

January/February 2011

Jefferson C. Brand, M.D.
Fellowship-Trained
In Sports Medicine

Patrick E. Hurley, D.O.

Dennis P. Weigel, M.D.

Russell S. Sticha, D.P.M.
Foot & Ankle
Trained in Trauma Surgery

Thomas E. Dudley, Ph.D., M.D.

Eric W. Nelson, M.D.
Sub-Specialty
In Sports Medicine

Mike Doyle, MBA, ATC

Meagan Christianson, ATC

Paul Westerberg, MA, ATC

Rich Hardy, MA, ATC

Chris Siegel, MS, ATC

Andrea Nelson, ATC

Angie Miller, MS, ATC

Jen Gannon, MS, ATC

Jen Miller, MS, ATC

Matt Reinertson, ATC

Ashley Shaw, ATC

Scott Scholl, ATC

INJURY PREVENTION *Core Strengthening*

By Rich Hardy, MA, ATC, CSCS

Weak core muscles (the muscles around your trunk and pelvis) can lead to poor posture, lower back pain and muscle injuries. An athlete's body is more efficient with a strong core. Using an exercise ball is a cheap, yet effective method to strengthen core muscles. Exercise balls can be purchased at most department stores such as Target, Wal-Mart, and Kmart.

Beginners should start with 1 set and about 10-15 repetitions, with little to no added weight. Gradually increase sets, repetitions, and resistance as strength increases. The exercise ball should be placed on a wall or surface where it can roll easily and without obstruction. Tell the athlete to take their time and not rush through the movements when doing these exercises.

Arm and Leg Raise Plank: With the abdomen resting on the ball with feet and hands on the floor, slowly raise right arm and left leg simultaneously until they are parallel to the floor. Lower and repeat with the opposite extremities.

Bridge: Lay with back against the ground and feet atop the exercise ball. Tighten abdominal muscles and raise hips and buttocks off of the floor until your body is inline with your feet. Slowly return to starting position.

Marching: While sitting on your ball, slowly lift your right leg up and your foot off of the ground as high as comfortable, and then lower your leg slowly to starting position. Repeat with left leg.



Arm and Leg Raise Plank



Bridge



Marching

SPOTLIGHT ON SPORTS MEDICINE TEAM MEMBERS



CHRIS SIEGEL, MS, ATC, CSCS

In 2002, Chris joined our staff and provides athletic training services for M-State Fergus Falls, Wheaton Area High School, Hancock High School, Chokio-Alberta High School, and acts as an Athletic Enhancement and SWEAT coordinator.



JEFF BRAND, M.D.

Dr. Brand is fellowship trained in sports medicine. He is board-certified by the American Board of Orthopaedic Surgery and specializes in the treatment and care of sports injuries.



PARTICIPATING
SPORTS MEDICINE PRACTICE

RETURN TO PLAY CONDITIONING PROGRAM

The Return to Play Conditioning Program is a six week program designed for athletes who have already had knee surgery or suffered an injury. Our physicians specifically recommend the program for anterior cruciate ligament (ACL) reconstruction patients prior to final medical clearance to resume sports participation. A certified athletic trainer analyzes patients as they perform multiple sports injury tests to measure strength, vertical jump, and flexibility.

For more information visit www.DCSportsMed.com.



Sports Medicine Center Serves the following schools and organizations:

	Jefferson Senior High School—Alexandria
	Alexandria Beetles Baseball Team
	University of Minnesota Morris
	Minnesota State Community and Technical College—Fergus Falls
	Osakis High School
	West Central Area High School
	Brandon/Evansville High School
	Minnewaska Area High School
	Wheaton Area High School
	Hancock High School
	Chokio-Alberta High School
	Parkers Prairie High School

SPORTS MEDICINE TEAM NEWS AND NOTES...

- **Jennifer Gannon, MS, ATC** and husband Matt are proud parents of their new son Conner. Conner was born August 20th weighing 6lbs 6 oz and 19 ½ inches long.
- **Rich Hardy, MA, ATC, CSCS** and **Andrea Nelson, ATC** attended the Mayo Clinic Sports Medicine Centers Ice Hockey Summit: Action on Concussions on October 19–20.
- **Paul Westerberg, MA, ATC, OTC** and **Mike Doyle, MBA, ATC** are part of a task force, in collaboration with the Brain Injury Association and Sanford Health, which is developing concussion guidelines and legislation for the state of Minnesota.
- Douglas County Sports Medicine would like to thank **Lacey Langerak, MS, ATC, OTC** for all of her hard work over the last 5 years. Lacey resigned to return to school and study to be a Physicians Assistant.
- **Rich Hardy, MA, ATC, CSCS** had an article published in the august edition of Camping Life Magazine titled "Avoiding the dangers of dehydration and heat stress during warm-weather outdoor activity."
- **Heartland Orthopedic Specialists** has moved into their new location, included in the new addition of Douglas County Hospital. This new location offers 18 standardized exam rooms, 3 private cast rooms, 2 digital x-ray suites, and a greatly expanded physical therapy space. We would like to thank all of the coaches who toured the new clinic during our open house.
- **Meagan Christianson ATC, Paul Westerberg MA, ATC, OTC, Rich Hardy MA, ATC, CSCS, Chris Siegel MS, ATC, CSCS, Lacey Langerak MS, ATC, OTC, Andrea Nelson ATC, Angela Miller MA, ATC, OTC, Jennifer Miller MS, ATC, OTC, and Ashley Shaw ATC**, attended a presentation titled "Management of Traumatic Brain Injury" by Gaylan L. Rockswold, M.D., Ph.D. from Hennepin County Medical Center on December 3rd, 2010 at Douglas County Hospital.

Heartland Orthopedic Specialists

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Sports Medicine Center Douglas County Hospital

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Douglas County Hospital Rehabilitation Services

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