



Wayne

HealthSports

Volume 5, Issue 3 – July 2019

ATHLETES *in action*



Upcoming *events*

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PASP COURSES

Monday, July 15
6:00 to 8:30 pm

Monday, October 21
6:00 to 8:30 pm

Monday, February 10
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
937.569.6941
james.beyke@waynehealthcare.org



Wayne HealthSports

Healthy Meals

Slow-Cooker Pork Tacos

Prep Time: 25 min

Cook Time: 5 hrs 11 min

Yield: 8 servings

Ingredients

- 3 whole ancho chiles
- 3 whole pasilla chiles
- 4 cloves garlic, unpeeled
- 2 to 3 chipotles in adobo sauce
- 1/2 medium white onion, roughly chopped
- 3 tbs. extra-virgin olive oil
- 2 tbs. honey
- 1 tbs. cider vinegar
- Kosher salt
- 2 tsp. dried oregano, preferably Mexican
- 3-3/4 cups low-sodium chicken broth
- 4 lbs. boneless pork shoulder (untrimmed), cut into chunks
- Freshly ground pepper
- 2 bay leaves
- 1 cinnamon stick
- Corn tortillas, warmed, for serving
- Assorted taco toppings, for garnish

Directions

- Put the ancho and pasilla chiles and the garlic in a bowl with 2 to 3 tablespoons water. Microwave on high until soft and pliable, 2 to 3 minutes.
- Stem and seed the chiles and peel the garlic. Place both in a blender.
- Add the chipotles, onion, 2 tablespoon olive oil, honey, vinegar, 1 tablespoon salt and the oregano to the blender. Puree until smooth.
- Heat the remaining 1 tablespoon oil in a large skillet over high heat. Add the chile sauce and fry, stirring until thick and fragrant, about 8 minutes. Pour in the broth and reduce until slightly thickened.
- Season the pork all over with salt and pepper and place in a large slow cooker. Add the bay leaves, cinnamon stick, and the sauce.
- Cover and cook on high until meat is tender, about 5 hrs.
- Discard the bay leaves and cinnamon stick. Shred the pork with 2 forks and season with salt and pepper. Serve the shredded pork in the tortillas, along with toppings.



Nutrition Facts

8 Servings

Amount per serving

Calories 399

Total Fat 15g

Saturated Fat 4g

Cholesterol 147mg

Sodium 452mg

Total Carbohydrates 14g

Dietary Fiber 3g

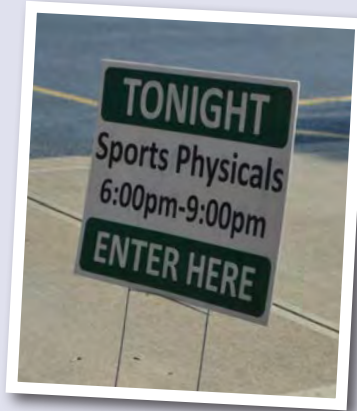
Protein 51g

Sugar 5g

RECIPE COURTESY OF FOOD
NETWORK KITCHEN

Thank you...

to all involved with Sports Physicals!



347
Physicals
Provided

36
Immunizations
Given

95
Volunteers



ATHLETES *in action*



Equipment Removal

When a spine injury is suspected, the equipment removal process is vital.

Athletics provide a vast range of emotion for us and our children. One moment we can be experiencing total euphoria and the next experience full distress. With any sport, our child is at risk for injury, but this wave of emotion can especially be felt during a suspected spine injury. These injuries can particularly be difficult with sports like football, baseball, and softball when athletic padding and equipment needs to be removed. With any suspected cervical spine injury, it is important to be proficient and vigilant in the equipment removal process so further harm is not done.

Emergency Action Plan

The entire equipment removal process can be complex. Most often, the Athletic Trainer will need on-field assistance from team physicians, coaches, and emergency personnel. Every school and athletic team should have an emergency action plan. This emergency action plan illustrates specific guidelines and roles for all rescuers to follow. The plan must

be comprehensive and practical, yet flexible enough to adapt to any emergency situation. These plans should be reviewed and rehearsed annually with each coaching staff and all emergency personnel.

