

# LONG CANYON Gazette

July 2013

Volume 6, Issue 7

A Newsletter for the Residents of the Long Canyon

## TENNIS TIPS

By USPTA/PTR Master Professional  
Fernando Velasco



### How To Execute The Backhand Service Return

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley, the overhead “smash” and the forehand service return.

In this issue, I will offer you instructions on how to execute the second most important shot in the game of tennis: The Service Return, since it is the response to the first most important shot of the game: The Serve. In the illustrations, Julie Comey, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Photos by Charlie Palafox.

**Step 1: The Ready Position:** When Julie is getting ready to return the serve, her eyes are focused on the tennis ball held by the opponent. Knees are relaxed and the hands are holding the racket with a relaxed grip.

**Step 2: The Split Step:** When the opponent tosses the ball into the air, Julie will take a hop with both feet off the ground, trying to time the split

step with the contact of the ball on the opponent’s racket.

**Step 3: The Back Swing:** Once Julie realizes that the ball has been directed to her forehand, she will turn her upper body and will take the racket back. Notice that the left hand is up in front to allow her to keep her center of gravity in the center. She has loaded her weight on her left foot and will be ready to step forward to meet the ball.

**Step 4: The Point of Contact:** Julie now is ready to step into the ball. She has kept her eye on the ball and her center of gravity now is shifted to the point of contact. Notice the right knee being slightly bent and the right foot is pointing to the ball meeting the racket.

**Step 5: The Follow Through:** Once Julie has finished her stroke, the momentum of the racket continues to move almost to a point behind her neck. Her left hand is next to her body and her left elbow is pointing toward her target. Her body is now ready to take the “split step” with both feet in order to prepare for the opponent’s returned shot.

*Look in the next Newsletter for: The Forehand High Volley Approach Shot*

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# A FOCUS ON HEAT EMERGENCIES

## Healthy Tips To Stay Cool In Extremely Hot Weather

By: Concentra Urgent Care

Heat emergencies fall into three categories of increasing severity:

### Heat Cramps, Heat Exhaustion, and Heatstroke.

Heat illnesses are easily preventable by taking precautions in hot weather. Children, elderly, and obese people have a higher risk of developing heat illness. People taking certain medications or drinking alcohol also have a higher risk. However, even a top athlete in superb condition can succumb to heat illness if he or she ignores the warning signs. If the problem isn't addressed, heat cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can progress to heatstroke. Heatstroke, the most serious of the three, can cause shock, brain damage, organ failure, and even death.

### SIGNS AND SYMPTOMS:

#### Heat Cramps

- Sweating
- Pain in arms, legs, and abdomen
- Heat Exhaustion
- Moist, pale skin
- Fatigue and fainting
- Dizziness and lightheadedness
- Headache and confusion
- Nausea and vomiting
- Rapid pulse and breathing

#### Heat Stroke

- No sweating
- Dry, hot, red skin
- Confusion/loss of consciousness
- Rapid pulse
- Temperature over 103° F
- Seizures

### CAUSES:

The following are common causes of heat emergencies:

- High temperatures or humidity
- Dehydration
- Prolonged or excessive exercise
- Excess clothing
- Alcohol use
- Medications, such as diuretics, neuroleptics, phenothiazines, and anticholinergics
- Cardiovascular disease

### WHAT TO DO IN HEAT EMERGENCIES...

#### First Aid

1. Have the person lie down in a cool place. Elevate the person's feet about 12 inches.
2. Apply cool, wet cloths (or cool water directly) to the person's skin and use a fan to lower body temperature. Place cold compresses on the person's neck, groin, and armpits.
3. If the person is alert, give cool water or sports beverages. It's advisable to drink slowly and steadily, particularly if they are experiencing nausea.
4. For muscle cramps, give beverages as above, and massage and stretch affected muscles gently, but firmly, until they relax.
5. If the person shows signs of shock (bluish lips and fingernails, and decreased alertness), starts having seizures, or loses consciousness, call 911 and continue cooling procedures, as described above.

#### DO NOT:

- DO NOT underestimate the seriousness of heat illness, especially

if the person is a child, elderly, or injured.

• DO NOT give the person medications that are used to treat fever (such as aspirin or acetaminophen). They will not help, and they may be harmful.

• DO NOT give the person salt tablets.

• DO NOT give the person liquids that contain alcohol or caffeine. They will interfere with the body's ability to control its internal temperature.

• DO NOT use alcohol rubs on the person's skin.

• DO NOT give the person anything by mouth (not even salted drinks) if the person is vomiting or unconscious.

