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Learning proper ways to treat injuries

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Staff

Coaches' Symposium addresses how to develop better conditioning

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It's not all about wins and losses for area high school coaches.

And it's not all about treating an athlete after an injury occurs for the Premier Medical Group.

For both its:

A.) Assuring student-athletes stay healthy enough to participate through preventive measures.

B.) While knowing what kinds of injuries are prevalent to certain sports and ...

C.) Should the athletes get hurt, knowing the best ways to keep the injuries from getting worse and healing properly.

That's what over 90 area high school coaches learned Tuesday at Rossview High through the Coaches' Symposium 2006, a joint venture between Premier Medical, the Clarksville-Montgomery County School System, and a few private schools.

The Coaches' Symposium went over a number of topics, including emergency medical situations, communicable infections, athletic knee and shoulder injuries, common foot injuries and proper footwear, fitness programming for athletes, athletes and nutrition and CMCSS procedural requirements.

It's the second year of the symposium.

"When I first got here we had a mismatch between the community and the caregivers," said Dr. Bill Beauchamp, a board certified orthopedic surgeon, who was one of the presenters. "We found a lot of the coaches didn't feel the support of both the physical therapy element and the doctors.

"And we've found more and more in this country that a lot of people can play sports, but that the fitness level wasn't there.

"Additionally, we're having an increasing number of injuries as more people are involved in sports. As we push more people to get more nutritionally and fitness conscious, we have the weekend warriors, who try to achieve those levels. But we also have our kids who are athletic.

"Many of the injuries that have been taken care of by primary specialist in Nashville and other places, we felt we could do the same here."

Beauchamp continued by saying Premier Medical Group is trying to increase the accessibility of trainers by getting them into schools more often, so they can work one-on-one, and so coaches can feel more comfortable when they have to call a doctor to ensure injuries are taken care of quickly and properly.

"We always have to deal with injury problems," Northwest girls basketball and track coach Ben Wallace said. "And anything we can do to minimize them and minimize the impact when you do have an injury is always good."

Said Rossview girls basketball coach Johnny Jackson: "It's a good thing because you can get a bunch of professionals in here who give us hints on how to work out and take care of our athletes, and get the maximum amount out of their abilities."

One particular aspect of the symposium, Fitness Programming for Athletes, dealt with building endurance and speed development, warm-ups and post workouts, and functional exercises for athletes.

"The most important thing (was teaching) the progression of exercises, where to start and where to take the kids to," said Tonia Panier, President and personal trainer for Lifetime Fitness.

"We mostly focus on safe progression, so you can prevent injury."

Said Kenwood volleyball coach Mike Griggs: "They give out good information. I really enjoyed the session Tonia did on injury prevention and strength training, and those things with athletes. I was really able to gain some valuable information."

But the goal of everyone involved was to make sure all student-athletes are healthy and stay healthy enough to participate in the sports they love.

"That should be our main concern and focus: the student-athlete's safety," Montgomery Central girls basketball coach Connie Jackson said. "Sometimes it does take sitting them down and telling them they can't do that.

"It's not always the popular thing to do. But as coaches, it's our job to think about their safety and welfare, not only now, but in their future."

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Photo caption:

Dr. Bill Beauchamp, Premier Medical Orthopedic surgeon talks to Rossview High coach John Jackson and Northwest High coach Ben Wallace during a coaches' symposium at Rossview Tuesday. Greg Williamson/The Leaf-Chronicle

