

InterCONNECTION

October 2008

Moore Clinic— we're your muscle and bone experts!

Our Locations:

Downtown

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Columbia, SC 29203
803.227.8000

MRI and Pediatric Rehabilitation

4721A Sunset Blvd
Lexington, SC 29072
803.227.8000

Ambulatory Surgery Center

104 Saluda Pointe Drive
Lexington, SC 29072
803.227.8000

Our Physicians:

Craig M. Burnworth, M.D.
Kim J. Chillag, M.D.
William T. Felmly, M.D.
David B. Fulton, M.D.
S. Wendell Holmes, Jr., M.D.
Mark D. Locke, M.D.
Earl B. McFadden, M.D.
Frank K. Noojin III, M.D.
Aran M. O'Malley, M.D.
Bradley P. Presnal, M.D.
W. Bret Smith, D.O.
W. Alaric Van Dam, M.D.

Simple Acts of Compassion

By Sean McNally, CEO



Why is a measure of self-success so often dependent on our success with others? It is because the most important ingredient in any relationship is who you are. If you are struggling in your relationships with friends, family or work, you can likely find the root to those problems in your own reflection.



Sean McNally, CEO

So how do we build a good relationship or repair a broken one? It is this simple: one good act of compassion at a time. One of the single greatest acts of compassion you can make is to say "I'm sorry." Why? Saying you're sorry when you overreact or make a silly mistake can quickly restore a broken relationship. Do not let your pride or a lack of courage stand in the way of saying you are sorry to people you have offended, even if you think you are right. An apology is often disarming. When people get offended their tendency is to 'take up a sword' and to protect themselves. When you apologize, however, you take away their desire to fight and the sword generally falls to the ground.

You will make mistakes for the rest of your life. Learning to be quick to say "I'm sorry" is not a bad habit to get hooked on. ●



"Life's most urgent question is: What are you doing for others?"

— Martin Luther King Jr.

Five Training Tips for the Weekend Warrior

According to Merriam-Webster's *On-Line Dictionary*, the definition of the "Weekend Warrior" is as follows: *A person who participates in a usually physically strenuous activity only on weekends or part-time.*

At Athlete's Arena, we do a lot of work with Weekend Warriors; normal, everyday people who have full-time jobs but still thrive to stay as active as their schedules allow. Many of these men and women are former athletes who want to get back to the "glory days" or those who want to participate in functional sport specific training to either improve their golf game or win their flag football championship. We also see many adults who want to get away from the programs and routines they have repetitively performed to engage in a new style of training that was previously only made available to college and professional athletes.

Here are five tips for the Weekend Warrior to help him or her perform better and most importantly, **STAY HEALTHY!** After all, you still have to go back to work on Monday!

➤ **Learn the Proper Warm-Up:**

As the oldest form of injury prevention, a proper warm-up is an essential weapon in the Weekend Warrior's arsenal. A mentor of mine once said, "If you don't have time to warm-up, you don't have time to workout" and trust me, this guy is smart! The proper warm-up consists of, for example, a 5-10 minute stationary bike ride followed by a series of joint mobility and dynamic stretching exercises.

➤ **Learn to squat properly:** Key word: PROPERLY! Recent research has shown that the proper squat technique is actually safer on the ACL (anterior cruciate ligament) than exercises such as leg extension or curls on machines. The problem we face is that very few people have learned to squat properly.

The proper squat is a great exercise to promote hip, knee and ankle health.

➤ **Get off the bench press:** If your back itches, you should be able to scratch it without using the corner of a door. I am not saying to never bench press, but rather to look into other exercises that promote proper shoulder mobility and stability and incorporate them into your program. We incorporate various kettlebell exercises into the programs of Weekend Warriors to keep their shoulder "in the game" and those rotator cuff muscles healthy.

