



The Team That Keeps You Playing

FALL 2009

Anti-Inflammatory Foods

Vegetables

- Bell Peppers
- Broccoli
- Cabbage
- Garlic
- Green Beans
- Green Onions/Spring Onions
- Olives
- Spinach
- Sweet Potatoes

Fruits

- Apples
- Avocado
- Blueberries
- Fresh Pineapple
- Lemon & Limes
- Oranges
- Papaya
- Raspberries
- Strawberries
- Tomatoes

Herbs & Spices

- Basil
- Cayenne Pepper
- Chili Pepper
- Cinnamon
- Mint
- Oregano
- Rosemary
- Thyme

Oils

- Avocado Oil
- Extra Virgin Olive Oil

Nuts

- Almonds
- Hazelnuts
- Sunflower Seeds
- Walnuts

My Achy Knees

Do you have knee pain when hiking? Does your knee hurt worse when going down or up stairs or a steep incline? Did you know that strengthening and stretching exercises can help relieve your symptoms?

Patellofemoral pain syndrome and patellar tendonitis are two common knee conditions caused by an increase in activities that use your quadriceps, such as hiking. In particular symptoms tend to be worse at the beginning of the season when the muscles are not properly conditioned. Exercises aimed at strengthening your quadriceps, hamstrings and gluteal muscles can not only prevent knee pain, but also can be used as treatment when done properly.

Stretching exercises are also important in treatment of anterior knee pain. Specifically, the hamstrings, hip flexors and hip rotators as they tend to be restricted and tight in people that complain of knee pain during or after activity. Be sure you perform stretching exercises for these muscle groups both before and after your hike.

If your knee pain persists or you want more information on injury prevention please contact Impact Sports Medicine to meet with a physical therapist.

Fall Sports

Fall sports can bring on ankle injuries from stepping in divots on the football field, shoulder injuries from throwing too many footballs, or back injuries from tackling the kids who are now bigger than we remembered. The first step to preventing injuries is keeping healthy, and knowing our limitations. At Impact Sports Medicine, we recommend doing cardiovascular exercises at least 3 days per week. With the cool nights that are now upon us, it is a great time to get out and enjoy the fresh air, the fall colors, and get some exercise. The other thing we recommend is maintaining good postural and core strength. By keeping your core strong, you can prevent most minor injuries. And if you happen to get injured, your recovery will be quicker. If you need assistance with developing a core strengthening program, contact the therapists at Impact Sports Medicine.

Appointments

With school starting, it can be difficult to fit in all your appointments. Impact Sports Medicine has before and after school hours to accommodate your schedule. Please let us know your needs, so we can help keep you working and playing!

