

TOSH TIMES

TOSH Baseball Program Newsletter

Official sports medicine and sports performance provider to



Spring 2017

The Spring Season Has Begun – Are You Ready?



I'm blown away at how quickly time flies! I love that, once again, baseball season is upon us. I'm grateful for Rocky Mountain School of Baseball and

the relationship with our team at TOSH – and the ability it gives me to enjoy and be engulfed by this great game at the youth level.

Even more awesome is how this relationship helps me see my hitting, pitching, throwing, and fielding clients perform in games, which means I can help them further by watching them. I'm also thankful to TOSH and my colleagues here for their help and commitment in allowing me to not miss a moment of my son's high school senior season of baseball. Can you tell that I love my job?

Injury Help?

In this edition of the newsletter, I'd like to touch on methods to prevent or decrease baseball-specific injuries, which are the most difficult part of my great job. Other than being a baseball skills instructor, I'm also a certified athletic trainer, which means I evaluate sports injuries to determine their

severity and determine the next steps to help athletes heal from injuries.

Sometimes treating these injuries is as simple as teaching proper warm-up, stretching, and strengthening. Other times, my evaluation reveals the need to see a doctor, and in very sad cases, to see an orthopedic surgeon, to have surgery. I hate having to look into an athlete's eyes (and the eyes of their parents) and tell them their injuries require them to have surgery or miss the season. If you or a loved one are already in pain or already have an injury that needs to be addressed, please call TOSH at 801-314-4040 to set up an appointment for a free injury assessment by myself or one of our great certified athletic trainers.

If that's not your current situation, then please be advised by the following tips to help keep it that way.

Tips to Help Prevent Throwing Injuries

A good pre-season conditioning (strength, flexibility, and long toss) program is a very effective injury prevention tool. Also: Please teach your athletes and your teams



Intermountain®
TOSH – The Orthopedic
Specialty Hospital



GET UPDATES • WATCH VIDEOS • SHARE THOUGHTS

TOSHUtah

to warm up to throw, NOT throw to warm up. That's still a huge problem that's causing micro trauma to throwing shoulders and elbows!

Instead, I suggest what I call my "Warm up 5" in two sets of 20 reps of each for each arm:



- Swinging arms across your chest
- Big arm circles backwards
- Big arm circles forwards
- Alternating big arm circles backward
- Alternating big arm circles forward

Light general shoulder and elbow stretching should take place before beginning throwing and more in depth after games, practices, or throwing/pitching sessions. Contact me if you'd like to learn what I call my "Stretch 5."

Other tips to help prevent throwing injuries:

- Pay close attention to the difference between sore muscles and joints or tendon soreness. Don't ask the kids to tell you the difference. If they say they're sore, then as a coach or parent, it behooves you to take some time to check it out or get help before progressing.

- In general, if it's muscular soreness that doesn't improve with warm-ups and stretching, then a day off from throwing is advisable. Focus on stretching more and icing where it's sore.

- In general, if pain is in the joint, where tendons live, or deeper than where you know muscle to be, then bells need to be going off to rest that arm. The athlete should be encouraged to stretch and ice properly and if symptoms don't improve within a few days, seek medical attention.

- If you know the athlete has odd or poor throwing mechanics in the first place, it's wise to get a throwing or pitching analysis.

- Research on the subject (which I've gleaned from talks I've given) all boils down to one statement: Injury prevention works best when a young athlete can be taught to retain proper throwing mechanics as early as possible in their baseball career.

- If an arm is sore, even good throwing mechanics are altered and compensated for, possibly causing further injury.

- Missing a day or two or even a game or two in the long run means very little compared to the damage that could be done by trying to play through abnormal or excessive soreness.

By being more vigilant as coaches and parents, we can all help curb the epidemic of shoulder and elbow injuries that plague this great sport. Now, let's "Play Ball!"

Michael S. Everett
TOSH Baseball Program Coordinator
michael.everett@imail.org



How Proper Hydration Enhances Your Athletic Performance

By *Ashley Hagensick*
TOSH Sport Dietitian

Hydration is necessary for all athletes to be able to perform their best — but much like nutrition, hydration is often overlooked when they focus only on practice, games, and skills. Remember: Without good hydration, the body begins to lose important functions that could lead to decreased athletic performance. Water helps the body transport nutrients and regulate temperate, blood pressure, and electrolyte levels. It also helps the body perform its best during exercise and

recover from intense practices. Athletes should be drinking an optimal amount of water. Too much water can cause bloating and electrolyte imbalances, which can decrease performance and harm the body. Too little water can lead to dehydration. Symptoms of dehydration include muscle cramps, increased recovery time, and decreased athletic performance. Fluid needs are different for all athletes but everyone should adopt a few habits:

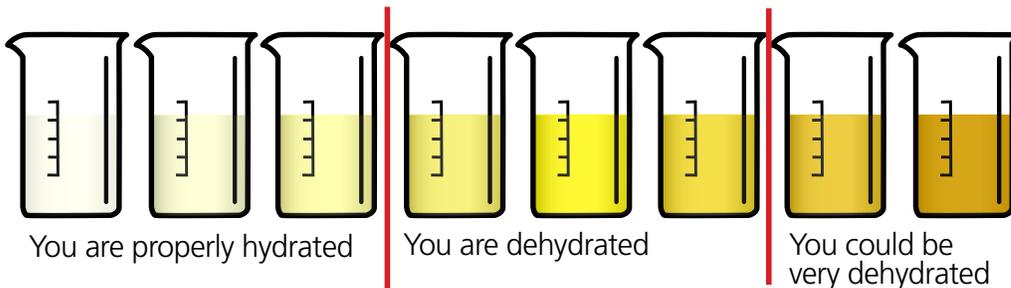
- Drinking water, milk, or 100 percent juice with every meal will help increase fluid intake.
- Always carry a water bottle, start hydrating at least four hours before practice or a game, and monitor urine color to determine hydration status (see chart “Am I Hydrated” below).
- It’s important to drink more when it’s hot outside, if you’re sweating a lot, training extra hard, or at a higher altitude (8,000 feet above sea level or more).

It’s best to drink water to increase hydration status, but other ways can help you improve hydration throughout the day. Fruits and vegetables have a lot of water so eating them regularly will help keep you well hydrated. Milk and 100 percent juice also add to total fluid intake and are good choices for mealtimes.

Sports drinks are another popular way to hydrate, but they have a specific use and function. Sports drinks, like Gatorade and Powerade contain water, electrolytes, and carbohydrates. They’re a good choice during long training sessions, intense practices, and tournaments. Not only do they help rehydrate and replace electrolytes, but they also provide sugar to fuel the body during exercise. Sports drinks are appropriate during exercise, but shouldn’t be a beverage of choice throughout the day.

If you’re interested in having a dietician talk to your team about nutrition, TOSH offers this service free of charge to teams and athletes! Just call 801-314-4038 or email TOSHnutrition@imail.org to schedule a group nutrition class.

AM I HYDRATED? Urine Color Chart



You are properly hydrated

You are dehydrated

You could be very dehydrated

**You are at risk for cramping and/or heat illness
YOU NEED TO DRINK MORE WATER!**



Intermountain®
TOSH – The Orthopedic
Specialty Hospital



GET UPDATES • WATCH VIDEOS • SHARE THOUGHTS

TOSHUtah