

## Exercise of the Month: Bridges



**Strengthens:** abdominals, buttocks, and hamstring muscles  
**Positioning:**

- Lie on the floor on your back with your feet flat. Bend your knees. Keep your feet flat on the floor.
- Contract your abdominal and buttocks muscles. Slowly lift your buttocks off the floor until there is a straight line from your knee to your buttocks.
- Hold for 5 seconds. Repeat 10 times.

**Progression:** Take one knee and bring it to the chest, then lift as directed. You can also add a ball under feet to make it harder.

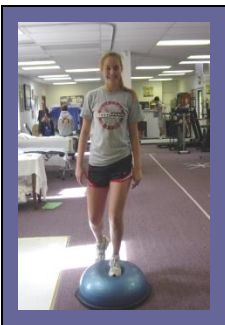
**Sports specific:** This exercise is good for all sports.

**Precautions:** Do not do this exercise if you cannot bear weight on your leg.

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.

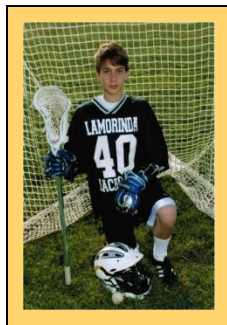
## Athletes of the Month

Oakland



Sophie Vaughn  
Bishop O'Dowd  
Volleyball

Walnut Creek



Anton Alotte  
Campolindo High  
Lacrosse

Modesto



Martin Alan Marquez  
Mae Hensley Jr. High  
Baseball

Fun Fact: The first women's college basketball game was played on April 4, 1896 in San Francisco between Stanford and Cal. Stanford won 2-1.

## Dear Doc,

**QUESTION:** My 16 y/o child tore her ACL playing basketball and her doctor said she needs surgery to repair the ligament. Without the surgery, will the ACL heal on its own? If she does have surgery, when can she return to her sport?

**ANSWER:** The Anterior Cruciate Ligament (ACL) is a knee ligament that keeps the upper and lower legs bones (femur and tibia) in the right places when you walk, run, jump, cut and pivot. If the ACL is torn, it will not heal on its own. If you tear your ACL and want to participate in sports that require cutting, pivoting and change of direction, like soccer, football, basketball, volleyball, skiing and lacrosse, you will need to have your ACL surgically repaired. After surgery it will take between 6 and 9 months to properly rehabilitate your knee in order to be able to return to most sport activity.

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

## Athletic Trainer's Corner

Bruce Valentine, PTA, ATC

### Taping vs. Bracing for Ankle Sprains

- Studies show both are equally effective.
- Tape can be customized, but takes a skilled person to apply.
- Braces are easy to apply and can be tightened during breaks, unlike tape.

## Get Your Head in the Game

Erika Carlson, MA  
Sport Psychology Consultant

### Mental Training Myths & Facts:

Myth #2- Sport Psychology is only for athletes with problems or when something goes wrong

Mental Toughness Facts:

- The sport experience has inevitable peaks and valleys
- Grinding through a valley can be minimized and streamlined
- Learning from challenges in sport can be maximized
- Mental training can provide a pro-active approach to "problems"
- Challenges in sport provide fertile ground for developing valuable coping & life skills.

## Upcoming Events

Nov. 30 – Dec. 23, 2009 at Oakland, 7:00-8:00pm, Sports Performance and Injury Prevention Program (for baseball/softball athletes): "Tough Cuff"