

IMPROVE

IMPROVE YOUR GAME, IMPROVE YOUR LIFE

Great River Health System-**Health Fitness Newsletter**

MARCH 2018

March is National Athletic Training Month

Athletic trainers are athletic care specialists

Athletic training and personal training often are confused. But the titles aren't interchangeable.

Personal trainers develop exercise and fitness programs for clients. They are certified by different personal training organizations, and they also can earn certification for specific activities like yoga, Pilates, and strength and conditioning.

Athletic trainers are health care professionals who work under the direction of or in collaboration with physicians. Services they provide include:

- Examination and clinical diagnosis
- Emergency care
- Treatment
- Rehabilitation of injuries and medical conditions
- Injury and illness prevention
- Wellness promotion and education

Athletic trainers must pass a certification examination and hold a license to practice. Great River Health System's athletic trainers also hold board certifications and pursue continuing education.

To ensure proper care, the health system's athletic trainers keep up with changing concussion protocol. They are certified in ImpACT, the leading computerized test for concussion evaluation.



Great River Health System's athletic trainers

Meet our athletic trainers

Great River Health System's 12 athletic trainers work with athletic teams at nine high schools, Southeastern Community College (SCC) and Iowa Wesleyan University (IWU). Our athletic trainers also work at the Snake Alley Criterium and local soccer tournaments.



Sheena Abbott

Sheena is manager of Health Fitness and the Athletic and Performance Center. Being part of health care and athletics, and building relationships with the student athletes, parents and coaches is rewarding for her.

- Athletic trainer for SCC and IWU
- Instructor for SCC's Pre-athletic Training Program
- Education: Bachelor's degree, athletic training, Upper Iowa University; master's degree, exercise science and health promotions, California University in Pennsylvania



Lishay Allen

Lishay recognizes every athlete and injury is different. She knows the importance of her connection with athletes, parents and coaches.

- Athletic trainer for Wapello High School and IWU
- Instructor for SCC's Pre-Athletic Training Program
- Education: Bachelor's degrees in athletic training and exercise science, Simpson College; master's degree in exercise science and health promotions, California University of Pennsylvania



Hilary Beard

Hilary says: "It's great to see an athlete return from an injury and play well with a full healthy return to play." Hilary also is a fitness specialist.

- Athletic trainer for Mediapolis High School and IWU
- Education: Bachelor's degree, athletic training, Central College

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Exercise Class Highlight

Beginner's HIIT

6 p.m. Tuesdays

6:30 a.m. Fridays

Check new times on the April to June schedule

This 30-minute class will teach you fundamentals of high-intensity interval training – a cycle of timed exercises and short breaks. It helps increase the heart rate for short durations but keeps burning fat long after your workout is over.

Program Highlight

Commit to Fit

If you are participating in Commit to Fit, keep up the hard work! We want you to be successful in reaching your health and fitness goals.

If you're not participating, why not? Every year, gym use increases after Jan. 1. Then it drastically declines by mid-February. Commit to Fit was developed to help you stay on track and meet your goals.

Although it's too late to join Commit to Fit, you can jump start your exercise program anytime. Come see us!



Erin Bush

Erin loves watching student athletes grow. She has kept in touch with several of them when they went to college. She thinks of them as if they were her children.

- Athletic trainer for West Burlington and Notre Dame high schools, SCC and IWU
- Education: Bachelor's degree, athletic training, Upper Iowa University



Carmen Johnson

Carmen says: "I love helping student athletes return to their optimum health and their prior levels of function in their sports."

Education: Bachelor's degree, athletic training, University of Iowa; doctorate, physical therapy, University of Iowa



Lindsey Krogmeier

She enjoys the challenge of working with athletes and finding creative ways to motivate them to achieve their goals.

Education: Bachelor's degree, athletic training, Coe College; doctorate, physical therapy, Creighton University



Chris Lobberecht

Chris is passionate about helping injured athletes through the rehabilitation process and getting them back to competition. He also is a fitness specialist.

- Athletic trainer for Danville, Keokuk and Mount Pleasant high schools, and IWU
- Education: Bachelor's degree, athletic training, Central College; master's degree, kinesiology/sports management emphasis, University of Central Missouri



Kaci Mertens

Kaci likes helping athletes returning to play after injuries or illnesses.

- Athletic trainer for New London High School – her alma mater, IWU and SCC
- Education: Bachelor's degree, athletic training, Upper Iowa University

Important Dates

Monday, March 19

Blood pressure screenings

Monday, March 12 through Friday, March 16

Free Pilates Reformer week

Saturday, March 24

Free guest day



REMINDER

- **Schedule your three-month health check** at the front desk. Use it to assess your progress in reaching your goals and check your health numbers.
- **Look for the new class schedule** in April. We love to switch up our classes and bring back old favorites periodically.
- **WIPES, WIPES, WIPES!** Please clean equipment with disinfecting wipes after using it. It's an effective way to kill germs and keep members healthy.



