Being a great sports parent has never been more difficult. USA Today reports, “Safe Kids Worldwide finds ‘an alarming gap’in what is known about sports safety and what is being done to reduce the risk of injury to young athletes.”

AIHF Providers, Dr. John Solic, MD, with Triangle Orthopaedics and Jennifer Carr, PA-C with Carolina Family Practice & Sports Medicine, offer useful tips for preventing and detecting injury as well as evaluating return to play readiness.

Dr. Solic reminds us, “All youth athletes are at risk for various injuries with some variation based on sport.” Fortunately, the most common athletic injuries are easily treated or prevented with proper attention & training.

Dr. Solic maintains, “Overhead and throwing athletes (tennis, softball, volleyball, baseball, swimming) are at risk for overuse injuries in the shoulder and elbow. Maintaining flexibility and strength in the shoulder can help prevent and acutely treat these injuries. The “sleeper stretch” and “throwers 10” are two specific sets of exercises that should be employed as regular maintenance.

Athletes involved in cutting and pivoting sports are at risk for contact and noncontact acute injuries. This includes various sprains and strains of the muscles, tendons, and ligaments around the knee, ankle, and hip. There is some evidence that specific neuromuscular training programs can improve jumping and landing mechanics and decrease the incidence of these injuries.

Runners tend to develop overuse injuries primarily in the lower extremity and most commonly in the knee and foot. Overuse injuries include ‘Runner’s knee’ and IT band friction syndrome. Both of which are treated with rest and condition specific stretching and strengthening programs.

Acute injuries that cause, pain, swelling or inability to bear weight on the lower extremity or cause significant range of motion deficits in both the upper or lower extremity should be evaluated by a physician,” reminds Dr. Solic.

While parents might be more comfortable discerning and treating orthopedic injury, most agree concussion detection and management can be tricky.

Jennifer Carr, PA-C with Carolina Family Practice & Sports Medicine offers some common signs and symptoms associated with concussion. Ms. Carr states, “Symptoms include headache, nausea, dizziness or balance difficulty, difficulty concentrating, vision changes, or feelings of ‘fogginess.’”

CFP & SM Providers recommend all student athletes be baseline concussion tested prior to the start of their team sport. The test is done while the athlete is at their ‘norm’, and provides useful information in the event of a suspected concussion injury.”

This service is offered through the CFP & SM Concussion Clinic and can be an evaluative tool in measuring return to play readiness post-concussion.

Concussion Red Flags for Emergency Response Referrals

- **Headache that worsens significantly**
- **Slurred speech**
- **Repeated vomiting**
- **Seizure**
- **Prolonged loss of consciousness (greater than 30 seconds)**
- **Significant neck pain associated with any weakness or numbness of the arms or legs**
- **Inability to recognize people or places**
- **Drowsy and cannot be awakened or aroused**
**Ingredients**
- 2 pounds shredded cabbage
- 1 large tomato, chopped
- 1 large cucumber, chopped
- 1 green pepper, chopped
- 1 red pepper, chopped
- 1 bunch of parsley, chopped
- 1/2 bunch fresh mint chopped or handful or dried mint
- 4 medium sized carrots chopped
- 1 large purple onion chopped

**Dressing**
- 1 cup apple cider vinegar
- 1/2 cup good olive oil
- Black pepper and garlic salt to taste

Prepare the dressing and then combine with the first nine ingredients, refrigerate and let sit before serving. Note that this salad gets better as it sits and will be good in the refrigerator up to one week!

*This recipe is brought to you by Your Friends in Good Health at Patti's Café.*

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**Sports Parenting Continued**

Dr. Solic and Ms. Carr agree, preventing injury is often easier than parents think. Dr. Solic emphasizes, “Never play or practice through significant pain that does not respond quickly to ice and anti-inflammatory medications. In addition, cross train in the off-season and consider playing multiple sports. This prevents overuse injuries and increases coordination and neuromuscular movements.”

Ms. Carr reminds us, “Proper hydration, nutrition, and sleep hygiene are three factors that work together to keep a child balanced while training for their sport. If they are lacking in any of these areas, the athlete’s performance tends to decline and risk for injury increases.”

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**PROVIDER SPOTLIGHT**

The American Institute of Healthcare & Fitness welcomes Dr. Matthew Bader, MD. Dr. Bader is one of the most recent additions to the team at Carolina Performance.

