



# Wayne HealthSports

Volume 5, Issue 2 – April 2019

## ATHLETES *in action*



## Upcoming *events*

### SPORTS PHYSICALS

Wednesday, May 1

Thursday, May 23

6:00 to 9:00 pm

**Location:**

Family Health  
5735 Meeker Road  
Greenville, OH 45331

**Eligible Schools:**

Ansonia, Franklin Monroe,  
Greenville, Mississinawa Valley,  
Tri-Village, Versailles

**Registration Required:**

Contact your Athletic Department

*See inside for more details.*

### PASP COURSES

Monday, May 13

6:00 to 8:30 pm

**Location:**

Wayne HealthCare Outpatient  
Rehabilitation Center  
1111 Sweitzer Street  
Greenville, OH 45331

**To register, contact:**

Jim Beyke, Director of  
Rehabilitation Services  
937.547.5941  
james.beyke@waynehealthcare.org

# Healthy Meals

## Pan-Seared Salmon with Kale and Apple Salad

*The star of this dish is the kale salad.  
It's crunchy, tangy and sweet!*

Prep Time: 20 min

Cook Time: 10 min

Yield: 4 servings

### Ingredients

- Four 5-ounce center-cut salmon fillets (about 1-inch thick)
- 3 tablespoons fresh lemon juice
- 3 tablespoons olive oil
- Kosher salt
- 1 bunch kale, ribs removed, leaves very thinly sliced (about 6 cups)
- 1/4 cup dates
- 1 Honeycrisp apple
- 1/4 cup finely grated pecorino
- 3 tablespoons toasted slivered almonds
- Freshly ground black pepper
- 4 whole wheat dinner rolls

### Directions

- Bring the salmon to room temperature 10 minutes before cooking.
- Meanwhile, whisk together the lemon juice, 2 tablespoons of the olive oil and 1/4 teaspoon salt in a large bowl. Add the kale, toss to coat and let stand 10 minutes.
- While the kale stands, cut the dates into thin slivers and the apple into matchsticks. Add the dates, apples, cheese and almonds to the kale. Season with pepper, toss well and set aside.
- Sprinkle the salmon all over with 1/2 teaspoon salt and some pepper. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium-low heat. Raise the heat to medium-high. Place the salmon, skin-side up in the pan. Cook until golden brown on one side, about 4 minutes. Turn the fish over with a spatula, and cook until it feels firm to the touch, about 3 minutes more.
- Divide salmon, salad and rolls evenly among four plates.



### Nutrition Facts

4 Servings

Amount per serving

**Calories** 620

**Total Fat** 36g

Saturated Fat 8g

**Cholesterol** 85mg

**Sodium** 730mg

**Total Carbohydrates** 40g

Dietary Fiber 7g

**Protein** 39g

RECIPE COURTESY OF FOOD  
NETWORK KITCHEN

# MARK YOUR CALENDARS!

## Sports Physicals

### May 1st & 23rd 6-9pm at Family Health



**Physicals are available for students entering grades 7-12 for the 2019-2020 school year.**

Eligible Schools: Ansonia, Greenville, Franklin Monroe, Mississinawa Valley, Tri-Village, Versailles

**Pre-registration is required.**

To register, contact your Athletic Department.

**Physicals are \$10.**

Cash or Check is due at the time of your physical.

Family Health is located at 5735 Meeker Rd | Greenville, OH 45331

## Sports Physicals 2019-2020 School Year

Full, comprehensive sports physicals for Darke County Athletes are made possible through the collaboration of Wayne HealthCare, Orthopedic Associates of SW Ohio and Family Health.

### Referral for Follow Up Care

Please be aware that participating in Sports Physicals may still result in a recommendation or requirement for follow-up care. Recommended or Required follow-up care is done in the best interest of the health and safety of your student athlete.

**Diagnosis that may need further care would be, but not limited to:**

- High Blood Pressure
- Abnormal Cardiac Exam
- Orthopedic
- Hypertension
- Vision Problems

Early detection and treatment of injuries and illnesses is imperative to the lifelong health of your student athlete. If recommendations or requirements are needed post sports physical a form will be provided on what is needed.

