

TRAINING IN THE HEAT

Have you heard the expression, "It's not the heat it's the humidity". Well it's true. For an athlete in training as much attention should be paid to humidity as heat. Thermal regulation is done primarily by the evaporation of sweat. As your core temperature increases with activity your body will perspire to cool down. The biggest barrier against your body effectively cooling is humidity. It's not the sweating or the moist skin that cools the body, but it's the evaporation process that does it. Have you ever gotten chilled getting out of a tub or shower even though you were in a warm bathroom? Well as the water is evaporated off your body it pulls the heat with it. The rate of sweating is higher on a humid day, but the cooling is less? The reason is the air is already saturated with water and sweat can't evaporate. Sweat that beads up and rolls off doesn't function in the cooling process. This sweat does however deplete the body of water and electrolytes. As dehydration progresses, cooling becomes more difficult. The athlete's performance will drop and the potential for heat injury becomes a real threat.

Sometimes, it just too hot and muggy to go full throttle on the field. To determine the amount of activity and at what capacity an athlete can exert the wet bulb globe temperature (WBGT) should be measured.



The WBGT is a standard index of temperature and humidity combined. The American academy of pediatrics has issued these guidelines for safe outdoor

activity based on the WBGT:

- **WBGT below 75 F.** All activities are allowed, but coaches should be alert for heat-related symptoms.
- **WBGT between 75 F and 78.6.** Children should take rest periods in the shade for long enough to cool off. They should also drink fluids every 15 minutes.
- **WBGT between 79F and 84F.** Children who haven't yet acclimated to the heat or who are at higher risk of dehydration and heat-related illnesses should stop playing and get out of the heat.

Lou Rossi, DC and Matt Trnka, PT are certified by The National Strength and Condition association. They treat musculoskeletal conditions for weekend warriors to advanced athletes. They are also available to come to team practices for clinics on injury prevention or strength and conditioning. If you would like to make an appointment for treatment or would like us to volunteer time for a clinic for your team, then call Centerpointe Chiropractic and Physical therapy.

Upcoming Events

- **Yoga Fitness Classes** -Tuesdays 7pm, Thursdays 6 pm; work on improved mobility, strength, posture, balance and relaxation; walk in or call to reserve your spot. Classes are \$12 single session or \$100 for 10 class pack. Instructor Beth Trnka is Yogafit trained and will modify poses to challenge advanced levels and accommodate beginners.
- **YWCA Women's Health Fair**- held at Medina General Hospital on Saturday September 16th
- **Chronic Back pain Seminars**- Participants will receive instruction on body mechanics and participate in mobility and stability exercises to better be able to actively participate in self managing their condition. Call for details on class schedule
- **Injury Prevention and Performance Improvement Clinics**- coaches and athletes can call to schedule these clinics which include ACL injury prevention, jump and land mechanics, true athletic stance, reactive exercise and can be individualized to the specific sport

★★★ Last Quarter Activities ★★★

- **Soccer Clinic with the Akron Zips**- we hosted over 70 children at Huffman Field in Medina for a unique soccer clinic that included injury prevention and sports improvement instructed by us and soccer specific skills instructed by Akron Zips players
- **Pee-Wee Football Combine**- we assisted the Medina Bees Youth Football in a repeat combine to help measure improvements in power, speed and agility from their off season training
- **Medina High School Girls Basketball Injury Prevention Clinic**-we worked with the high school team on movement patterns with the lower extremities to reduce stress on the ACL and improve performance including jumping and landing mechanics, cutting and change of direction, and effective athletic stance
- **Yoga Fitness Classes**- Beth Trnka has been instructing Yoga in our rehab area Tuesdays at 7 PM and Thursdays at 6 PM since April. Classes are scheduled to continue so walk in or call to reserve your spot.

What's New???



We have recently added new and improved equipment to our rehab gym in an effort to provide the best care possible and in order to make the therapeutic exercise prescribed the most functional and beneficial to our patients. With this goal in mind we have added

the Life System Cable Motion Dual Adjustable Pulley as well as the Life Fitness Elliptical Total Body Trainer to have even more tools at our disposal to assist in the rehabilitation from injuries. These devices keep with our philosophy of functional training with an emphasis on working movement patterns, multiple planes and multiple muscle groups to restore function. This holds true for an elite athlete returning to a sport or a 90 year old geriatric patient restoring independence with activities of daily living; we function in multiple planes with the muscles working in groups. When we combine the multiple uses of these new machines with the many other items we use for rehab including; body resistance, stability balls, BOSU, foam rollers, balance discs, ladders, cones, reaction ball, jumpstretch, sports cords, flexbands, medicine balls, total gym, dumbbells, body blade and the list goes on, along with manual hands on joint mobilization and manipulation as appropriate we can help provide a unique and individualized rehab program to restore function.