track & Field

### Walnut Creek



**James Fox**  
Campolindo High  
Basketball

### Modesto



**Stephonn Smith**  
Escalon High  
Basketball

**Fun Fact:** At the first modern Olympic Games in Athens in 1896, silver medals were awarded to the winners and bronze to the second place winners.

## Dear Doc,

**QUESTION:** My son insists on drinking sports drinks before, during and after practice but they seem to be filled with sugar. Is it better for him to drink water? Or are there any added benefits of sports drinks?

**ANSWER:** For exercise lasting less than 45 minutes, water is the best way to rehydrate. For exercise lasting longer than 45 minutes, a sports drink containing 6-8% carbohydrate and electrolytes is preferable over regular water to maintain hydration. Sports drinks help to add back the carbohydrates and electrolytes than can be lost with prolonged physical activity that can lead to dehydration. It is important to hydrate consistently throughout the week, and before, during and after practices and games.

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

## Athletic Trainer's Corner

### Sprained Ankles

Bruce Valentine, PTA, ATC

Swelling frequently occurs with a freshly sprained ankle. Compression often consists of an elastic wrap. To improve its effectiveness, use a compression pad over the swollen area. This can be made of packing foam, felt, or other soft material.

## Get Your Head in the Game

### Mental Training Myth #5

Erika Carlson, MA  
Sport Psychology Consultant

*Mental Training is just positive thinking and softens athletes.*

### Mental Training Facts:

- The greatest irony in sports is that thinking about winning makes it more difficult to win, so mental training re-directs your focus to help give you the best chance of being in a position to win.
- Mental training teaches athletes to self-regulate, thus allowing them to be mentally tougher and bounce back from adversity.
- Mental toughness is the result of a combined skill-set (mental training skills), ability to cope with adversity (resilience), and athletic environment (coach, team, parents).

## Upcoming Events

March 6, 2010 at Oakland, 9:00- 12:00pm, Jumper's Clinic, Cost \$50.00 (see website for details)

March 15 - April 21, 2010 at Oakland, 7:00-8:00pm, 6-Week Jump Training Program, (see website for details)

March 22, 2010 at Oakland, 7:00-8:00pm, Free Lecture: Softball Injury Prevention For Coaches, Parents, & Athletes