Craig Murphy

Deployed to the Middle East, Craig is a physical therapist in the Army Reserve. Next fall, he will be helping area athletes again. He also is manager of outpatient rehabilitation.

Education: Bachelor's degree, Luther College; master's degree, physical therapy, University of Iowa; doctorate, physical therapy, St. Ambrose University



Josh Osborn

Josh loves his job because it allows him to help athletes and keep connected with people in sports.

Athletic trainer for Danville High School, IWU and SCC

Education: Bachelor's degree, athletic training, Central College; master's degree, athletic training, Central Methodist University



Rachel Peterson

- Athletic trainer for Mount Pleasant High School, IWU and SCC
- Education: Bachelor's degree, Exercise Science, North Dakota State University; master's degree, athletic training, North Dakota State University



Sara Ragar

Guiding injured athletes through recovery and getting them back into the competition they love is Sara's favorite part about being an athletic trainer.

- Athletic trainer for Holy Trinity High School (formerly Marquette High School, her alma mater) and SCC
- Education: Bachelor's degree, athletic training and physical education, Coe College; doctorate, physical therapy, University of Iowa

Meet This **Muscle**

Gluteus medius

The gluteus medius is on the outside and back of the hip bone. It helps lift your legs to the side. You can strengthen the gluteus medius by doing weighted straight-leg raises, squats or, if you can, single leg squats. Athletic trainers often work on this muscle during knee-injury rehabilitation or to prevent of further injuries.

It is important to activate your glute muscles before doing squats or deadlifts. Try doing hip extensions and birddogs.

Weighted straight-leg raises

- Lie on your side.
- Lift and lower the top leg, keeping it straight. Your bottom leg may be straight or bent.
- Do two sets of 10 on each side.

Hip extensions

- Lie on your back with your knees bent and feel flat on the ground.
- Lift your hips, then put them down again.
- Do two sets of 10.

Birddogs

- Get on our hands and knees.
- Extend your left arm straight in front of you and your right leg behind you. Hold for three seconds
- Switch to the other arm and leg.
- Do two sets of 10 on each side.

Success **Stories**

Bre Yaley

Bre is a sophomore at Danville Community High School. She tore her anterior cruciate ligament playing basketball in January 2016 and December 2017. Bre worked with Great River Health System's physical therapists and athletic trainers after reconstruction surgery for each injury.

Her treatment included "Russian e-stim," a technique that strengthens the quadriceps after surgery. It re-teaches the muscle to connect with the brain.

What was your favorite part of rehabilitation?

"I liked seeing my improvement every day. Sprinting was my favorite rehabilitation activity. I really enjoyed how encouraging everyone was throughout the ups and downs of my recovery. Everyone pushed me to do my best."

What do you enjoy doing, and what are your plans for the future?

"I want to return to basketball. I also love running cross-country, working out, riding horses and hanging out with my friends. I want to pursue a medical degree of some kind."

Bre's mom, Jodi Yaley, says:

"I appreciate athletic training at Great River Health System and the flexible schedule you allow. We have had a wonderful experience working with physical therapy and athletic training. They collaborated well. I especially appreciate how they have encouraged and continue to push my daughter through her second knee injury."



Healthy **Recipe**

Black Forbidden Rice with Cumin-Scented Carrots

Makes 4 servings

- ¾ cup black forbidden rice
- 8 ounces mushrooms, diced
- ½ teaspoon thyme
- 1½ cups chicken broth
- 1 pound carrots, julienned
- ⅛ teaspoon cumin
- ½ teaspoon sugar
- ⅛ teaspoon salt

Directions

- Place the black rice, mushrooms, thyme, and chicken broth in a pot and bring to a boil. Cover the pot, reduce heat to low and cook 20 to 25 minutes until tender.
- Season carrots with cumin, sugar and salt. Place the carrots in a zip bag and microwave for 1 minute. Turn and microwave an additional minute. Repeat until tender.
- Serve carrots with the black rice mixture.

Nutrition information

- Good source of protein, fiber and complex carbohydrates
- High in manganese, magnesium, molybdenum and phosphorus

Per serving:
Calories: 160
Saturated fat: 0 g
Trans fat: 0 g
Cholesterol: 0 mg
Sugar: 2 g
Total carbohydrate: 36 g
Protein: 3 g
Sodium: Less than 0 mg
Dietary fiber: 2 g