



# INJURY PREVENTION IN YOUNG ATHLETES

*By Brett Neilson and Mike McTague | Doctors of Physical Therapy | Orthopedic Certified Specialists*

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.

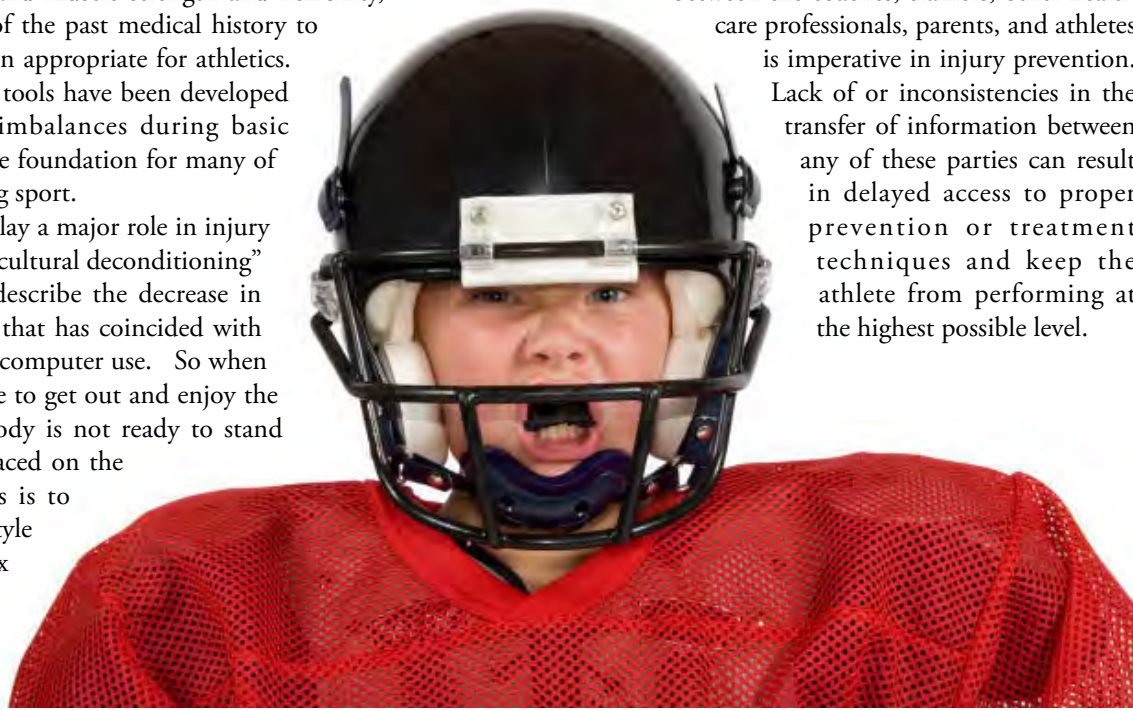
Training and conditioning play a major role in injury prevention as well. The term “cultural deconditioning” has been coined recently to describe the decrease in physical activity in our youth that has coincided with an increase in video game and computer use. So when the offseason ends and it’s time 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, 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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The Tarrytown News is a monthly newsletter mailed to all Tarrytown residents. Each newsletter will be filled with information written by **you** about the community, local area activities, school information, and more.

