

from the



# sidelines

A quarterly newsletter for area sports medicine professionals

Vol. 3, No. 1 February 2010

## Upcoming EVENTS

Thursday, Feb. 18  
Central Illinois  
Football Coaches  
Association  
Mt. Zion Lions Club  
7—9 p.m.

Thursday, March 18  
Central Illinois  
Football Coaches  
Association  
Mt. Zion Lions Club  
7—9 p.m.

Tuesday, April 6  
Sports Medicine  
Injury Inservice  
Macon-Piatt ROE  
8 a.m.—noon

Thursday, April 15  
Central Illinois  
Football Coaches  
Association  
Mt. Zion Lions Club  
7—9 p.m.

**Please note:**  
Representatives  
for the DMH Sports  
Enhancement Center  
can come to your  
school for various  
functions, i.e.—  
career fairs, supple-  
mental teaching,  
CPR, tournaments,  
etc. Call 876-4972.

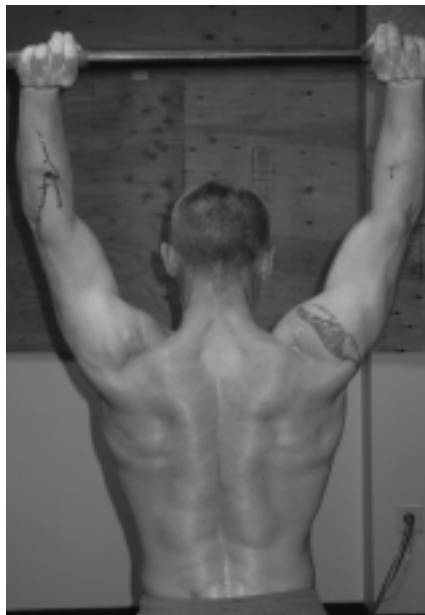
## DMH introduces CrossFit Enhance

By Jim Martinez, ATC, CSCS,  
CrossFit Level I Instructor

Decatur Memorial Hospital now offers CrossFit as a part of the Sports Enhancement Center list of services. We will continue to offer our speed program (Athletic Republic); it is more popular than ever. Recently, the process of becoming a CrossFit affiliate gym was completed. Our coaching staff consists of four Level I Trainers and two other specialty coaches (barbell and endurance/running).

So, what is CrossFit? CrossFit is a core strength and conditioning program in two distinct senses. First, we are a core strength and conditioning program in the sense that the fitness we develop is foundational to all other athletic needs. This is the same sense in which the university courses required of a particular major are called the “core curriculum.” This is the stuff that everyone needs. Second, we are a “core” strength and conditioning program in the literal sense, meaning the center of something.

At CrossFit, we endeavor to develop our athletes from the inside out, from core to extremity, which is (by the way) how good functional movements recruit muscle, from the core to the extremities. The bulk of our work focuses on the major functional axis of the human body, extension and flexion of the hips, and extension, flexion, and rotation of the torso or trunk. The primacy of core strength and conditioning in this sense is supported by the observation that powerful hip extension alone is necessary and nearly sufficient for elite athletic performance. It is nearly impossible to be a good athlete without the capacity for powerful



hip extension. Running, jumping, punching and throwing all originate at the core.

The CrossFit method is to establish a hierarchy of effort and concern that builds as follows:

- **Diet**—the molecular foundation for fitness and health.
- **Metabolic Conditioning**—builds capacity in each of three metabolic pathways, beginning with aerobic, then lactic acid, and then phosphocreatine pathways.
- **Gymnastics**—establishes functional capacity for body control and range of motion.

■ **Weightlifting and throwing**—develop ability to control external objects and produce power.

■ **Sport**—applies fitness in competitive atmosphere with more randomized movements and skill mastery.