➤ **Training to failure is training to fail:** Maxing out in the weight room every time you lift or pushing as hard as you can when you go out with your buddies to run sprints will only lead to injury, pain and a short career as a Weekend Warrior. Learn to "keep some gas in the tank" when you train; cycle your workouts and incorporate light and medium training days to practice lifting technique and form.



By Joshua Ortegon, CSCS
Athlete's Arena Sports Performance



➤ **Recovery and Regeneration:**

This will be your favorite tip! Learn how to care for your body by implementing the benefits of massage, proper pre- and post-exercise nutrition, post-workout stretching, incorporating a foam roller or the invigorating experience of hot/cold therapy.

Hopefully these tips help keep the Weekend Warrior in the fight and not back at home training for the next video game Olympics.

Athlete's Arena, LLC has a primary location in Irmo, SC. As part of our Sports Medicine team, staff from Athlete's Arena train clients at the Moore Clinic Surgery Center location off

Follow these five tips to stay healthy and fit for part-time physical activities

of Hwy 378 in Lexington. To schedule an appointment with one of the Athlete's Arena trainers or for more information, call (803) 750-9036. For more information about the Sports Medicine team at the Moore Clinic, call (803) 227-8159. ●

Youth Strength Training (Part II)

By Pamela Olenchuk, PT

Because of a wide variation in growth and development, there is no certain chronological age that is safe to begin more intense weight training. An early maturing 14-year-old girl may be ready for weight training whereas a late maturing 14-year-old boy may not be ready for the demands of heavy resistance exercises. It is also important to consider a child's training age — length of time the child has been resistant training — because that will also effect the response of the training program. Strength and conditioning professionals must recognize all these factors and should individualize the training program based on the adolescent's maturity level, training age, and specific needs.

Also, young athletes may be at higher risk for injury during periods of pubescent growth spurts. This usually occurs around 12 years of age in girls and 14 years in boys. This rapid growth greatly increases the risk of overuse injuries due to relative weakening of the bone, muscle imbalances around the joint, and tightening of the muscle tendon units which are common in such periods of adolescent development. During this time, strength and conditioning coaches may need to modify training programs focusing more on increasing flexibility, correcting muscle imbalances, and decrease the weight load and intensity of training.

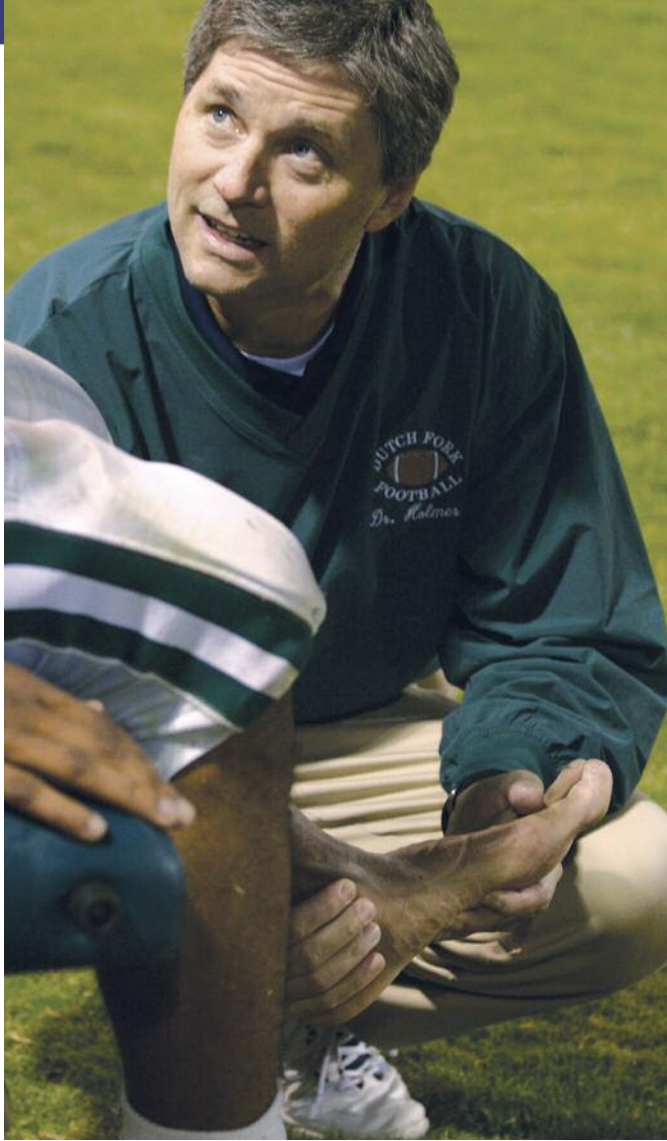
Although there are safety considerations, a healthy athlete who has reached puberty may begin to increase resistance training. It is important to have trained supervision focusing on proper technique before working with heavier weights.

