

Homework: Shin Splints

Calf Stretch



Place toes against a wall or slanted surface to create a stretch on the back of the lower leg. With the *leg straight* perform

this stretch for 20-30 seconds and repeat 3 times. This stretch should also be performed 3 times with the *knee bent*.

4-Way Ankle Bands



With resistance against the band wrap one end of the band around the end of the foot and perform 2-3 sets of 10 repetitions in the following directions: Dorsiflexion (pulling up), Plantarflexion (pointing down), Inversion (pulling inward), and Eversion (pushing outward).

Towel Crunches



Place a towel on the floor and using your toes pull the towel toward you as far as possible. Then extend your foot and toes back out and repeat

10 times. Perform this 1-2 more times.

Great Toe Extension



Without curling the rest of your toes under, raise your great toe toward the ceiling as high as possible.

Repeat 2-3 sets of 15 repetitions.

Ice Massage



Fill a paper cup with water and freeze. After exercises are completed or

after activity rub ice against shin for approximately 5 minutes. Light to moderate pressure should be used.

The Lineup:

Featured Staff of MVH Sports Medicine

If you ever venture into panther country for an athletic event you will most likely come across the athletic trainers of Springboro High School, Greg Bozeka and Chris Cameron. Both of these guys are new to the MVH Sports Medicine team this year. Greg graduated from Ohio University with a degree in athletic training. He then became an athletic trainer at Missouri University of Science and Technology before moving back to the buckeye state. Chris graduated from Wright State University with a degree in athletic training and then went on to grad school at the University of Dayton to major in education. After graduate school Chris was an intern Athletic Trainer with the Atlanta Flacons in 2010. Both of these guys are great additions to the sports medicine team at MVH and invaluable to the community of Springboro.

“What is different about Springboro compared to your experience with college and professional teams?”

Chris: The treatment of injuries is the same, but from an Athletic Trainers point of view the biggest difference is the amount of money spent on different types of modalities and other equipment. Also, the amount of time allotted for treatments are a lot longer in the professional ranks compared to high school or college.

“What do you like most about working at Springboro High School?”

Greg: I have only been at Springboro for 8 months but the sense of community and resources at my finger tips is outstanding. We are extremely fortunate to have a hospital building on campus. Dr. Blair and Dr. Kern have been more than willing to donate their time and energy to the school district and the events associated with them.

“What is the most common pitfall that you see athletes do during the spring/summer seasons that may lead to an injury?”

Chris: One pitfall I see during the spring/summer seasons that may lead to injury are athletes that participate in multiple sports during the season. This does not give your



Greg Bozeka



Chris Cameron

body the needed rest it requires and leads to overuse and chronic injuries.

“What kind of community work do you do as an athletic trainer?”

Greg: Springboro just has this great feel around it. It's a large school in a small community and there is always so much going on with the school that my duties with the hospital allow me to reach out, not just to my athletes. For instance we had a community 5k before the fall season started as a fundraiser for our cross country team. MVH also hosted a Substance Abuse Fair at the school were I got to get involved with the general student population and educate them on alcohol's effect on your athletic performance.

“What advice do you have for athletes over the summer months?”

Chris: Get acclimated to the heat before your practices start. The best way to acclimate to the heat is to exercise in the heat for about 10-15 min. Over time, however, as individuals acclimate to the physiological demands placed on them by heat, they can gradually increase the length of time that they exercise to 20-60 minutes per session. It takes about 10-14 days to acclimate to heat.

“What advice do you have for athletes over the summer?”

Greg: Be as active as possible. The better shape you are coming into a summer camp the easier it will be on you. Cross training is a great way to tune up your body without burning yourself out mentally. Just because you are a soccer player doesn't mean your conditioning has to strictly be running. Swim, ride a bike, be active, have fun and most importantly be safe.