

Injury Prevention in Young Athletes

*By Brett Neilson and Mike McTague
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As another fall sports season approaches, a major goal of the coaches, trainers, and parents is keeping the athletes healthy and contributing to their respective sports. However, injury is inevitable and part of the game. Pediatric athletes present with a variety of injuries, the most common being the overuse type like Osgood-Schlatter disease and stress fractures. These injuries occur due to excessive stress placed on bone, muscle and tendon tissue that are constantly growing and not always at the same rate. Risk factors for these injuries include asymmetry in joint flexibility/mobility and muscle strength, impaired balance, training and recovery errors, and previous injury. There is potential for many overuse injuries to be prevented by knowing and following a few simple principles.

Pre-participation physical exams can be helpful for identifying many of the risk factors mentioned previously. It is recommended that these exams should include at minimum an assessment of joint mobility and flexibility and muscle strength and flexibility, as well as a thorough review of the past medical history to determine if the student is even appropriate for athletics. Recently, functional screening tools have been developed to reveal asymmetries and imbalances during basic movement patterns that are the foundation for many of the movements required during sport.

Training and conditioning play a major role in injury prevention as well. The term "cultural deconditioning" has been coined recently to describe the decrease in physical activity in our youth that has coincided with an increase in video game and computer use. So when the offseason ends and it's time to get out and enjoy the 105 degree Texas heat, the body is not ready to stand up to the stresses suddenly placed on the body. A way to combat this is to promote an active,

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(Continued from Cover...)

healthy lifestyle by putting down the Xbox controller and spending more time outside, taking part in offseason conditioning camps, or participating in local fitness classes.

A guideline known as the "10% rule" has also been developed to allow student athletes to transition back into sports activities. The idea is that the amount of training time, distance, repetitions, or load should not be increased by greater than 10% per week. For example, if a student is running 10 miles per week, they should not run more than 11 miles in the following week.

Knowing the signs and symptoms of overuse injuries is paramount. They are all too often written off as "growing pains" and are allowed to increase in severity, resulting in extensive time away from sport during the recovery process. Common signs and symptoms include pain that is persistent in nature, takes longer than usual to resolve, visible swelling, tenderness that can be localized to one area, and/or require interruption of normal athletic activities.

Finally, having an open-line of communication between the coaches, trainers, other health care professionals, parents, and athletes is imperative in injury prevention. Lack of or inconsistencies in the transfer of information between any of these parties can result in delayed access to proper prevention or treatment techniques and keep the athlete from performing at the highest possible level.



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Nature Watch

by Jim and
Lynne Weber



Red-Tailed Hawk

RESIDENT RAPTORS

Raptors, or birds of prey such as eagles, hawks, falcons, and owls, are often birds that migrate in the spring and fall, but there are some species that remain in central Texas year round. The most common are the Red-tailed Hawk (*Buteo jamaicensis*), Red-shouldered Hawk (*Buteo lineatus*), and Crested Caracara (*Caracara cheriway*).

The most common hawk in North America, red-tailed hawks are often seen soaring above open fields or perched on highway utility poles eyes fixed on the ground to catch the movement of any potential prey. Most red-tailed hawks are rich brown above and pale below, with broad, rounded wings and a short, wide tail. On mature adults, the tail is pale below and cinnamon-red above, and on young birds, the tail is alternating bands of brown and cream. These hawks often have a streaked belly and on the underside of their wings, a dark bar extending from shoulder to wrist. Red-tails can be deceiving, however, as they can exhibit a wide variety of plumages.

Red-tailed hawks are amazingly adapted for life in the air. While one of the largest birds you'll ever see at up to 19 inches long with a wingspan topping out at 42 inches, the biggest females weigh in at only 3 pounds. When courting, these raptors put on an amazing aerial display, in which they soar in wide circles at a great height. The male will repeatedly dive steeply then shoot up again, and as he approaches the female from above, he will extend his legs and touch her briefly. When their talons clasp, they plummet in spirals toward the ground before pulling away. Usually mating for life, red-tailed hawks have been seen hunting as a pair, guarding opposite sides of the same tree to catch squirrels.

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THE MONITOR

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Another common hawk in our area is the Red-shouldered Hawk, which is a medium-sized hawk that prefers riparian habitats over open fields. It has barred reddish-peachy underparts and a strongly black and white banded tail, with reddish shoulders and wing linings. In flight, these raptors can be identified by the pale crescent near their wingtips. Considered a hawk of the forest, this bird frequents creeks, rivers, and swamps, and hunts prey ranging from mice to frogs and snakes.



Red-Shouldered Hawk

Red-shouldered hawks return to the same nesting territory year after year, often rebuilding the previous year's nest. The male will enact a 'sky dance' as a mating display, where he soars while calling,

then making a series of steep dives toward the female, climbs back up in wide spirals before rapidly diving to perch on the female's back. By the times they are five days old, nestling Red-shouldered hawks can shoot their feces over the edge of their nest, making the rearing job much easier for their parents.

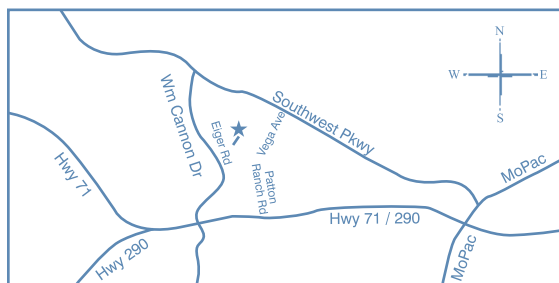


The Crested Caracara

The Crested Caracara is a raptor in the falcon family, and is considered a tropical version of a vulture that reaches the United States only in Texas, Arizona, and Florida. Often seen at carrion along with black and turkey vultures, it is a bird of open grasslands. A large, long-legged bird, the caracara has a black body, pale neck, faint barring on the upper back and chest, and a black cap with a short crest. Its tail is white-based with a wide black tip, and it has white patches at the ends of dark wings. A noble looking bird, the caracara is often commonly referred to as the 'Mexican eagle'.



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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

View answers online at www.peelinc.com

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*Source: Texas DFPS, Watch Kids Around Water



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	Homes Sold	Square Feet	Price / Sq. Foot	Sold Price \$K	Year Built	Days On Market	Available	Pending Sale
<2500	4	2,295	\$ 154	\$ 352	2007	17	0	0
2500-2999	9	2,757	\$ 139	\$ 384	2008	6	0	1
3000-3499	5	3,284	\$ 142	\$ 465	2008	17	2	0
3500-3999	10	3,608	\$ 143	\$ 517	2008	66	4	1
4000-4500	3	4,214	\$ 174	\$ 731	2013	53	3	1
>4500	1	4,524	\$ 126	\$ 570	2006	182	0	0
Meridian Total	32	3,239	\$ 145	\$ 471	2008	38	9	3
% Change Mo/Mo	19%	1%	0%	1%	0%	-3%	200%	-57%
% Change Yr / Yr	-16%	0%	9%	9%	0%	-12%	-31%	-67%

Market Report data was obtained from the Austin-Multiple Listing Service (MLS) on 08/04/2014. Texas License # 515586.

Some new construction and FSBO homes may not be included. Data is deemed accurate but not guaranteed.



Tara West

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