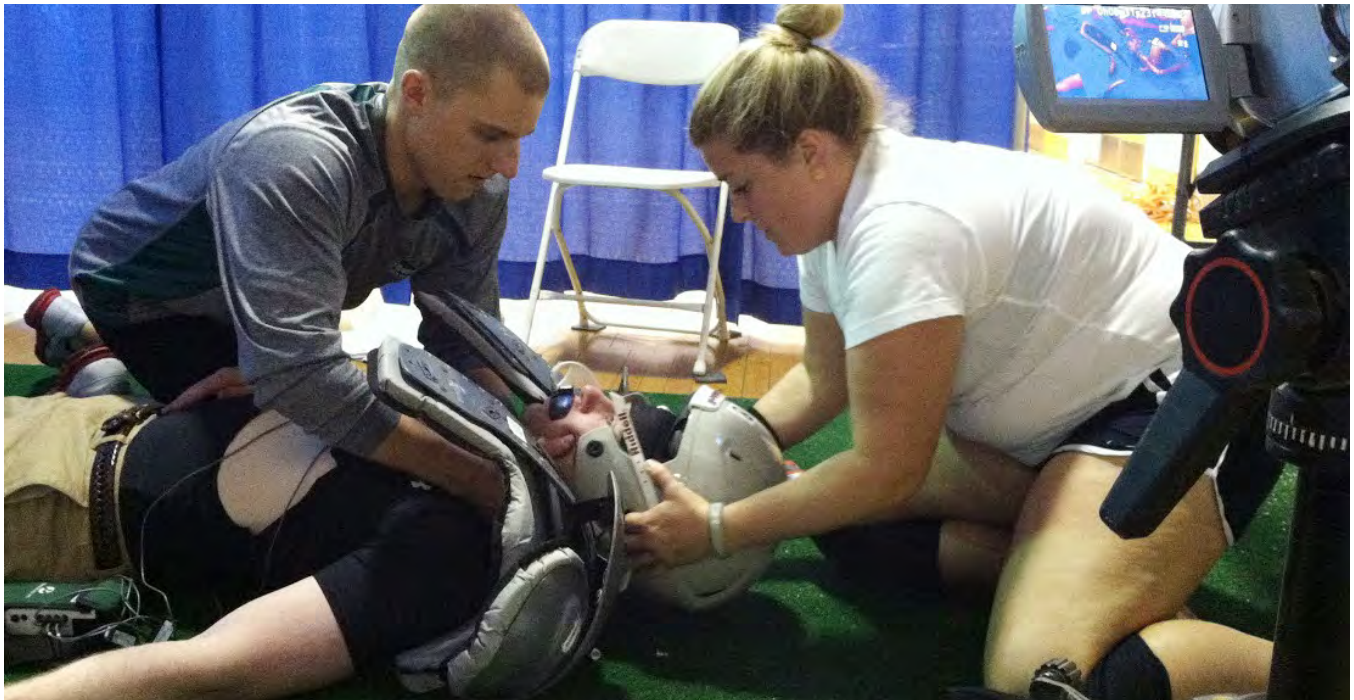
Any athlete suspected of having a spinal injury should not be moved and should be managed as though a spinal injury exists. The athlete's airway, breathing, circulation, neurological status and level of consciousness should all be assessed. During this time, the Emergency Medical Services system should be activated.

Equipment Removal Procedures

Prior to transportation, there are several procedures that need to be achieved. Throughout the entire process of removing equipment, it is very important that neutral alignment of the cervical spine be maintained while allowing as little motion as possible at the head and neck. Whomever, assumes the role of the head is in charge of all the commands throughout the rest of the process.

With an athlete that is laying supine, regardless of respiratory status, the face mask must be removed. With facemask





removal, certain tools may be needed based on the brand or type of athletic gear being used. So it is important prior to the season to make sure you have the correct tools. Also, if the athlete is wearing padding over the chest it needs to be opened to allow access for CPR and defibrillation, if needed. This includes any straps, laces, or the jersey.

