



## Leaders in Exceptional Healthcare Solutions

August 2013

# Kids Sports Injuries



Lots of parents have similar questions about their children's sports injuries. Most questions are centered on how they can prevent injuries and secondarily, what to do if their child gets hurt.

Here are the top nine frequently asked questions and some simple answers.

1. How can sports injuries be prevented? Many sports injuries are caused by stress from overuse and from the strains or inflammation around tendon insertions. A few tips to help avoid injuries include:

An athlete should have good nutrition and hydration prior to a practice or a game

An athlete should be well rested and alert.

Most importantly, the athlete should have good pre-season/pre-game training that includes stretching and flexibility skills, strengthening skills for the entire body, balance and coordination skills, plyometric skills and agility skills.

***The greater the intensity of the sport, the more rest is needed.***

2. How many hours a week should young athletes train? This answer is age and sport specific. The greater the intensity of the sport on the muscle and joints, the more rest is needed. Here is a general guideline:

3-4 years old: 30-45 minutes, two times a week (including games)

5-7 years old: 45-60 minutes, two to three times a week (including games)

8-12 years old: one to two hours, three times a week (including games)

13-18 years old: one and a half to two hours, four to five times a week (including games)

Remember that participating in different sports, instead of the same sport year round, will decrease the risk of overuse injuries. It is recommended to vary practices and strength programs to rotate the different muscles throughout the week. In other words, don't just run all the time. Mix in weights, jumping and stretching.

3. What can I do after an injury to decrease the severity of the injury? P-R-I-C-E

The best thing to do after an injury occurs is to ice the injured area 15-20 minutes with elevation and compression. Repeat 15-20 minutes of ice every hour to the injured area. Keep the area protected, elevated and use compression in between icings. This should be continued every hour while awake for 48-72 hours.

4. What can I do for my child who is in pain? Ice like described. OTC pain medication like ibuprofen or Tylenol (if not allergic) 10mg/kg of body weight.

5. When do I apply ice to an injury? When do I apply heat to an injury?

Ice: Ice is applied for the first 48-72 injuries. Use ice when there is swelling or as prevention after a workout or game. It is never recommended to use ice before practice or a game. The numbness from the ice may cause the athlete to injure themselves more.

Heat: Heat is beneficial pre-practice or pre-game to an area that is stiff, as this will warm-up the muscles decreasing the risk of muscle strains. Heat is also beneficial when an athlete has dull/achy pain. Never use heat when swelling is present.

[continue reading Dr. Crane's article](#)

## Meet our Doctors!



[Dr. Crane](#)



[Dr. Stickney](#)



[Dr. Giacalone](#)



[Dr. Karpati](#)



[Dr. Steinke](#)

Foot and Ankle  
Associates of  
North Texas  
Healthy Steps Shoes

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# Smart Feet for Teachers!



August is back to school for Teacher's and their feet! Teachers stand many hours lecturing and wearing improper shoes which make for a hard lesson learned. A current trend on the shoe market is "flexible cushioning". Some of the styles are so flexible; you can actually wring out the shoes like a wet towel. While this may feel great in the store, the lack of support can actually worsen/cause foot issues.

*Improper shoes can make for a hard lesson learned...*

There is however more to a shoe than just cushion. The shoes must also support and structure to help properly align each foot. In some cases, feet may need even more guidance while wearing the shoes. Custom orthotics or an over the counter insert are often worn to help correct/reduce foot issues. Having too flexible of a shoe can actually prevent the orthotic/insert from working properly.

Shoes should have removable liners to adequately house the foot and the orthotic/insert. At our Healthy Steps shoe stores, we offer shoes that will support and provide comfort with style. The staff at Healthy Steps will provide appropriate shoes whether teaching formulas at the blackboard, presenting to an auditorium of students to coaching out on the track.

Styles from Naot, Dansk, Vionic (formerly known as Orthaheel), and Brooks to name a few have been carefully selected with your foot health in mind. Stop in and see our shoes and visit with our staff at Healthy Steps!

## Sweet Treat for Teacher Feet!

Teachers – now through September visit with Healthy Steps and enjoy a 15% discount on your shoe and/or insert or orthotic purchase!



Healthy Steps shoes makes the grade!



Shop our Teacher collection shoes and enjoy a 15 percent discount on your shoes and/or over the counter inserts purchase!



Visit with us for a complimentary gait evaluation, personalized shoe fitting and shop our foot inserts and accessories for the most comfortable feet on campus!



### Healthy Steps Shoe Store

(817) 416-6155 [www.faant.com](http://www.faant.com)

2421 Ira E. Woods Ave., Grapevine Texas 76051 816 Keller Parkway, Keller Texas 76248

A 15 percent discount will be applied at checkout upon showing a valid teachers I.D. card. Valid through September 30, 2013  
Special orders must be prepaid at the time of visit. Not valid for custom items, sale items or combined with other discounts.  
Insurance payment not applicable to this offer.

# Doctor's Orders: Teacher's Shop for Shoes

Teachers, you are on your feet more than most of us! With all the walking, moving and running around during your work day, the best thing you can do for your feet is to put them in quality shoes and if needed, custom orthotics/inserts.



Many insurance plans have a Flexible Spending Account, FSA, or Health Savings Account, HSA. These accounts may help cover shoes and inserts when prescribed by a physician. For example, if your FAANTASTIC FAANT physician orders custom foot orthotics, our business office will contact your insurance carrier to determine coverage according to your benefit plan.

In cases where coverage is applicable, the items are typically covered under your deductible and coinsurance.

Most teachers are on a plan year that begins on September 1<sup>st</sup> and goes through August 31<sup>st</sup>. That means everything you have applied to your deductible for this year will start over on September 1<sup>st</sup>. In addition, if you have a FSA or HSA account, you may need to use up the balance before the plan year ends. This is a great time to pick up your prescribed shoes and/or inserts. Schedule an appointment with [our Grapevine or Keller location](#) so that you can be evaluated for the perfect shoes and/or orthotics!

## Welcome Dr. Stickney!!!



Dr. Nathan Stickney obtained his Doctor of Podiatric Medicine from William Scholl College of Podiatric Medicine in Chicago, IL. He then returned closer to home to complete his three year surgical residency at JPS Hospital in Fort Worth, Texas.

In his surgical residency he trained at a level one trauma center specializing in trauma, reconstructive forefoot/rear foot surgery and diabetic limb salvage.

Dr. Stickney is an avid sports fan who enjoys playing golf, basketball, and running or attending any sporting event he can. He is an associate member of the American College of Foot and Ankle Surgeons and is board qualified in foot and ankle reconstructive surgery. He also enjoys spending outdoors with his Greater Swiss Mountain dog, Stella.



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*"If you become discouraged, think of Helen Keller, who, though she was deaf and blind, inspired others through her books."*  
Napoleon Hill Foundation