Dr. Bader, while remaining loyal to his New Jersey roots (Dr. Bader completed his undergraduate degree at Rutgers University and his Medical Degree at Robert Wood Johnson Medical School), found a second home in North Carolina while completing his psychiatry residency training at Duke University. After a year-long Addiction Psychiatry Fellowship at the Medical University of South Carolina in Charleston, Dr. Bader is thrilled to be back in North Carolina!

Dr. Bader was Board Certified in General Psychiatry in 2013 and plans on becoming Board Certified in Addictions later this year. His specialty training has provided him with experience in treating a wide variety of addictions. Dr. Bader is also trained and certified in the use of buprenorphine/naloxone (Suboxone) for opiate addictions. His treatment approaches include both medication management and therapeutic techniques such as motivational interviewing and cognitive behavioral therapy. Dr. Bader firmly believes that the combination of the right medications and engagement in therapy can yield better results than either alone.

Dr. Bader also feels there is a significant overlap in most cases of substance abuse and other struggles such as depression and anxiety. Thus, Dr. Bader hopes to offer services treating both sides of this coin. Dr. Bader also has significant experience treating a wide range of psychiatric disorders including major depression, generalized anxiety, panic disorder, and post-traumatic stress disorder outside of the context of addiction.

In his spare time, Dr. Bader likes to soak up all that the beautiful North Carolina outdoors has to offer. When he isn’t in the office, you can often find him trail running (though slowly!), cycling, or walking his dogs.
Healthy lunch boxes aren’t just for Back to School! Lunch is a crucial part of the day for everyone. We asked Kim Iles, MS, RD, LDN and co-owner of Healthy Diets what to pack and what to leave on the shelf this fall!

<table>
<thead>
<tr>
<th>Leave it on the shelf!</th>
<th>Pack this instead!</th>
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</thead>
<tbody>
<tr>
<td>Lunch meat: tends to be high in sodium, nitrates, fats, and fat-soluble pesticides.</td>
<td>Unprocessed meats such as tuna, rotisserie chicken, or sliced chicken breast/lean steak. Meat is high in the amino acid which can help you feel more alert and focused.</td>
</tr>
<tr>
<td>Chips: High in fat, calories, sodium, and provide no nutrients!</td>
<td>Nuts or homemade zucchini, sweet potato or kale chips: These items will satisfy your salt and crunch craving while packing in extra nutrients like magnesium which helps your body convert sugar to energy.</td>
</tr>
<tr>
<td>Mayonnaise: Most mayo is made with low quality vegetable oils that are not heart healthy.</td>
<td>Avocado or hummus: Try using these two items as a replacement for traditional mayo. They’re packed with heart healthy fats and heart healthy fiber.</td>
</tr>
<tr>
<td>Pre-flavored Yogurt: While yogurt is a good source of protein and calcium, pre-flavored varieties can have as much as 22g sugar for a single serve container</td>
<td>Plain yogurt you flavor yourself: Add berries, nuts, cocoa powder, or peanut butter to spice up your yogurt but keep the sugar levels down.</td>
</tr>
<tr>
<td>Sugar-sweetened flavored water, juice boxes, juices, and sport’s drinks: These beverages are the equivalent of drinking sugar and some of them have as much sugar as a regular coke</td>
<td>Unsweetened flavored water like La Croix or Hint, fresh cold-pressed vegetable juices, unsweetened teas (try something fun like a mint mojito iced tea or Red velvet cupcake tea from The Republic of Tea)</td>
</tr>
</tbody>
</table>

Kim Iles, MS, RD, LDN & Co-owner of Healthy Diets.

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Health & Wellness Information from AIHF

**FALL 2014**
Summer Fresh Faces Event - Rejuvenate the Skin You’re In!
Enjoy discounts on cosmetic procedures through-out the month of September.
At The Dermatology Center of Raleigh.
For more details visit: www.aihf.net

AIHF & Carolina Parent Virtual Event
Sports Parenting 101: Keeping Your Child in the Game for Life! Share in an open forum with AIHF’s leading providers discussing youth sports injury prevention, treatment & recovery!
Tuesday, September 16th, 2014 | 11am to 12pm
On the Carolina Parent Facebook Page
For more information visit: www.aihf.net

All events will be held on the AIHF campus, 8300 Health Park in Raleigh unless noted