

# ATC BULLETIN

Volume 2, Issue 1, Spring 2019

NEWS ABOUT ATHLETIC TRAINING FROM THE STAFF YOU TRUST



At the Marshall Sports Medicine Institute, our goal has always been to reach as many athletes as possible. Through our athletic training outreach program, we care for thousands of athletes on a daily basis. Whether it is courtside or at the Marshall Marathon, we want to be the ones you look to in your time of need.

When we formed the Marshall Sports Medicine Institute in 2015, we wanted to offer sports medicine coverage to those who had never had it and enhance the coverage of those who already had it in place. Our coverage has expanded from select local high schools, to middle schools, elite youth sports, and even the local 5K races and marathons. Our concussion care reaches athletes from Belle, West Virginia, to Grayson, Kentucky, on the I-64 corridor and as far north as Gallipolis, Ohio, and as far south as Glen Hayes, West Virginia.

We are changing the way people view sports medicine and athletic training. We have a team of physicians, chiropractors, physical therapists, athletic trainers and nurses to treat athletes and the active population. We hope you have a healthy and successful 2019, but when injury strikes, our staff will help get you back in the game.

Tom Belmaggio, MS, ATC, CSCS

*Coordinator of Sports Medicine at Marshall Sports Medicine Institute (MSMI)*

This past spring, the **National Athletic Training Association** awarded **Cabell Midland High School (CMHS)**'s sports medicine staff with the **"Safe Sport School Award 1st Team"** honor. This award recognizes secondary schools and their efforts to improve the overall well being and safety of their athletes and school community. To signify these high standards of safety, the WV Athletic Training Association provided the school's football team with stickers to wear on their helmets.

*Pictured left to right: Tom Belmaggio, coordinator of sports medicine at MSMI; Lloyd McGuffin, CMHS principal; Nick Dailey, former CMHS AT; Chris Parsons, CMHS athletic director; Erin Wingate, CMHS AT; Andrew DeMoss, CMHS AT; and Dr. Mitch Shaver, team physician.*



**Marshall Sports Medicine Institute**

*Marshall Sports Medicine Institute is a collaborative partnership of Cabell Huntington Hospital, Marshall Athletics and Marshall Health.*

## Upcoming Events

### FREE SPORTS MEDICINE SCREENINGS

Every Saturday  
during the school year  
8 a.m. - 10 a.m.

Marshall Sports Medicine Institute

### FREE BASELINE CONCUSSION TESTING

Call one of our offices for more  
information and to schedule  
an appointment.

## OUR LOCATIONS

### Marshall Sports Medicine Institute

2211 3rd Avenue  
Huntington, WV  
304-691-1880

[www.marshallsportsmedicine.org](http://www.marshallsportsmedicine.org)

### Marshall Health-Teays Valley

300 Corporate Center Drive  
Scott Depot, WV  
304-691-6800

[www.marshallhealth.org](http://www.marshallhealth.org)

# Injury Spotlight: ACL Sprains

By: Kevin Burton, MEd, ATC, Huntington High School

Anterior cruciate ligament (ACL) injuries most commonly occur during sports that involve sudden stops, jumping, landing or change of direction, such as basketball, soccer, football, volleyball and gymnastics. The majority of ACL injuries happen without direct contact to the knee.

The ACL is a ligament, so regardless of severity, it is referred to as a sprain, which is the tearing of a ligament. Many people hear or feel a “pop” in the knee when an ACL injury occurs. Your knee may swell, feel unstable and become too painful to bear weight. Depending on the severity of your ACL injury, treatment may include rest and

rehabilitation exercises to help you regain strength and stability or surgery to replace the torn ligament followed by an extensive rehabilitation program. A proper training program may help reduce the risk of an ACL injury.

Should you tear your ACL, contact the Marshall Sports Medicine Institute. We believe the best way to get you back in the game involves a team-based approach. Our board-certified physicians, physical therapists, PTAs, athletic trainers, strength coaches and front desk staff are working as hard as we can to help you recover faster.



## educATe: Your questions answered

**Always remember to ask your athletic trainer any questions you have about your health and wellness.**

By: Andrew Demoss, MS, ATC, Cabell Midland High School

### 1. What is the difference between a strain and a sprain?

These injuries are frequent in both the recreational athlete as well as athletes at the highest levels. Just as these two types of athletes are totally different, so are these two injuries. A sprain occurs when the ligaments, structures around the joint that provide support, tear. A common example that occurs in baseball is an ulnar collateral ligament (UCL) sprain, which we often associate with Tommy John Surgery. The UCL provides support on the inside of your elbow. When these pitchers throw at high velocity, the force of the pitch becomes greater than the support provided by the UCL. A strain on the other hand is tearing that occurs in the muscle. For example, you often hear people say the “pulled” a hamstring or “tore” a quad. Although these injuries likely occurred to individual muscles of the hamstrings or quadriceps, these people all experienced strains. Both of these injuries are graded based on the severity between a one and three.