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# TARRYTOWN REAL ESTATE MARKET REPORT UPDATE

By *Trey McWhorter*

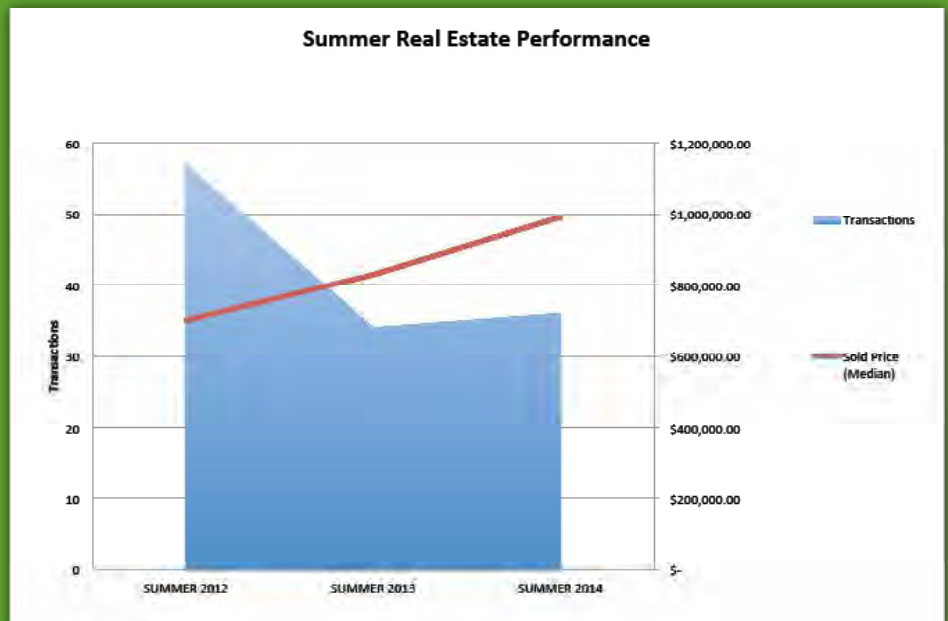
Since summertime is typically a time of increased real estate activity, I thought I would compare this summer against the last couple of summers for context. I am defining summer according to the AISD calendar, and pulling MLS data for the summer dates for 2012, 2013 and 2014 (2014 data is incomplete because this article was due on August 15th, and the AISD summer break does not end until August 25th).

As you can see in the table nearby, the number of active listings has declined approximately 10% each summer since 2012. In addition, the number of days of summer has decreased by more than a week since 2012. So buyers with school-age children had a shorter summer to work with this summer, and fewer active listings to choose from.

That may help explain why the median sold price has increased ~20% from 2012 to 2013, and again by around 20% from 2013 to 2014. And for the summer of 2014, median sold prices overall are actually greater than median list prices, with sold prices more than 101% of list prices at the time of submission of this article for summer 2014.

Typically, things slow down in August and September and then once school is back in session and summer is over, the activity picks up again. In 2013, August was relatively quiet, and then September, October and November were progressively busier before dropping off in December. But 2013 was actually a break from a fairly consistent pattern of increasing activity in late fall with a spike in sales in December 2010, 2011 and 2012.

		SUMMER 2012	SUMMER 2013	SUMMER 2014
		May 31 - August 26	June 6 - August 25	June 6 - August 24
	Days of Summer	87 days	80 days	79 days
ACTIVE	Active Listings	220	200	184
SOLD	Single Family Homes Sold	57	34	36
List Price	Avg List Price	\$ 847,650.86	\$ 1,086,461.76	\$ 1,231,724.97
	Median List Price	\$ 725,000.00	\$ 844,450.00	\$ 981,800.00
Sold Price	Average Net Sold Price	\$ 825,063.09	\$ 1,049,434.56	\$ 1,187,220.94
	Median Net Sold Price	\$ 700,000.00	\$ 829,500.00	\$ 991,080.00
List Price \$ / Sq Ft	Average List Price / Sq Ft	\$ 301.45	\$ 342.48	\$ 395.25
	Median List Price / Sq Ft	\$ 292.79	\$ 348.78	\$ 383.97
Sold Price \$ / Sq Ft	Average Net Sold Price / Sq Ft	\$ 294.85	\$ 333.85	\$ 384.20
	Median Net Sold Price / Sq Ft	\$ 285.29	\$ 343.09	\$ 373.70
Net Sold Price	Net Sold Price Range	\$374,500 - \$3,000,000	\$350,000 - \$3,150,000	\$503,200 - \$6,750,000
Net Sold Price \$ / Sq Ft	Net Sold Price Range / Sq Ft	\$194.59 - \$725.16	\$171.23 - \$469.20	\$194.68 - \$864.94
Days on Market	Average Days on Market	44	24	41
	Median Days on Market	31	16	23
SOLD as % of LIST (AVERAGE)		97%	97%	96%
SOLD as % of LIST (MEDIAN)		97%	98%	101%





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# A FOCUS ON BACKPACK SAFETY TIPS FOR YOUR FAMILY

By: Concentra Urgent Care

## WEAR BOTH STRAPS

The use of one strap causes one side of the body to bear the weight of the backpack. By using two shoulder straps, the weight of the backpack is evenly distributed. Wear the backpack over the strongest mid-back muscles. Pay close attention to the way the backpack is positioned on the back. It should rest evenly in the middle of the back. Shoulder straps should be adjusted to allow the child to put on and take off the backpack without difficulty and allow free movement of the arms. Straps should not be too loose, and the backpack should not extend below the low back.