The following are some guidelines published by the National Strength and Conditioning Association in the second edition of their book *Essentials of Strength Training and Conditioning*:

- Each child should understand the benefits and risks associated with resistance training.
- Competent and caring fitness professionals should supervise training sessions.
- The exercise environment should be safe and free of hazards, and the equipment should be in good repair and properly-sized to fit each child.
- Warm-up and stretching exercises should be preformed before resistance training.



- Carefully monitor each child's tolerance to the exercise stress.
- Begin with light loads to allow appropriate adjustments to be made.
- Increase the resistance gradually as strength improves.
- Depending on individual needs and goals, one to three sets of 6-15 repetitions on a variety of single and multi-joint exercises can be performed.
- Advanced multi-joint exercises, such as modified cleans, pulls, and presses, may be incorporated into the program, provided that appropriate loads are used and the focus remains on proper form.
- Two to three nonconsecutive training sessions per week are recommended.
- When necessary, adult spotters should be nearby to actively assist the child in the event of a failed repetition.
- The resistance training program should be systematically varied throughout the year.
- Children should be encouraged to drink plenty of water before, during and after exercise. ●



October Birthdays

Dr. Burnworth	7
Dr. McFadden	11
Kendra Adams	16
Deborah McNally	18
Ann Boan	20
Heather Livingston	20
Jennifer Church	21
David Pace	29
Grace Johnson	31

September Employee of the Month

Ashley Branham

Ashley Branham has been employed with The Moore Orthopaedic Clinic for over two years. Ashley was born and raised in Winnsboro, SC and graduated from Fairfield Central High School in Winnsboro in 2002. Upon graduation, she attended Columbia College for 1½ years and then transferred to Midlands Technical College where she received her CRLD (Certified Radiography Limited Degree) in 2006. Ashley has volunteered with Greenbrier Fire Department in Winnsboro for the last three years, as well as Camp Kemo for children with cancer for the last five years. Ashley, herself, is a cancer survivor of over ten years (Hodgkin's Disease) and is engaged to be married October 3, 2009.

Ashley's peers state that "Ashley always works hard, has the best attitude and provides the best patient care anyone could give. She never complains. She always has a smile on her face and needs to be recognized for her willingness to help anyone who needs it."

Mark Your Calendars!!!

On December 5th and 6th, **Dr. Wendell Holmes, Dr. Frank Noojin, Dr. Aran O'Malley, Dr. Bret Smith, Dr. Earl McFadden** and **Greg Mangione, PA** will be presenting at the *Update in Orthopaedic Sports Medicine 2008* conference here in Columbia, SC. Local athletic trainers, coaches, and physicians are encouraged to attend. Details regarding CME's and CEU's will be available on our website soon. For more information or to register for this conference, contact Steve Hasterok at (803) 434-4211.

September New Employees

Winona Lowman Surgery Department
 Betsy KoonSurgery Department
 John JohnsonSurgery Department
 Dottie AtkinsonPhysical Rehabilitation

Interesting Facts:

- **October is National Computer Learning Month** – the most highly anticipated month of the year for Gene Kolb!
- **October is also National Sarcastics Month**