

SUNSCREEN TIPS

- **Put enough on-**
More is better.
- **Budget brands-**
Are just as effective.
- **Apply correctly-**
30 minute prior to activity.
- **Time out in the shade-**
Especially in heat of the day.
- **Reapply-**
Water removes sunscreen.
- **Everyday use-**
Prevents cancer and dry skin.
- **Cover up-**
Hats and sunglasses help.
- **Use "Broad Spectrum"-**
SPF of 15 or higher and provides protection against UVA and UVB rays.
- **Overcast weather-**
Still requires sunscreen.
- **Children and Babies-**
Need greater protection.

GOLF TIPS

The #1 injury for an amateur golfer is a low back injury. Don't let being late to your weekly golf game put an early end to your season!

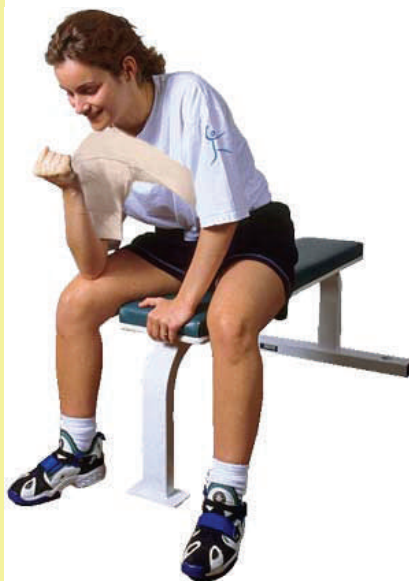
- **Arrive early-** Give yourself 30-45 minutes to prepare.
- **Stretch-** Stretch your legs, shoulders, and trunk.
- **Swing easy-** Start your warm up with swinging at 50%, and work up to full swing speed.
- **Hydrate-** Plan to drink lots of water. Dehydration causes poor performance and injuries.
- **Practice putting-** A six foot putt is worth the same as a 300 yard drive.

SPRAINED ANKLES

Welcome to spring and summer of 2009. Our kids will be out playing soccer, baseball, volleyball, and generally horsing around more than ever. That also means that there are greater opportunities to "turn" or sprain an ankle. If you or your child sprains and ankle, remember R.I.C.E.:

- **REST-** Sit or lay down to take the pressure off the ankle.
- **ICE-** Utilize ice or frozen vegetables to cool the area.
(20 minutes on/ one-hour off).
- **COMPRESSION-** Wrap ankle using an ACE wrap with moderate compression. (It is too tight if the toes turn purple or change colors).
- **ELEVATION-** Elevate the ankle so that it is above the heart.
(The circulation in your feet is poor).

If you do not regain all your mobility and function within 7-10 days, contact Impact Sports Medicine at 303-446-2200 for an evaluation.. A loss of mobility and strength can significantly affect your balance and function.



ANGRY ELBOWS

The Athletic Trainer for the San Diego Padres once said:

"Poor shoulder mechanics make for angry elbows."

If your child is beginning the summer journey of competitive baseball or softball and is having elbow pain, have their mechanics evaluated sooner rather than later.