## LIGHTEN THE LOAD

Keep the load at 10%-15% or less of the child's body weight. Carry only those items that are required for the day. Organize the contents of the backpack by placing the heaviest items closest to the back.

Some students have two sets of books, so as not to have to carry the heavy books to and from school.

## PROPER BACKPACK USAGE

While a backpack is still one of the best ways to tote homework, an overloaded or improperly worn backpack gets a failing grade, according to the American Physical Therapy Association (APTA). Improper backpack use can cause injury, especially to children with young, growing muscles and joints.

Injury can occur when a child, in trying to adapt to a heavy load, uses harmful postures such as arching the back, leaning forward or, if only one strap is used, leaning to one side. According to physical therapists, these postural adaptations can cause spinal compression and/or improper alignment, and may hamper the proper functioning of the disks between the vertebrae that provide a shock absorption. A too-heavy load also causes muscles and soft tissues of the back to work harder, leading to strain and

fatigue. This leaves the back more vulnerable to injury. A heavy load may also cause stress or compression to the shoulders and arms. When nerves are compressed, the child may experience tingling or numbness in the arms.

## WHAT TO LOOK FOR IN A BACKPACK

Physical therapists recommend the following features when selecting a backpack:

- A padded back to reduce pressure on the back and prevent the pack's contents from digging into the child's back
- A waist belt to help distribute some of the load to the pelvis
- Compression straps on the sides or bottom of the backpack that, when tightened, compress the contents of the backpack and stabilize the articles

- Reflective material so that the child is visible to drivers at night

## THE RESULTS

Worn correctly and not overloaded, a backpack is supported by some of the strongest muscles in the body: the back and abdominal muscles. These muscle groups work together to stabilize the trunk and hold the body in proper postural alignment.

## HOW A PHYSICAL THERAPIST CAN HELP

A physical therapist can help you choose a proper backpack and fit it specifically to your child. Children come in all shapes and sizes, and some have physical limitations that require special adaptations. Additionally, a physical therapist can help improve posture problems, correct muscle imbalances, and treat pain that can result from improper backpack use. Physical therapists can also design individualized fitness programs to help children get strong and stay strong – and carry their own loads.

For more information on backpack safety, visit the American Physical Therapy Association at [www.apta.org](http://www.apta.org).



# Nature Watch

by Jim and  
Lynne Weber

## 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.

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.

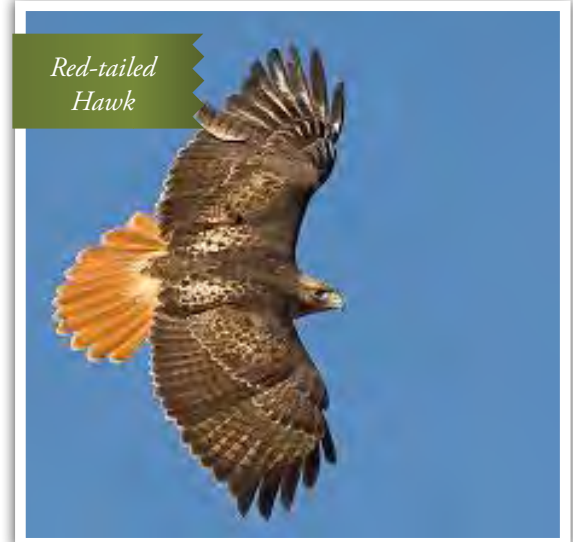
Red-shouldered hawks return to the same nesting territory year after year, often rebuilding the previous year's nest. The male will enact a 'sky dance' as a mating display, where he soars while calling, then making a series of steep dives toward the female, climbs back up in wide spirals before rapidly 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 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'.

As winter approaches and many other raptor species migrate south, keep an eye to the sky for those that stay -- our resident raptors!

Send your nature-related questions to [naturewatch@austin.rr.com](mailto:naturewatch@austin.rr.com) and we'll do our best to answer them. If you enjoy reading these articles, check out our blog at [naturewatchaustin.blogspot.com](http://naturewatchaustin.blogspot.com).

*Red-tailed  
Hawk*



*Red-shouldered  
Hawk*



*Crested  
Caracara*





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Email the picture to [tarrytown@peelinc.com](mailto:tarrytown@peelinc.com). Be sure to include the text that you would like to have as the caption.

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# - Kids Stuff -

Section for Kids with news, puzzles, games and more!



