

Exercise of the Month: Hamstring Stretch



This static stretch is used to increase flexibility of the muscles in the back of the thigh and should be performed after activity. Keeping the hamstrings flexible can help prevent knee and back injuries, as well as, improve athletic performance.

Instructions:

- Lay on back, leg elevated and positioned at doorway or wall as shown.
- Keep knee straight, low back flat on floor.
- Gently slide buttocks toward wall, keeping knee straight until stretch is felt.
- Hold stretch 20-30 seconds, repeat 3 times each side.

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.

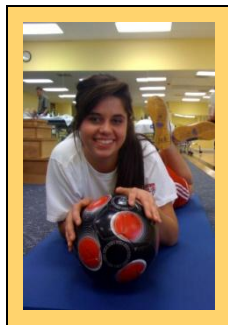
Athletes of the Month

Oakland



Hannah Soltz
Lincoln Middle
Swim

Walnut Creek



Payton Thomas
Amador Valley High
Soccer

Modesto



Magaly Cervantes
Castillo Christian
Boxing

Fun Fact: Steve Young of the S.F. 49ers holds the Superbowl record for most touchdown passes in a game with 6 against the San Diego Chargers in Superbowl XXIX. The 49ers won 49 to 26.

Dear Doc,

QUESTION: My daughter insists on wearing her Vans shoes daily, including during PE for running? She refuses to wear running shoes. Are there any inserts I can add to these shoes to make them more supportive? Or are running shoes the only option?

ANSWER: Wearing the proper shoes for your sport or activity is extremely important for preventing pain and injury. Over the counter arch supports can be added to most popular, non-supportive shoes to add more support for short distance walking or adolescent "hanging out." For running activities, proper running shoes should be worn. Adding an insert to an improper, non-supportive shoe does not take the place of wearing a proper running shoe for PE class or a running sport.

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

Wrestling and the Bloody Nose.

- Do NOT tilt head back. Blood in the stomach does not feel good.
- Pinch the upper lip below the nose to reduce blood flow.
- Apply an ice pack on the back of the neck.
- Do NOT blow your nose.

Get Your Head in the Game

Mental Training Myth #4

Erika Carlson, MA
Sport Psychology Consultant

Mental Training is only for Olympic or professional athletes
Mental Training Facts:

- When your physical ability is relatively equal to your opponents, mental skills often become the deciding factor in who wins and loses.
- All athletes should learn positive skills to develop good habits to create strong consistent performance and skills to combat adversity.
- Mental skills are the same for youth and Olympic level sports; the only difference is the intensity of competition/pressure. In fact, elite athletes had to acquire mental skills before they were elite and it's arguable that this set is a deciding factor in them becoming Olympians.

Upcoming Events

Feb. 9, 2010 (Tuesdays & Thursdays) at Oakland,
7:00- 8:00pm, Circuit Training Class

Feb. 22, 2010 at Oakland, 7:00- 8:00pm, Free Lecture:
Jump for Success