# Can you Touch Your Toes?

## The Importance of Warming Up & Stretching Your Hamstring Muscles

The hamstring muscles consist of three large muscles in the back of the thigh. Tight hamstrings can create discomfort and limited range of motion during activities of daily living such as walking, hiking and going up stairs.

### Hamstring Strains

Improper stretching, or lack thereof, tend to be contributing factors of hamstring strains. Safely stretching and warming up the muscle tissue are the two safest methods of preventing hamstring strains. When a hamstring is strained, there are three possible grades:

- **Grade I Hamstring Strains** – Over pulled fibers and small tears in the muscle
- **Grade II Hamstring Strains** – Small to medium partial tears by over pulling the muscle fibers
- **Grade III Hamstring Strain** – The most severe strain, classified as a complete tear of the muscle

### Stretching Your Hamstrings

The two methods most commonly used to stretch the hamstrings are dynamic and static. Dynamic stretching is best described as the method of stretching in which the limbs are moved through their range of motion actively. Simply put, this means that the person stretching moves through a series of positions on their own. By contracting and relaxing muscle groups while moving through a stretch, the fibers are elongated and become more flexible over time.

Dynamic stretching is thought to be the safest way of stretching because it does not include any bouncing or unnecessary over pull to the muscle fibers. This method is best included with a light warm up that may include some walking, jogging or high knees. Improved sprint times, vertical jump performance, reaction time and agility performance have all been shown to improve from a proper dynamic stretch and warm up prior to activity.



### Great examples of dynamic stretching include:

1. Walk and alternate bringing the leg up to touch the toes
2. Walk forward and alternate single leg lunges
3. Stand vertical while hugging your knee, then release the knee to take a big step forward into a lunge, keeping the front leg bent and the back leg straight. Then, fold down and hug the bent leg, while keeping the back leg extended and the hamstrings stretched comfortably. Alternate and repeat.

## Dynamic vs. Static Stretching



Examples of Static Stretching

An alternative to dynamic stretching is static stretching. Static stretching simply means holding a stretch position for a length of time, normally 30 seconds to 45 seconds. Most commonly, people stretch their hamstrings statically by touching their toes with the foot on the ground or the foot flexed in the air (see photos). This method of stretching can damage the muscle fiber by holding the stretch too far or too long while bouncing or staying still. If someone chooses to use this method to stretch, it is essential to listen to the limits of the body and properly warm up ahead of time. Whatever way you choose to stretch, improving your flexibility will improve daily activities and overall health.



# 2019 Race Calendar

## Darke County Wellness Challenge

DATE	RACE	LOCATION
4/6/19	Heat & Sole 5k	New Weston – Eldora Speedway
4/20/19	5k for the Dog Park	Greenville – Fairgrounds
5/4/19	Mega Wild 5k	Greenville
5/11/19	Ansonia Mad Dash for Missions	Ansonia
5/18/19	YOLO Festival of Races	Greenville – High School
6/1/19	United Methodist 5k Run/Walk	New Madison
6/15/19	Poultry Days	Versailles
7/4/19	Ansonia Firecracker	Ansonia
7/21/19	Angel Run	North Star
7/27/19	Breast Cancer Awareness	Greenville
9/14/19	The SUNshine 5k	Greenville



**Wayne HealthSports**

For more information about Wayne HealthSports or Wayne HealthCare Outpatient Rehabilitation, please contact:

**Wayne HealthCare**  
**Outpatient Rehabilitation Center**  
 1111 Sweitzer Street  
 Greenville, OH 45331

**937.547.5714**  
**WayneHealthCare.org**

For more information, visit [DarkeCountyWellnessChallenge.com](http://DarkeCountyWellnessChallenge.com)

Visit [WayneHealthCare.org](http://WayneHealthCare.org) for more information about rehabilitation, orthopedic and sports medicine services.

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