



## Allied Health Rehab Centers

No matter what the sport, Allied Health Rehab Center is there for you. From youth to adult, from sports medicine to physical therapy, Allied Health will help you get "back on the playing field".

<b>Akron</b> (330) 543-2110	<b>Barberton</b> (330) 753-5113	<b>Cuyahoga Falls</b> (330) 920-1002
<b>Mogadore</b> (330) 628-0736	<b>Tallmadge</b> (330) 630-0630	<b>Wadsworth</b> (330) 335-0026

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Quality Results*

## The Soccer Athlete Seminar: Conditioning, Nutrition & Injury Management and Prevention



Thursday, March 11, 2004  
4:30 pm to 5:00 Dinner  
5:00 pm to 9:00 pm Seminar

This Seminar is perfect for Therapists, Coaches, Parents and even athletes. For more information contact Carol Mills at (330) 297-9020, extension 33.

# Sports Health & REHAB CENTER

On The Canal

March 2004

## Caring for the Aging Knee

By Andrew Mangano,  
Physical Therapist  
Allied Health Rehab Centers

Many people in the "baby boomer" generation are staying active as they age. This is healthy, but playing team sports, jogging or doing other high impact activities that repeatedly pound, twist and turn the knees can stress aging joints. Highly active, middle aged people may develop painful knees as a result of arthritis.



### What Is Arthritis?

Arthritis is the number one cause of chronic disability in the United States affecting about 40 million people. Arthritis causes pain, stiffness, swelling from inflammation of a joint or the area around joints. Osteoarthritis is the most common type of arthritis affecting about 16 million people, usually middle aged and older. This is a non-inflammatory degenerative joint disease char-



acterized by the breakdown of the joints cartilage. The exact cause of osteoarthritis is unknown. Rheumatoid arthritis (R.A.) is a more complicated joint problem. It is a systemic disease which means it affects the entire body. R.A. is thought to be a disease in which the immune system turns against the body and attacks the joint linings and surfaces.

Only a physician can determine if you have arthritis and what type it is. Arthritis is diagnosed based on the overall pattern of symptoms, medical tests, physical exam, x-rays and lab tests.

Because there are different types of arthritis there are many treatment options.

1. Medications: - Many drugs, both prescription and over the counter, are used to treat arthritis. Common medications are aspirin free pain relievers, anti-inflammatories, corticosteroids, disease modifiers, and sleep medications.
2. Exercise: - Physical/Occupational Therapy to improve joint flexibility, increase range of motion, strengthen muscle, bone and cartilage tissues and reduce pain. Therapists may use heat/cold, teach pacing activities, joint protection and self help skills to accomplish these goals.
3. Surgery: - Increasingly, people with arthritis are asking for joint replacement surgery. Joint replacement surgery, or arthroplasty, involves removing the diseased or damaged portion of a joint

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### Attention Coaches!!

Allied Health Rehab Centers has recently posted Coaches Seminars on our web site for the first half of 2004! Check it out at [www.alliedhealthrehab.com](http://www.alliedhealthrehab.com).

Portage Physical Therapists, Inc.  
dba Allied Health Rehab Centers  
533 E. Main Street  
Ravenna, Ohio 44266



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and replacing the joint surfaces with synthetic materials. The new components, called prostheses or implants, are made of high-impact plastics and/or metal alloys. They have smooth surfaces for comfortable movement when healing is complete. Special cements are sometimes used to attach the implants to the patient's healthy bones. Some implants are made of a porous material that allows the patient's own bone to grow into the implant.



The goals of joint replacement surgery are to decrease the pain and disability of arthritis. Joint replacements have a well established record for longevity and durability. However, they need to be closely followed for signs of wear or loosening. New prosthetic components and surgical techniques enable safe and effective correction of potential problems before they get out of hand.

Following joint replacement surgery all patients should go through a rehabilitation program. This program should consist of an exercise program to promote muscle contractions which will aid in the movement of fluids. The movement of fluid will decrease pain. Muscle contraction will prevent atrophy (decrease in muscle size) which can result from inactivity, and strengthen muscles to stabilize body parts, improve function and minimize fatigue.

For more information on how physical or occupational therapy can help you, call us toll free at (888) 381-8243.

