

Exercise of the Month: Push-Up



The Push-up is one of the best exercises to increase strength and stability in the shoulders and trunk while working on mobilizing the shoulders and elbows.

- Position hands shoulder width apart and in line with chest; feet together and hips up so low back does not sag (may start on hands and knees).
- Slowly lower body toward ground keeping elbows at a 45 angle to the body. Touch chest to ground and then push through hands to return to start position.
- Do 2-3 sets of 8-12 repetitions. If you experience any pain in the shoulders, neck or low back then stop the exercise.

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



Amari Joseph
Claremont Middle
Basketball

Walnut Creek



Adrian Munoz-Sanchez
Ygnacio Valley High
Basketball

Modesto



Yesenia Tovar
CSU-Stanislaus

Fun Fact: In 2005, Steve Young became the first left-handed quarterback inducted into the Pro Football Hall of Fame.

Dear Doc,

If you would like to ask our doctor a sports related question, please email your question to Kristen Welsh at kwelsh@mail.cho.org.

Please limit to one question per request. Look for your question to be published in the following newsletter.

Athletic Trainer's Corner

Bruce Valentine, PTA, ATC

First aid for sprains, strains and contusions using the RICE acronym.

Rest: If it hurts when you do it, you probably shouldn't be doing it

Ice: 15-20 minutes then off for an hour, repeated as needed

Compression: Elastic wrap or sleeve for swelling

Elevation: Above the level of the heart for swelling and pain

Get Your Head in the Game

Erika Carlson, MA
Sport Psychology Consultant

Mental Training Myths & Facts:

Myth #1- Mental Toughness: *Either you have it or you don't*

Mental Toughness Facts:

- Mental toughness is developed through life and sport experience
- Mental toughness is a skill set which includes:
 - o The ability to focus under pressure
 - o The ability to recover from mistakes quickly
 - o Self-regulation skills (relax/energize on-demand)

Upcoming Events

**Nov. 9 – Dec. 10, 2009 at Walnut Creek, Mon/Wed.
6:00-7:00pm, Sports Performance and Injury Prevention
Program: Fall Circuit Youth Training**

**Nov. 23, 2009 at Oakland, 7:00-8:00pm, Free Lecture:
Rowing: *Ready, All, Row!***

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