If you've ever played outside, chances are you've been bugged by insects or other crawly creatures. Maybe unwelcome ants joined you at a picnic in the park or a bee buzzed around your head while you were playing catch. None of this may have bothered you — unless you were bitten or stung. Ouch! It's enough to make you stay indoors. But the outdoors can still be a great place to play if you know a little bit more about insects.

## WHY DO BUGS BITE OR STING?

Insects like bees, wasps, and hornets and other creatures like spiders and scorpions usually attack when they feel like they're in danger. Sometimes they are protecting their territory, web, or nest.

Other insects, such as mosquitoes and ticks, suck blood in order to survive. The female mosquito needs blood so that she can lay her eggs. (The male mosquito does not bite at all!)

Ticks are parasites, which means they live on other animals and need to suck blood to live.

## WHAT ARE BUG BITES AND STINGS?

Insects and other bugs can inject venom (say: veh-num) into your skin when they bite or sting you. Usually, venom is like soap in your eyes — it doesn't really hurt you, but it's not very comfortable. It will make a small, itchy bump no bigger than a pea form on your skin. When you scratch, your skin becomes red and more itchy.

A tick bite can cause a red rash that looks a little like a bull's-eye (this may take as long as a week, or even more). In the case of bee stings, the area becomes swollen and a stinger might be left in the skin.

## DOES IT HURT?

In most cases bug bites are not serious and only hurt for a little while. The itching is the most irritating part of most bites and stings. Some bites or stings, such as a bite from a scorpion or a black widow spider, may require a trip to the emergency department. But this doesn't happen very often. An adult will know whether this trip is necessary.

## WHAT SHOULD YOU DO?

If anything bites or stings you, make sure you let an adult know. He or she will look at the bite or sting to see what needs to be done.

If a mosquito bites you, try not to scratch. It's hard sometimes, but scratching will make the itch worse and can cause the bite to swell, bleed, or get infected.

If you are stung by a bee, an adult can help you get the stinger out quickly. Have an adult wash the area with soap and water, and apply ice to the sting on and off for the first 24 hours. An antihistamine, which is a type of medicine, can help stop the itching, pain, and swelling. Acetaminophen can also help stop the sting from hurting. Hydrocortisone creams and calamine lotions can be helpful to take away the itch. An adult will decide what medicine is best for you.

## TICK TALK

If you find a tick on you, don't try to remove it yourself. Get an adult to help you. He or she will grab the tick with tweezers as close to your skin as possible and pull it off in one smooth motion.

Once the tick is removed, save it by storing it in a small container or a sealable plastic bag. Don't try to crush it in your hands. Your doctor may want to see this tick later.

## WHEN TO GET HELP

Some people have an allergic (say: uh-ler-jik) reaction to the venom that certain insects, such as bees, inject. If you have trouble breathing, break out in hives (hives are red bumps that show up on your skin), or feel like you are going to throw up after a bee or wasp has stung you, you could be having an allergic reaction. Tell an adult right away so that you can go to the emergency department.

Once you know you are allergic to bee stings, your doctor will provide you with a special kit. The kit is called an epinephrine kit and will contain a shot of epinephrine (say: eh-pih-neh-frin). You will need this shot if a bee stings you. You should keep this kit with you at all times, especially when you are outside. Make sure an adult is close by to give you the shot if you need it.

## STOPPING THE STINGING

You can keep from getting stung by staying away from bee or wasp nests. Keep sweet-smelling food or drink covered when you are eating outdoors. And don't swat at flying insects — it just makes them angry, causing them to bite or sting.

If you go hiking, wear a long-sleeved shirt and pants tucked into your socks and shoes to avoid ticks. And always have an adult check you for ticks if you've been playing in the woods. The best way to avoid being bitten by spiders or scorpions is to avoid places where they like to make their homes, like woodpiles.

Playing outside is a lot of fun — bugs or no bugs. With a little bit of care, you can have fun even when the insects come marching in!

