

From The Sidelines

Steve Jessup

Lic. & Certified Athletic Trainer:

The high school sports season and little savage football are just around the corner. Students entering the 9th, 11th and any new student must have physicals according to the Idaho High School Athletic Association. Make sure that you make an appointment with your provider and start the season with a check up.

Athletes, parents and coaches need to be prepared for the heat. Children do not have the same sweating mechanism as adults, hydration and heat acclimation before the first day of practice is very important. Athletes should be conditioning prior to initial practices, by hiking, jogging going to the gym to build up a cardio vascular base. Some training should take place outside so that the body can adapt to the heat during physical exertion.

Our younger kids have trouble as they can not dissipate the heat from their bodies. They need frequent water breaks, removing helmets during breaks, and moving into the shade when possible. One of the most important things parents can do is make sure that your child comes to practice well hydrated, a combination of water and Gatorade throughout the day all week long is a step in the right direction.

Some of the common injuries that we see at the beginning of the season are blisters. Some kids will come to the first day of practice and miss the next three because of a bad blister. Preparing your feet goes right in line with pre-season conditioning, Proper socks, shoes and arch supports will prevent a long list of injuries such as blisters, tendonitis and shin splints in the lower body. Over the course of the season having improper equipment for your feet will break your body down and lead to lower and upper body problems. Remember your feet are the foundation for your success!

Volleyball - Ankle sprains are one of the most common problems with this sport and inversion ankle sprain is the most common (80-90 percent). Proper stretching strengthening and shoes can make the season successful.

Cross Country - Shin splints and patella tendonitis are notorious for these athletes. Running shoes seem to last about 300 to 500miles depending on you body type and your running gait. Do not wear your running or race shoes to school, as this continual wear breaks them down and will lead to injuries (blisters, tendonitis and shin splint's).

Concussions - All incoming freshman and new athletes will need to have baseline test taken before practice starts. The "Impact" testing program that is used at the high school is the same program that is now mandatory for all NFL players to take before the season. Some of the other professional sports and amateur teams that use the Impact program are NHL, Junior Hockey, USA Hockey, Professional Automobile Racing, MLB, NBA, Olympic Organizations, the list goes on with college and high schools through out the country.

Common symptoms of a concussion include loss of consciousness, headache, dizziness, balance problems, confusion, sensitive to light or noise, feeling in the fog, difficulty thinking or mood changes, loss of appetite nausea and vomiting. "Up to 90% of concussions do not involve a loss of consciousness" according to Dr. Micky Collins in his interview with USA today. A concussion is a serious issue that can lead to internal bleeding in the brain and cause death, if not detected soon enough.

For more information call Steve Jessup Licensed ATC Steele Memorial Medical Center 208-756-5819.