

Exercise of the Month: Clamshells



Figure 1: Closed Position



Figure 2: Open Position

Strengthens: Muscles of the hip important for stabilizing the body during functional activities.

Positioning:

1. Lie on side with hips in line with shoulders (don't rotate body)
2. Bend knees (fig.1)
3. Keep ankles together and open knees (fig. 2) while keeping trunk stable (don't rotate!!)
4. Place band around knees (as shown) to make exercise harder.
5. Repeat for 3 sets of 10 repetitions per leg

Sports specific: This exercise is good 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



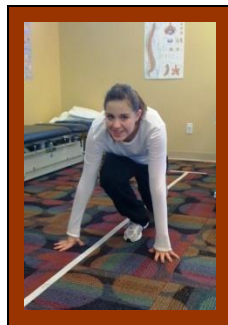
Chris Sprague
De La Salle High
Football

Walnut Creek



Paige Daniel
Benicia High
Soccer

Modesto



Ashley Martin
Prescott Jr. High
None

Fun Fact: More people in the United States are injured or killed by lightning while playing soccer than any other sport.

Dear Doc,

QUESTION: My child plays soccer and I've noticed that his team just sits around and stretches before practice and games. Is this the best way to warm-up, or is there a better way to prepare before activity?

ANSWER: Warming up before playing helps to get your muscles moving and your heart pumping. Before playing, stretching the muscles while actively moving them (dynamic stretches) is preferred over static stretching (holding a stretch while standing still). Static stretches can be used after playing as a cool down. Below is a list of a great dynamic warm-up stretches. (e.g. High-Knee Skips, Butt-Kickers, Frankensteins, Walking Lunges with a Twist. Please refer to our website for more great examples.)

Email your sports-related question to our doctor, Rebecca Demorest, via our editor, Kristen Welsh at kwelsh@mail.cho.org.

Athletic Trainer's Corner

Bruce Valentine, PTA, ATC

30/30 Rule for Play when Lightning Strikes

- When a lightning flash is seen, begin counting. If thunder is heard before the count of thirty, seek shelter immediately.
- Remain sheltered until no thunder has been heard for thirty minutes.

Get Your Head in the Game

Erika Carlson, MA
Sport Psychology Consultant

Mental Training Tips

Myth #3: Either you have mental toughness or you don't (you have to be born with it). You certainly weren't born with your technical sport skills...those developed with intense training, practice and repetition. The same is true for mental skills.

Fact: Mental toughness involves the ability to focus, recover from mistakes quickly, and adjust intensity levels needed. Mental training helps athletes develop mental skills without having to wait for further experience and unnecessary mistakes.

Upcoming Events

Jan. 4 - Jan. 28, 2010 at Oakland, 7:00-8:00pm, Sports Performance & Injury Prevention Class (for all baseball/softball athletes): "Tough Cuff"

Jan. 25, 2010 at Oakland, 7:00-8:00pm, Free Lecture: Pedal Power: Tips for Mountain Biking