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit [www.KidsHealth.org](http://www.KidsHealth.org) or [www.TeensHealth.org](http://www.TeensHealth.org). ©1995-2006. The Nemours Foundation

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**Ongoing:** Volunteers needed to distribute water safety packets. [info@colinshope.org](mailto:info@colinshope.org)

**Ongoing:** Colin's Hope Athlete Ambassadors needed. [www.tinych.org/AthleteAmbassador](http://www.tinych.org/AthleteAmbassador)

**Ongoing:** Colin's Hope Community Ambassadors needed. [info@colinshope.org](mailto:info@colinshope.org)

\*Source: Texas DFPS, Watch Kids Around Water

## LAYERS OF PROTECTION CAN PREVENT DROWNING

CONSTANT VISUAL SUPERVISION	LEARN TO SWIM	WEAR LIFE JACKETS	MULTIPLE BARRIERS TO WATER	KEEP BACKYARDS & BATHROOMS SAFER	CHECK POOL & HOT TUB FIRST	STAY AWAY FROM DRAINS	BE SAFER AT THE BEACH	LEARN CPR & REFRESH SKILLS YEARLY

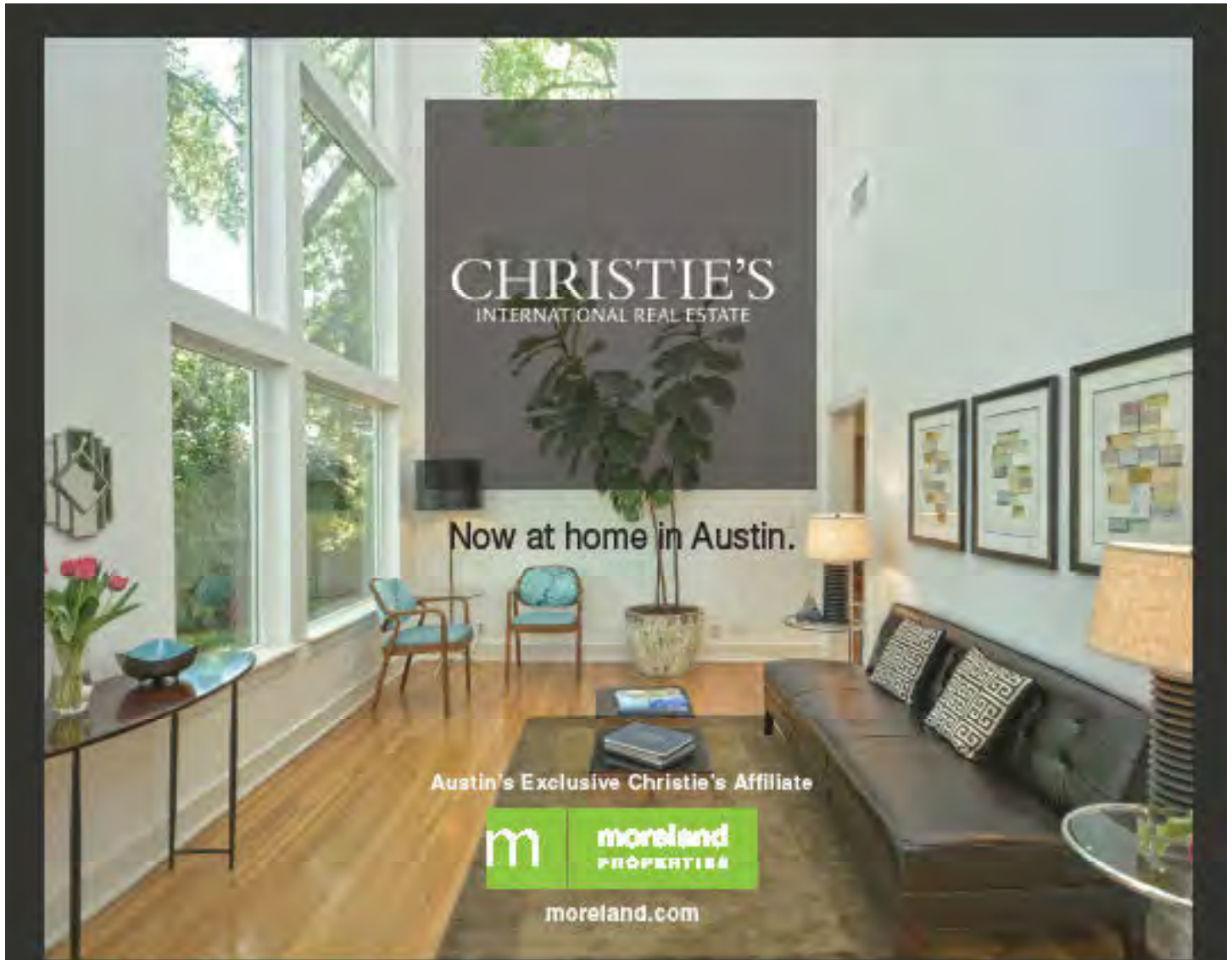


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