### 2. The doctor has cleared me from my concussion. Why can't I play?

As athletic trainers, it is our job to ensure that you are safe to compete on the field or court. When you get clearance from a doctor, we then can begin what is referred to as the “Return to Play Protocol”. According to the WV Secondary School Activities Commission (WVSSAC), this is started once the athlete is asymptomatic for 24 hours. Each day, over a 4-day period the athlete increases their level of activity until the athlete is fully participating in his or her sport. If for any reason the athlete has symptoms or can't complete the activities of that day, the process is started over. All athletes under the supervision of MSMI's ATCs will complete a baseline concussion test prior to competition. If an athlete has a concussion, he or she must take the test again and get scores that are similar to that of the baseline. We look at short-term memory, delayed recall and reaction time to name a few of the skills tested. This can be frustrating for an athlete, parent or coach, but this is for the health and safety of the athletes.



# Lakyn's Comeback

By: Grace Gwynn, ATC, Wayne High School

Lakyn Adkins is an elite basketball player in the midst of her senior season at Wayne High School, but her career has not been without some bumps along the way.

In January 2017, Lakyn ruptured her ACL during a game in the middle of her sophomore season. It was a tough blow after the tremendous amount of effort she put in during the off-season. Fortunately, the team at the Marshall Sports Medicine Institute (MSMI) had her back.

The day of her injury, one of the athletic trainers from MSMI was on the sideline. The athletic trainer evaluated the injury and referred Lakyn to an orthopedic surgeon. Further evaluation revealed that surgery was required. Following reconstructive surgery with Dr. John J. Jasko at Marshall Orthopaedics and a few months of physical therapy with Billy Racer at MSMI, she entered our Bridge program with Tom Belmaggio to prepare for her junior season.

The Bridge program is a continued training/exercise regimen offered to patients after they are discharged from physical therapy. The program is conducted and supervised by a certified athletic trainer who designs an exercise program to target each patient's specific needs for strengthening. After completing the program, Lakyn headed back to the court.



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You often hear that it takes playing a full season to really return to "100%." Not Lakyn. Last season, she averaged 13 points, five rebounds, three assists and seven steals on her way to making First Team All-Conference and All-State Honorable Mention. Now, almost two years after her surgery, she is stronger than ever and looking forward to the same success during her senior season.

*"I believe the Marshall Sports Medicine Institute helped me get back on the court by helping me regain my strength and coordination that I was afraid I had lost. I was blessed with a great physical therapist as well as a knowledgeable supportive staff."*

*Andrew [my athletic trainer] didn't just help me physically, but he also helped me mentally. He pushed me to exceed my limits and knew exactly what to say and when to say it when I would get down on myself."*

~ Lakyn Adkins, Senior, Basketball  
Wayne High School

# *For the Athletes:* Five Phases of Speed

*By: Kevin Brooks, MS, ATC, CSCS, Huntington Prep School (men's basketball)/Cabell County Middle Schools*

## 1. START AND ACCELERATION

To maximize your potential acceleration, you need to develop greater force-to-ground power, train to correct muscular imbalances and perfect your start/take-off technique by minimizing extra body movements.

## 2. STRIDE LENGTH

The ability to lengthen your stride will allow greater ground coverage in shorter amount of time. However, there is an optimal length and point past which over-striding can have a negative impact. To avoid this, training should include balance, flexibility and strength.

## 3. STRIDE FREQUENCY (NUMBER OF STEPS)

A focus on increasing stride rate on acceleration, in conjunction with stride length, results in a greater number of steps over a greater distance, which increases the ground covered.

## 4. SPEED ENDURANCE

Speed endurance is a crucial element of athleticism where you must be able to maintain top speed for extended periods of time.

## 5. FORM AND TECHNIQUE

A consistent form running program will help to maximize power, strength and efficiency.



At the Marshall Sports Medicine Institute, we focus on these five phases along with injury prevention exercises within our STACK Velocity training program. Optimizing body control along with increasing power output gives our athletes a greater advantage to succeed on the field.

## *Senate Bill 60:* Licensure for Athletic Trainers in West Virginia

March was National Athletic Training Month, and what better way for the ATCs of West Virginia to celebrate then by achieving a long-time dream of becoming licensed health care professionals. With licensure, WV Athletic Trainers will finally have a scope of practice, which will allow us to practice to the extent of our education and training. This also gives us title protection and allows only those with the proper credentials to become licensed and call themselves an athletic trainer. From all athletic trainers across the state, we want to thank our legislators for their support of this bill and helping turn this dream into a reality.



Marshall Sports Medicine Institute

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This information is not intended to be used in place of medical advice. In case of a medical issue, contact your personal physician or athletic trainer.

The athletic trainers outreach program at the Marshall Sports Medicine Institute is a collaborative partnership between Marshall Health and Cabell Huntington Hospital.