### Focus On Fitness Back Pain

Approximately 8 out of 10 people will experience at least one episode of back pain at some point in their lifetime. Most back injuries are seldom caused by a single injury; instead they are the result of cumulative factors. Back disorders are most commonly the result of poor posture, faulty body mechanics, decreased

strength and flexibility, and stressful living and working habits. Typically back problems gradually build up due to a combination of these factors. The "back problem" is generally present before the pain is noticed, and many times will be present after the pain is gone. Once a back problem is experienced, recurrence is common. Long term relief from back pain is dependent upon reducing or reversing the risk factors.

The following are tips to help reduce the risk factors associated with back pain:

1. When sitting for prolonged periods, use a small pillow or towel roll to support the curve in your lower back.
2. When standing for prolonged periods, place one foot on a footstool and change positions often.
3. When lifting, bend your knees instead of your back – no matter how heavy or light the object.
4. When carrying heavy objects, keep them close to your body.
5. If you must move a heavy object, push rather than pull the object.
6. Finally, maintaining adequate strength, flexibility, and cardiovascular fitness will decrease your overall risk of developing back pain.



### PITCH COUNTS

Spring will be here soon and all baseball coaches wrestle with how much they should push their pitchers. Here are guidelines for maximum effort pitches - 10 pitches per years of age per 7 day period.

Age	Per: Game	Week	Season	Year
8	40-50	80	1,000	2,000
9-10	50-60	90-100	1,000	2,000
11-12	60-70	100-110	1,000	3,000
13-14	70-80	120-130	1,000	3,000
15-16	80-90	140-150	1,500	3,000
17-18	90-100	150-170	1,500	3,000

If you have any questions, call John Gibel, Outreach Coordinator, at (330) 543-2124.

## Is Competition Important In Sports?

By: Joseph Congeni, M.D., F.A.A.P.  
Medical Director  
Akron Children's Hospital

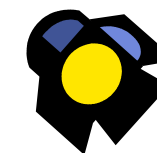


At the high school level, and to a lesser extent in junior high, winning or losing (competition) can be a measure of successfully attaining team goals. However, there are ten goals that are more important in YOUTH SPORTS than just winning and losing, and they are:

1. **The development of self-worth** or children feeling good about themselves through sports.
2. **The goal of teamwork** - Finding out that every team member is important and working together for the common good.
3. **Learning how to follow the rules** or learning limits is an important lesson children learn from sports.
4. **Discipline** - Discipline involves controlling emotions. Emotions are the enemy to clear thinking.
5. **Improving physical conditioning.** In sports, kids learn that they are not successful if they are not in good physical condition.
6. **Acquiring new skills.** - Both mental skills and motor skills are learned through sport.
7. **A sense of commitment.** - To be committed to a team, to teammates, to a purpose, and especially to something enjoyable.
8. **Goal orientation** - The goal should be attainable but challenging.
9. **Learning sportsmanship** - respect for opponents, coaches, officials, learning "The Golden Rule" through sports.
10. **Learning how to respond to adversity.** To evaluate and adjust your plan when you get knocked down or when barriers are placed in your way.

Youth sports are an excellent opportunity to teach these ten goals.

**If you have questions, call John A. Gibel, Outreach Coordinator at (330) 543-2124.**



### In the Spot Light



**Craig B. Sisak, MS, PT**  
Allied Health Rehab Centers  
Akron

Craig graduated with a B.S. in Biology and M.S. in Physical Therapy. He was a member of Walsh University's Sports Medicine Staff and is a member of APTA, OPTA, Stow-Munroe Falls Chamber of Commerce Leadership and St. Paul's Episcopal Church.

Craig has been a resident of greater Akron his entire life. Growing up in Munroe Falls, Craig attended Stow-Munroe Falls High School then Walsh University in North Canton. He resides with his wife, Shanna, and new born son Bryce in Akron. Craig has participated in soccer for 13 years and has been a golfer since age 14.

Craig has been with Allied for just over a year and loves treating patients of all ages, young and old, with ankle impairments, knee and shoulder injuries. He has also accepted the responsibility of coordinating our aquatic therapy programs.

**Debra Savage, PTA**  
Allied Health Rehab Centers  
Cuyahoga Falls



Debra earned her Associate in Science Degree in Physical Therapy Assisting from Stark State College in 1993. She has experience in aquatic outpatient rehab and sports medicine and treats a wide variety of orthopedic injuries.

Her interests include Temporal Mandibular Joint Dysfunction, soft tissue injuries, sacro-iliac dysfunction, post-surgical rehab, and McKenzie approaches for neck and back pain. Debra started at Allied in August 2003.



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