We train our athletes in gymnastics from rudimentary to advanced movements garnering great capacity at controlling the body both dynamically and statically while maximizing strength to weight ratio and flexibility. We also place a heavy emphasis on Olympic Weightlifting having seen this sport's unique ability to develop an athlete's explosive power, control of external objects, and mastery of critical motor recruitment patterns. And finally we encourage and assist our athletes to explore a variety of sports as a vehicle to express and apply their fitness.

Aside from the breadth or totality of fitness the CrossFit Program seeks, our program is distinctive in its focus on maximizing neuroendocrine response, developing power, cross-training with multiple training modalities, constant training and practice with functional movements, and the development of successful diet strategies. [www.crossfithenhance.com](http://www.crossfithenhance.com)



# San Francisco 49er joins DMH

By Dustin Fink, MS, ATC

As of Feb. 1, DMH landed San Francisco 49er Brit Miller, Eisenhower High School and University of Illinois graduate. As an Exercise Specialist, Brit will

lead a program through our Sports Enhancement Center that will focus on strength and power.

Watch for more information but, for now, we can say that the NFL trains here in Decatur.

## A testimonial from Shelbyville athletic director

By Darin Buttz, MS, ATC

We often get good feedback from our contracted schools. I thought I would share this letter we received from Shelbyville's Athletic Director, Tony Pullen. At DMH, we strive for excellence in the Sports Medicine Department and hope that if you need sports medicine coverage you think of us first.



Dear DMH:  
Shelbyville High School is extremely fortunate to have Dustin Fink and Decatur Memorial Hospital as our Sports Medicine provider. As a fairly new Athletic Director, it is very comforting to know that our athletes are well taken care of and their medical concerns are always a top priority. The services Dustin provides are top notch and he is always willing to stay extra time and visit with parents to ensure our athletes medical issues have been addressed.

Dustin not only provides the appropriate care, but he also connects with our student-athletes on a personal level. Our athletes feel comfortable with Dustin and they are confident in his abilities as a certified athletic trainer. He wants all of our athletes and teams to succeed and is willing to accomplish whatever it takes to ensure this happens.

Dustin also continues to go above and beyond his normal contractual obligations by aiding the school district in a number of additional ways. Some of these services include: providing summer Sports Enhancement services, one-on-one and small group training for individualized sports, assistance during the implementation of the CrossFit program, continual assistance in the concussion testing (ImPACT) of our athletes, and the development of a positive rapport with local physicians. Overall, Shelbyville High School's experience with Dustin Fink and Decatur Memorial Hospital has been wonderful and we appreciate the second to none services that we receive on a daily basis.

Tony Pullen, Shelbyville High School  
Assistant Principal/Athletic Director



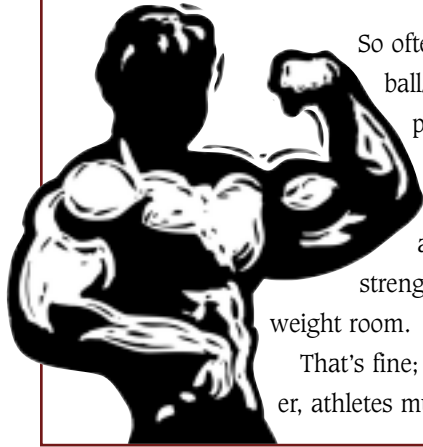
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# “Arm yourself for success”

By Jeff Rounds, MS, ATC



So often, baseball/softball players focus on building arm strength in the weight room.

That's fine; however, athletes must also

train for accuracy. Throwing is the easy part. Hitting the desired target may not be. I've seen many athletes over the years that could throw extremely hard, but had absolutely no control.

Improving accuracy won't come from just playing routine catch. There are drills that work accuracy. As a youngster, I would throw a tennis ball against the walls of our house aiming at one brick at a time. I would not move to the next brick until I had hit my target. Sometimes I

would use a waffle ball. Wow! Those are hard to throw straight, but what a great way to improve.

It is crucial to envision hitting your targets as well. Don't guess or hope it goes where it's supposed to, expect it to. Success will come when you *Eye your target... Aim...* and *Let it fly* with confidence!

