

N O R T H H I L L S

ORTHOPEDIC AND SPORTS PHYSICAL THERAPY

FOOTBALL AND LATE SUMMER JUST SEEM TO GO TOGETHER!

If you're a football player, August and early September can put more stress on the body than any other time of the year due to the heat, humidity and the increased amount of physical activity. With that in mind, football players should drink liberal amounts of water to replace fluids lost from sweating.

It's recommended no player lose more than three percent of his body weight from perspiration. Weight loss should only take place through the burning of fat, and the safest recommendation is no greater than two to three pounds of weight loss of fat per week. Electrolyte supplements such as Gatorade and PowerAde are fine to replace lost fluids, as long as they are properly diluted with water.

Most players will find water is all that's necessary to replace fluid loss because as one's body adapts to the heat, the percentage of water versus electrolytes in sweat is significantly higher; therefore, electrolytes don't necessarily have to be replaced via any other means other than a normal, balanced diet.

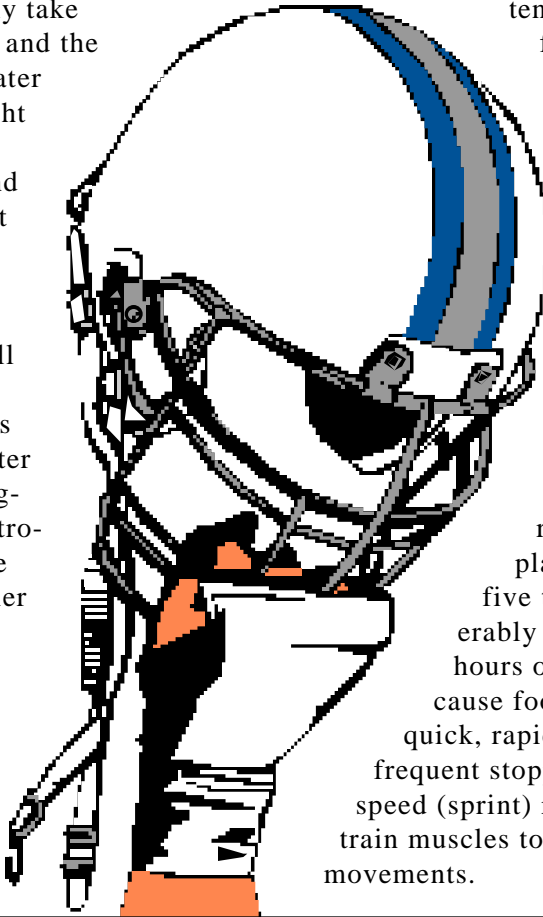
A football player's diet during the summer and early parts of fall should consist of a high level of complex carbohydrates including fruits, cereals, breads, grains and vegetables.

Foods with excess fat and empty calories such as those found in fast foods should be avoided. It's not necessary for a player to bulk up on excess meat. A normal balanced diet should include approximately 65 percent carbohydrates, 20 percent fat and 10 to 15 percent protein.

Weight training during this time of year should be for strength maintenance, not necessarily for increased strength.

Most strength programs are implemented early in the spring/summer so that once an athlete begins specific skill training in camp, heavy lifting is usually not necessary.

Finally, endurance or long distance running should take place at least three to five times per week, preferably in the cooler morning hours or at dusk. And, because football is a game of quick, rapid movements with frequent stopping and starting, speed (sprint) running is essential to train muscles to make these kinds of movements.



ABOUT Us...

North Hills Orthopedic and Sports Physical Therapy (NHOSPT) is owned and directed by Steven Hoffman, PT, ATC, SCS. Mr. Hoffman is a Rehabilitation Consultant to the Pittsburgh Pirates Baseball Club and previously served as Head Athletic Trainer for the North Allegheny School District and as its Physical Therapist from 1982 through 1992. He is currently on the Clinical Faculty of eight physical therapy schools and is a Board Certified Sports Physical Therapist. NHOSPT is dedicated to the prevention and rehabilitation of patients with musculoskeletal problems and orthopedic injuries.

PATIENT PROFILE

HELEN SAUER

Helen Sauer, an occupational therapist at Washington Hospital, couldn't believe how one wrong move could cause so much pain.

"I tore the rotator cuff in my right shoulder just reaching for a book on a shelf one day in the fall of 1994," said Helen. "I knew something was seriously wrong right away."

She initially had surgery in 1994 to repair the damage but complications and chronic pain led to a second surgery in October 1996 that left her immobilized for three months at home.

She began rehabilitation at North Hills Orthopedic and Sports Physical Therapy (NHOSPT) in December 1996 upon the recommendations of noted orthopedic surgeons Jack Failla, M.D., and James Bradley, M.D., who completed her second surgery.

"Going to rehabilitation was like going to work every day. I could see that an investment of time was going to have to be made before I saw any progress," she said. "But the staff at NHOSPT was just terrific. Their strongest component is that they know every patient and not just their injury but their whole personality and how hard each person needs to be encouraged during rehab."

Helen, who has since recovered almost fully from her surgery, said going through rehabilitation has put a different perspective on her work.

"It made me more aware of the kind of discomfort my patients go through, plus, since I did so many exercises at home, I can see how patients really do need to comply with the instructions therapists give them. Becoming fully rehabilitated, regardless of what type of injury someone has suffered, really is a team effort."

aftrhrs@nauticom.net

After Hours Communications recognizes one simple fact about business people:

*"You don't work 9 to 5."
Neither do we.*

With a complete line of graphics, internet, pre-press publishing, printing, bindery, mailing and forms services — we are your complete pre-press, internet and printing solution.

- NEWSLETTERS
- BROCHURES
- LOGO CREATION
- RE-CREATION OF ART
- BUSINESS ART
- FOLDER PACKAGES
- BUSINESS WEB SITES
- BABY SITES
- FAMILY SITES
- PET SITES



2617 STAFFORD STREET • PITTSBURGH, PA 15304
E-MAIL: aftrhrs@nauticom.net

Stop Wasting Your Time!

For a quick printing job or for a quality printing job, Minuteman Press of Allison Park fits the bill.

Minuteman Press
of Allison Park
4790 Route 8 • Allison Park, PA 15101
Phone: 412/444-0004 • Fax: 412/444-0707
E-Mail: minmanap@nauticom.net
Web Site: <http://www.nauticom.net/www/minmanap/>

THIS NEWSLETTER IS PRODUCED BY
NORTH HILLS ORTHOPEDIC AND SPORTS PHYSICAL THERAPY
2591 WEXFORD-BAYNE ROAD • SUITE 107 • SEWICKLEY, PA 15143

Writer: Steven Hoffman, PT, ATC, SCS • Editor: Dave Marko