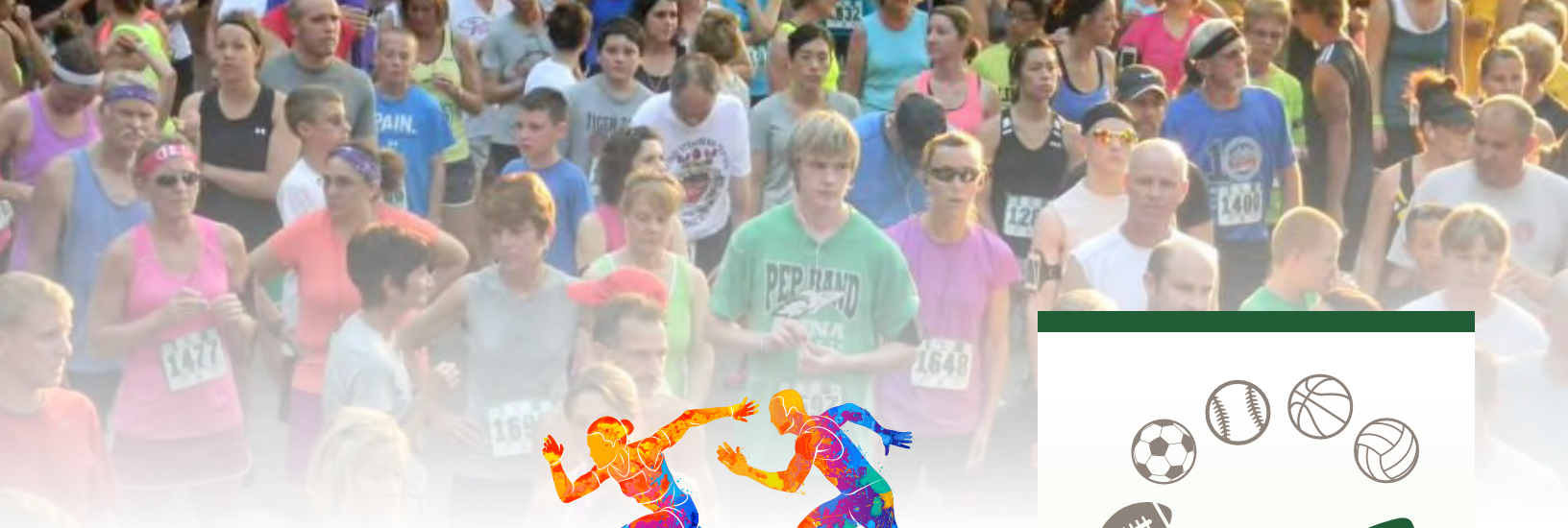
When all airway and chest obstructions have been removed and/or opened, the equipment removal process may continue. At this time the chinstrap must be removed followed by removing the ear pads and any air that may be in the helmet. When this is completed additional assistance from a team physician, coach, or emergency responder is needed. At this time, a second rescuer will straddle the patient and take control of the head by cupping the back of the head underneath the ears holding the head and neck as still as possible. During this time, the 1st rescuer will remove the helmet by laterally expanding the helmet over the ears and rotating the helmet towards the face and away from the crown of the head. After the helmet has been removed, the shoulder pads are then pulled/slid towards the rescuer at the head away from the injured athlete. After completion, the 1st rescuer reassumes his/her positioning at the head to maintain inline stabilization of the cervical spine.

Spine Board Placement

The athlete is now ready to be placed on the spine board for transport. Athletes laying prone that suffer a suspected cervical spine injury will be administered similar care, however, with the joint assistance from coaches, a team physician, or emergency personnel, the athlete will need to be log rolled, while maintaining inline stabilization, to their back to continue the removal process. For how to correctly spine board an athlete, please talk with an athletic trainer, an emergency responder or look for future articles in this newsletter.



All the Wayne Hospital contracted schools practice these techniques with their local EMS. If you or one of your sports programs would like to learn and/or practice these equipment removal techniques, feel free to contact Wayne HealthSports or your school's athletic trainer.



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

For more information, visit DarkeCountyWellnessChallenge.com

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

Visit WayneHealthCare.org for more information about rehabilitation, orthopedic and sports medicine services.

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