

Where is Prevea Sports Med?

Wednesday, October 21

The Female Athlete

presented by Padraic Obma, MD and
Emily Johnson, LAT

Pre-registration is required by calling
(920) 496-4750 or by visiting
www.prevea.com/PSM.nws and clicking
on Community Calendar.

Services and Programs Prevea Sports Medicine Provides

- Core Performance Center
- Massage Therapy
- Athletic Training
- Physical Therapy
- Occupational Therapy
- Orthopedic Surgery
- Injury Consult Clinic
- FLEX Program
- Impact Program
- Video Analysis Program
- Lower Extremity Classes

For more information regarding any of
these services or programs, please visit
www.prevea.com/PSM.nws.

Prevea Athletic Trainers Proudly Serve

- University of Wisconsin – Green Bay
- St. Norbert College
- Ashwaubenon High School
- Freedom High School
- Luxemburg-Casco High School
- Notre Dame Academy
- Oconto High School
- Oneida Nations High School

Losing Weight the Safe Nutritious Way

Author: Personal Trainer Mark McCartney, BS, NASM-CPT, PES, CES



Losing weight is a constant battle for some. Knowing how to lose weight safely and effectively is key to living a healthy life and being competitive. With wrestling season quickly approaching, anxiety sets in quickly for athletes as well as parents as they think about which weight class their child will be competitive in. With the terrible tragedies in the late 90's of severe injury and death related to "cutting" weight for wrestling, the WIAA has created some great measures to ensure safety for wrestlers with the urinalysis test and hyper-hydration. However, there are still too many athletes losing weight in unsafe ways, which can hurt them physically as well as with their performance.

As a former wrestler who cut weight the wrong way, I understand the desire to get into that lower weight class and to look at all possible ways to do so. There are lots of tricks, but it also meant that lack of energy and dehydration was an everyday battle during the season. Now, as a

Performance Enhancement Specialist with Prevea, I have a better understanding of the body and its needs.

In my personal experience, I think the biggest issue is a basic lack of knowledge when it comes to nutrition for wrestling. It is pointless going through practice with no energy because you haven't eaten all day. The possibilities of injury far outweigh the benefits. There is a way to lose weight safely and still maintain energy levels throughout the season.

The philosophy behind a nutrition program is to kick your metabolism into high gear with six to seven meals of the right foods, a lot of water and vitamins. The lean proteins (salmon and chicken), super vegetables (broccoli), dry and wet carbohydrates (rice), good fats and vitamins of this diet mean there is no need for high priced supplements or dangerous quick fixes.

The only thing that holds people back from reaching weight loss goals with this approach is dedication. For further information or to set up a consultation on this nutrition program, please call Mark McCartney at Prevea Sports Medicine at (920) 272-1226. Good luck in the upcoming season and be safe.

Your Experts

Leadership Team

Service Line Director –

Jason Helgeson, MS, LAT

Rehabilitation Manager –

Pete McMahon, ATC/PT

Outreach Coordinator –

Mike LaMere, MS, LAT, NASM-PES

Core Performance Center –

Mark McCartney, BS, NASM-CPT, PES, CES

Orthopedic Physicians

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Rolf Lulloff, MD

Padraic Obma, MD

Michael O'Reilly, MD

Mark Schick, MD

Christopher VanSaders, MD

Don Wackwitz, MD

Licensed Athletic Trainers

Melissa Gering, LAT, OTC

Curtis Gibson, LAT, NASM-PES

Heidi Gutschow, LAT, PT

Terry Hess, LAT, CSCS

Emily Johnson, MS, LAT

Amy LaBelle, MS, LAT, NASM-CES

Mike LaMere, MS, LAT, NASM-PES

Pete McMahon, PT, LAT, CFMT

Paul Neuenfeldt, LAT, NASM-PES

Occupational Therapists

Lisa Holschuh, OTR

Sue Luebke, COTA

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Physical Therapists

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Lynn Dewitt, PTA

Amy Goebel, PT

Heidi Gutschow, PT, LAT

Deanne Jadin, PTA

Kari Jadin, PTA

Barb Mahlik, PT

Kyle Makuck, PT

Resa Malloy, PT

Pete McMahon, PT, LAT, CFMT

Heather Meyering, PT

Shelly Nell, PTA

Megan Pfarr, DPT

Tony Pleshe, PT

Diane Radtke, PT

Tracy Severson, PT

Lynn Steinhuis, PT

Ann Tripp, PT, CSCS

Jamie VandenHouten, PTA

Lisa VanDeVen, PTA

Andrea Weyenberg, PTA

Jamie Wickersheim, PT

IN THE GAME

Shoulder Injuries

How to stay in the match

Author: Physical Therapist Ann Tripp, MPT, CSCS

Athletes, especially wrestlers and football players, are prone to upper extremity injuries due to the nature of the sport. Most of these upper extremity injuries relate to musculoskeletal strength and flexibility. Wrestlers' shoulder joint is commonly forced beyond its normal range of motion during an escape or is forced down onto the mat during a takedown. These two scenarios may result in a shoulder dislocation that may cost the wrestler the remainder of his season or the rest of his high school athletic career. Coaches can help prevent such injuries by allowing time for stretching, teaching proper technique and incorporating a strength training program.



Research has indicated that wrestlers with loose ligaments suffered fewer shoulder injuries than other wrestlers, indicating that flexibility training should be an important area for conditioning emphasis (Pasque & Hewitt, 2000). Some useful shoulder stretches to incorporate into practice would be pectoralis stretches, rhomboids stretches and latissimus dorsi stretches. As a general rule, stretches should be performed three to five times and held for 30 seconds. Coaches can incorporate such stretches after a dynamic warm-up activity. Prevea Sports Medicine can assist a team or individual with proper stretching techniques and individualized dynamic warm-up based on the sport to help prevent injuries. Prevea's experts are also there for you to get you back "in the game" with offering pre and post injury screenings and/or treatments of shoulder and other sport-related injuries.

Specialty Service Profile Physical Therapy

October is National Physical Therapy month. It's not just about getting you back "in the game," – American Physical Therapy Association defines physical therapy as "the science of healing and the art of caring." It's about combining a scientific process with compassion and empathy to help you heal, and most of Prevea's physical therapists and assistants have at least 10 years of experience doing so.

When a physical therapist sees a patient for the first time, the patient is examined and an individualized plan of care is developed based upon the patient's specific limitations and problems. The therapist works as a team with the patient to improve mobility, reduce pain, restore function, and prevent recurrence. The individualized "hands on" approach (joint and soft tissue mobilization) that characterizes physical therapy along with therapeutic exercise (stretching and strengthening) are the cornerstones of treatment. Other modalities such as ultrasound, electrical stimulation, hot packs, ice and taping may also be used.

Many physicians look to Prevea physical therapists as the first choice in management of musculoskeletal problems such as back and neck pain, shoulder, knee, and ankle injuries, arthritis, and foot pain. Physical therapists help patients achieve their goals, which allow them to successfully avoid surgery and/or return to work and leisure activities. If you have a pain that just isn't going away, contact your primary care provider today and ask to be referred to a physical therapist. We are here to help you reach your full potential.