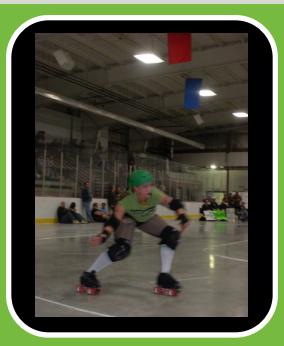
MVM NEWSLETTER

April 2010



Shin Splints
By:
Nicole SwingHer

I am going to refresh your memory a bit then get down to the business of treating shin splints and compression fractures. There is a multitude of advice on this subject so I will use the advice that I would personally follow which should serve to narrow the scope of advice. I personally suffer from shin splints and am willing to share any advice you need or get answers to any questions you might have if I don't already know the answer.

The first method of treatment I will offer to you is brought to us by the American stretching institute. This is called R.I.C.E.R. by the institute…The basic treatment for shin splints are no different to most other soft tissue injuries. Immediately following the onset of any shin pain, the R.I.C.E.R. regime should be applied. This involves **R**est, **I**ce, **C**ompression, **E**levation, and **R**eferral to an appropriate professional for an accurate diagnosis. It is critical that the R.I.C.E.R. regime be implemented for at least the first 48 to 72 hours. Doing this will give you the best possible chance of a complete and full recovery.

The next phase of treatment (after the first 48 to 72 hours) involves a number of physiotherapy techniques. The application of heat and massage is one of the most effective treatments for speeding up the healing process of the muscles and tendons.

I have found both from personal experience and from working with many clients, that this form of treatment is the most effective. The application of heat and deep tissue massage on the affected area seems to bring the best results. If you suffer from shin splints, be sure to spend at least a few minutes massaging the affected area both before and after you exercise.

Once most of the pain has been reduced, it is time to move onto the rehabilitation phase of your treatment. The main aim of this phases it to regain the strength, power, endurance and flexibility of the muscle and tendons that have been injured.

The second method of treatment I will present you is directly from the SPORTSINJURYCLINIC.net. They offer a multiple step for of treatment which can be found by following the link below.

http://www.sportsinjuryclinic.net/cybertherapist/front/lowerleg/shinsplints/rehabilitation.php?injury=shin_splints

My final suggested course of treatment is the course I have personally been taking at the advice of Katie from the Physical Therapy Department of Black River Memorial hospital and Dr. J. Schrenoch from the Family Practice department of Gundersen Lutheran hospital. It is simply special stretches and common knowledge that most of us are prone to blow off.

1. See your local podiatrist and have your specific type of shin splints diagnosed
2. Follow up with physical therapy to develop a personal stretching routine. My physical therapist currently has me using a resistance band while lying with a rolled up towel under the small of my back. I simply hold my leg straight and flex against the resistance band away from my body with my toes, I make sure to slowly relieve the pressure.
3. The next stretches are equally easy, next I simple stretch like everyone else making sure to focus on the ham strings behind the knees. Then I place my left leg over the right while laying or sitting, once again I use the resistance band around my left toes and flex toward my right toes. Furthermore, I do this with both legs for as many reps as possible without causing shin pain.
4. Prevention of farther injuries to my shins I simply take a break from skating when they start hurting, and to resume skating after the pain has passed.

Hopefully you found this interesting and informative, if you would like to see the stretches that I do, just as. I will show you the diagrams that I have available. Just remember that step four is key to a speedy pain free healthy healing period. Best of luck to you all…

JOINTASTIC

BY MAURA TYRANNY

Alright Derby Girls, let's face it...we hurt. We ache after practice and we ache after bouts. Depending on age, weight and natural athletic ability this pain can vary from woman to woman. Bruises and rink rash come with the territory, but how do we protect our joints, arguably the most important parts of bodies when it comes to Roller Derby?

A lot of what we already do in practice is helping to keep our joints healthy. We are getting exercise, building muscle, and for many of us loosing unwanted weight. We wear protective gear which absorbs much of the shock of falling on our knees, elbows and wrist. Despite the health benefits that can come from playing Derby, it is never too early to start taking extra care of our bodies.

Here are a few things you can do to help with joint pain:

Turmeric

Consider taking Turmeric as a supplement and to help as anti-inflammatory. Turmeric is a spice, notable for its bright orange color. It is used in making curries, but can also come fresh in its root form. It looks a lot like fresh ginger root, and has a bright orange flesh.
*this chart is from HYPERLINK "http://www.whfoods.com/"www.whfoods.com
As seen in the chart above, Turmeric has many essential vitamins in a very small dosage. The bright orange oil in Turmeric (called curcumin) has been used as a potent anti-inflammatory. Unlike other over the counter drugs used for this purpose, Turmeric creates no toxicity in the body. You can find turmeric in liquid or pill forms, as well as fresh and in the spice section of most grocery stores. For those after-derby hours, consider Turmeric as a natural reprieve from joint paint.