### PREVENTION:

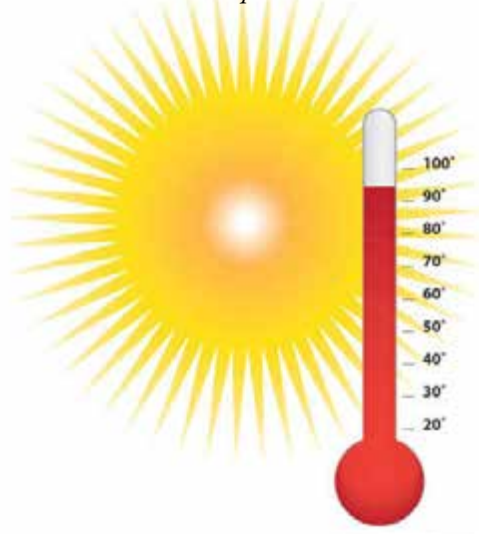
- Wear loose-fitting, lightweight clothing in hot weather.
- Rest regularly in a cool area; seek shade when possible.
- Avoid strenuous physical activity in hot or humid conditions.
- Drink plenty of fluids every day. Drink more fluids before, during, and after physical activity.
- Be especially careful to avoid overheating if you are taking drugs that impair heat regulation, or if you are overweight or elderly.
- Be careful of hot cars in the summer. Allow the car to cool off before getting in.
- Avoid heavy meals and hot foods.

For more information on how to cope with the heat, ask your Concentra health professional, or visit the CDC's Web site at: [www.cdc.gov/niosh/topics/heatstress/](http://www.cdc.gov/niosh/topics/heatstress/)

### References

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*DeLee JC, Drez Jr. D, Miller MD, eds. DeLee and Drez's Orthopaedic Sports Medicine. 2nd ed. Philadelphia, Pa: Saunders; 2003:763.*



## Physical Symptoms Could Be Sign Of Depression

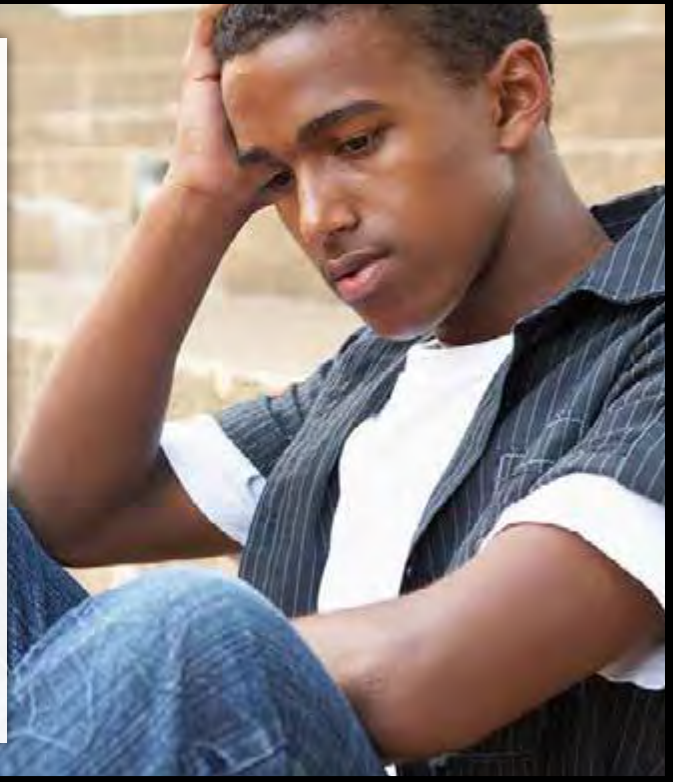
Depression and chronic mood disorders can manifest themselves through physical symptoms, said an expert at Baylor College of Medicine.

"Physical symptoms often drive a patient to see a primary care physician, and then the diagnosis of depression may emerge," said Dr. Sanjay Mathew, associate professor in the Menninger Department of Psychiatry and Behavioral Sciences at BCM.

Symptoms include gastrointestinal syndromes or chronic pain conditions. Many patients will have diagnoses of both a physical illness as well as depression.

The first step is to get a complete medical history and physical exam to rule out any medical conditions before making a psychiatric diagnosis.

Certain types of antidepressants and medications that help treat seizures also help with the physical symptoms of depression at low doses. This can help avoid the use of multiple medications.



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## VIRUSES STILL PRESENT DURING SUMMER

Many viruses are still frequent in the summer so good hygiene remains important, said Dr. Gail Demmler Harrison, professor of pediatrics-infectious diseases at BCM. Some viruses present in the summer include:

- Enteroviruses can cause symptoms such as sore throat and diarrhea, and can even lead to viral meningitis and inflammation of the heart and liver.
- Hand, foot and mouth disease, is characterized by ulcers in the back of the throat and a rash on hands and feet. This is common in babies and young children.
- Adenovirus, which can cause respiratory problems.
- Parainfluenza can cause croup, a loud cough; bronchiolitis, swelling and mucus in the small air passages in the lungs; and bronchitis, inflammation of the main air passages to the lungs.

These viruses cannot be treated with antibiotics, but it's important to get enough fluid and rest. Seek treatment immediately for high fever for more than three days, vomiting for over 24 hours, diarrhea, severe headaches or chest pain. Those with weak immune systems should consult their physician if they have any symptoms associated with these viruses.



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