## Spring into success with Sports Enhancement

By Chris Fuiten

Spring is fast approaching which means softball, baseball, and track athletes are gearing up for success. DMH Sports Enhancement Center has several programs to help you reach your goals and maximize your potential.

Baseball and softball are is on the horizon. Athletes wanting to throw harder and get more bat speed will be participating in our Power Cord program. The throwing program is designed to strengthen the

shoulder, improve throwing velocity, and injury prevention. For runners, we offer the gold standard seven-week running program where athletes run on our super treadmill, jump on our plyo-platforms and lift weights to strengthen the hips and lower extremities. We also have our sprint and long distance running only programs available.

Last year, we had one of the busiest summers ever. This summer, we plan to build on that success by adding another running treadmill which will allow more

groups in at more convenient times while providing the same excellent service as always.

Sign-ups for the summer session will be sent out with the athletic trainers to the schools sometime in April. If your school does not have a sign-up sheet then you can always contact us at 876-4975 or email at [cfuiten@dmhhs.org](mailto:cfuiten@dmhhs.org).

Make sure to get signed up in a couple of months to get the best training to give you an edge like some of our athletes of the month have.

## Taking concussions seriously on field, in classroom

By Dustin Fink, MS, ATC

In an article being released in the journal Pediatrics, lead researcher Carol DeMatteo found that concussions are not being taken seriously enough.

“Our study suggests that if a child is given a diagnosis of a concussion, the family is less likely to consider it an actual injury to the brain,” DeMatteo said.

This causes confusion at home and at school.

“These children may be sent back to school or allowed to return to activity sooner, and before they should. This puts them at greater risk for a second injury, poor school performance and wondering what is wrong with them.”

The DMH Sports Medicine Team takes all head injuries seriously and has been

trained with respect to advancing technology. Using tools such as ImPACT allows us the necessary information to safely return kids back to athletics and more importantly academics and the school setting.

For more information on concussions and ImPACT, see your DMH athletic trainer or contact Dr. Becton's office at 876-6820.



## from the **sidelines**

Decatur Memorial Hospital  
Sports Medicine Department  
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10-048

### **Athletes of the Month**

■ December's athlete is **Elise Wildman**. Elise is a Millikin women's basketball player, who in the month of December, averaged 17 points and 10 rebounds per game. Elise also leads the CCIW in rebounding and is second in the conference in scoring.

■ January's athlete is **Cody Langan**. Cody is a junior basketball player for Shelbyville High School. Cody started the season on the JV squad. He has worked hard here at SPEC and has earned a playing spot on the varsity team. Cody averages four points and four rebounds this season.

*Congratulations to Elise and Cody and thank you for allowing the DMH Sports Enhancement Center to help you achieve your goals and make your season a success!*

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# Doc's Box



*By Wendell W. Becton, MD  
Medical Director, DMH Sports Medicine*

Hello baseball fans!

Once again, I am looking forward to heading down for spring training with the St. Louis Cardinals in March to perform yearly sports physicals on the players as well as provide a concussion update for the 2009 season.

The 2009 season marked my first season as the concussion consultant for the St. Louis Cardinals organization. During the 2009 season, we had six concussions—all caused by a direct hit in the head by a pitched baseball. The average time to return to play from the day of the concussion to return to baseball was 6.5 days. Each player who sustained a concussion was managed through our team concussion protocol. Each player returned to play baseball without any residual concussion symptoms. If you have any questions about concussions or the care for concussions, please do not hesitate to contact my office at 217-876-6820.

## **Third annual Student sports medicine conference**

*By Matt Munjoy, ATC, MBA*

The DMH Sports Medicine professionals have designed a hands-on course specifically with the high school student in mind.

Our experienced, highly trained staff will provide information about injuries to the head, neck, upper

and lower extremities as well as emergency care, taping techniques and specific career information. New this year is that the course will be only one day.

The cost is \$25; advance registration is required.

For more information, contact your DMH athletic trainer or call 876-4975.