Glucosamine

Glucosamine is a naturally occurring compound in our bodies. It is made from glucose and the amino acid glutamine. Glucosamine is essential in the formation and cartilage which helps keep our joints working smoothly. Glucosamine productions begins to slow down as you get older, so it may be something to consider working into your daily vitamin regiment. Glucosamine has been found to help relieve joint pains in the knees as well as slow the progression of osteoarthritis. Unlike Turmeric, Glucosamine intake may cause some side effects. The supplement is produced in laboratories from chitin, a substance found in the shells of sea creatures such as lobster, shrimp and crab. Therefore if you have shell fish allergies or dietary limitations, finding a non-chitin variety can be very important. This supplement can be found in most health food stores.

Eating Well

One last thing you can do to help keep your body and joints healthy is partake in a diet that is rich with jointy happy foods and vitamins:

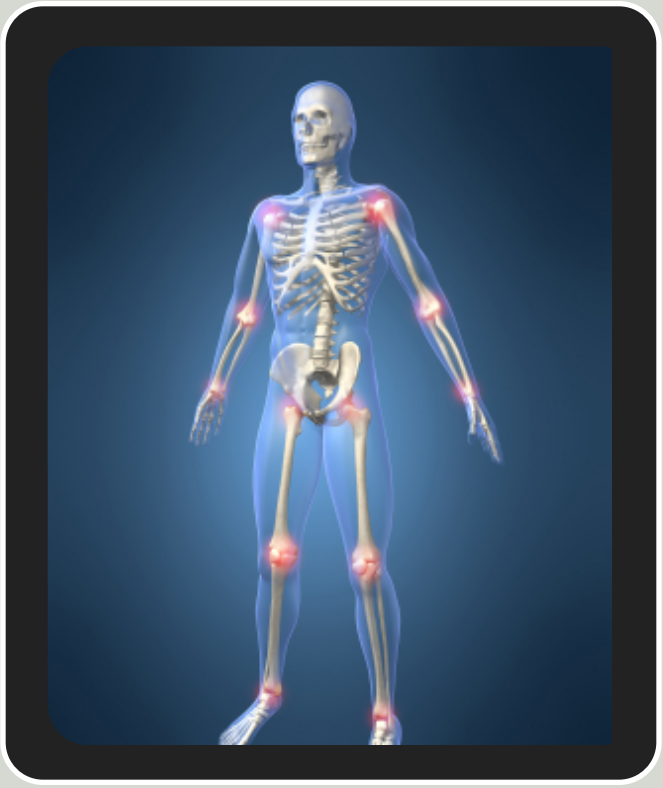
Manganese
-Beans
-Whole Grain Breads
-Whole Grain Cereals
-Milk
-Seafood
-Dark Leafy Vegetable
-Nuts

Omega 3 fatty Acids
-Salmon
-Cod
-Cod liver oil
-Flax seeds
-Walnuts
-Egg yolk
-Trout

Vitamins C & E

-All Citrus Fruit
-Tomatoes
-Strawberries
-Cabbage
-Kiwi
-Potatoes
-Watermelon
-Broccoli
-Cantaloupe
-Papayas
-Corn
-Nuts
-Oats

Please remember to consult your doctor before making any significant changes in diet or supplement intake. Stay Healthy, Stay Derby.



Which OTC pain killer is right for your pain?

By: SwingHer

Many of us suffer sports injuries of varying degrees so I decided to write an article about choosing the appropriate pain killer for your sports injuries. There is a whole world of over the counter (OTC) pain killers out there that choosing the right one for your injury is very hard to do, but each different pain reliever handles pain caused by different injuries. Most athletes will use an over-the-counter (OTC) pain medication at some point to cope with minor aches, pains and injury. These drugs are some of the most widely used medications, but they aren't very well understood by most of the people who take them. They are reliable and effective when used appropriately for moderate pain relief, but they also have risks and potential side effects.

There are two basic families of over the counter medicines NSAIDs and Acetomenaohine.

NSAIDs

(nonsteroidal anti-inflammatory drugs). These include aspirin, ibuprofen (Advil and Motrin), naproxen sodium (Aleve), and ketoprofen (Orudis KT). NSAIDs prevent the body from manufacturing prostaglandins. Prostaglandins are substances produced naturally by the body that act as mediators for a variety of physiologic functions including protecting the stomach lining, and regulating blood pressure. They also mediate pain and inflammation. An NSAID works by blocking all prostaglandins. So while they block those that cause pain, they also block those that protect the stomach lining and can, therefore, cause stomach upset or gastrointestinal bleeding in some people. The risk of problems increases with long-term use of NSAIDs. However, NSAIDs are effective at reducing aches, pain, fever, and inflammation.

Although effective at reducing pain and inflammation, NSAIDs aren't recommended for use before or during endurance sports. Several studies have found little actual performance benefit of taking ibuprofen and warn that it may mask pain, which can lead to increased risk of injury. Other studies have cautioned that the use of NSAIDs during ultra distance exercise is associated with an increased risk of exertional hyponatremia.

Aspirin is classified as an NSAID, but has some unique properties. Aspirin is a pain reliever that reduces inflammation and fever. It has also been shown to help prevent heart attacks, and may well have other long-term benefits, including reducing colon cancer risk. It acts as a blood thinner and, therefore, can prevent blood clots. Aspirin is nonaddictive. Aspirin does have some risks. It should not be taken by children under 16 who have chickenpox or flu symptoms, due to the risk of Reye's syndrome. It is also not recommended for those with stomach problems, ulcers, kidney disease, bleeding disorders or aspirin allergies.

Acetaminophen (Tylenol and Panadol).

Some products combine these pain relievers with other ingredients like caffeine or decongestants, and market the product for combinations of symptoms. You'll sometimes see these products advertised for cold and flu relief. These added ingredients may address symptoms including nasal congestion or cough.

In general, ibuprofen, naproxen and ketoprophen reduce pain more than the same dose of acetaminophen or aspirin, although acetaminophen and aspirin have other advantages. Acetaminophen is often recommended for treating the pain of arthritis because it doesn't cause stomach irritation. It is also the safest pain reliever for children. And aspirin is the only pain reliever shown to reduce the risk of heart attack.

Acetaminophen (Tylenol and Panadol) is believed to act on the pain centers in the brain. They are the safest pain relievers because they don't block prostaglandins, and therefore don't cause any GI (gastrointestinal) bleeding. Acetaminophen reduces pain and fever, but not inflammation. It is ideal for treating osteoarthritis, or treating those with high blood pressure. High doses of acetaminophen may damage the liver, and rare reactions have been seen, such as rash and urinary problems. NSAIDs should not be taken by pregnant women (Always check with your doctor about pain relief during pregnancy).

Now you should be armed with the knowledge you will need to pick an appropriate OTC pain killer for your bumps bruises and other injuries.

Your Derby Girl of the Month

What is your name and derby name?
Maura Janelle Henn is my given name/ My Derby name is Maura Tyranny

How did you find out about derby? My first encounter with Roller Derby was through an article in BUST Magazine...and then when MVM was just beginning in its first season, my dear friend Tina Melvin (who is now our volunteer coordinator) gave my phone number to the Ambusher...that is how I became the photographer. At the end of last season, I was poked and prodded by enough derby girls asking when I was going to come skate that I decided it was time to give it a try...the rest is history.
What is your favorite thing about derby/ what keeps you coming back to practice?
My favorite thing about Derby was just getting to go skating which was something I always loved as a kid, but stopped doing for some crazy reason. Now my favorite thing is learning the the game and the strategy. I keep coming back because I see myself and my derby-mates getting better, which really excites me.

Where do you work/what do you do for a living?
I do too much...my day job is a deli cook at People's Food Co-op...although I love cooking this just pays the bills. I am also the market manager for the Cameron Park Farmers Market as well as a freelance writer for Coulee Region Women Magazine and part-time photographer.

Where is your hometown? I am a West-Coast Transplant...I moved to La Crosse in 2003 from Butte, Montana where I lived on and off during my young life. I was born in Dayton, Ohio, but my single-parent father raised my two sisters and I while moving us up and down the west coast during his Navy years. Although I have family scattered all around, I consider La Crosse my true home.

What are other hobbies you enjoy? I taught myself how to knit (a common derby girl passion it seems) when I started school at UW-L. I like taking photos and reading; traveling by train to meet strange friends I meet on Livejournal is also a treasured past-time.
What is your family life like? (married? Kids? if so how many?) I live with Ethan (one of our very nice NSO's) we have been together for almost 5 years. We have two cats and a giant dog...they are are sort of like our kids, at least they like hogging the bed from us.

What have you gained from your derby experience so far? Really big thigh muscles and new friends. If there is one thing I love about Roller Derby above all others is it gives me a place where I completely forget about everything else in my life, good or bad. I just can come to practice and focus on what we are doing. From everything I have heard, it is sort of like meditation in that way...only with 100% more booty blocks.