



My Shins Hurt: by Christy Hahn ATC/LAT, CSCS

Whether you're running after a soccer ball, jogging around the neighborhood or training for a track meet, you're at risk for a common running-related injury called "shin splints." The medical term for the most common form of this condition is Medial Tibial Stress Syndrome (MTSS), and it is an overuse injury. The pain associated with MTSS is the result of fatigue and trauma to the muscle's tendons where they attach themselves to the tibia, the larger bone in the lower leg.

Symptoms: MTSS causes an aching or burning pain in the front or inside portion of the lower leg. Some people feel it only during exercise; others when they've stopped exercising. The pain can be constant, and the area may be painful to the touch. It is possible to experience mild swelling as well. MTSS discomfort is often described as dull at first. However, with continuing exercise the pain can become so extreme as to cause the athlete to stop workouts altogether.

Causes: "Shin splints" are not really a single medical condition. Instead, they're just a symptom of an underlying problem. They might be caused by: Overpronation or "flat feet", Poor running mechanics, Tight, stiff muscles in the lower leg, Exercising on hard surfaces (like concrete) or constantly changing surfaces, Exercising on uneven ground, Excessive uphill or downhill running, Beginning an exercise program after a long lay-off period, Increasing exercise intensity or duration too quickly, and Exercising in worn out or ill-fitting shoes.

Treatment:

Rest: Avoid activities that cause pain, swelling, or discomfort

Ice: Apply ice to the affected shin for 20 min on/40 min off intervals, 4-8 times per day for several days

Medication: Over-the-counter pain reliever such as Ibuprofen, Naproxen or Acetaminophen to reduce pain

Footwear: Wear proper shoes that are suited to your foot type, your stride, and your sport

Arch Support: Can help cushion and disperse stress on the lower leg

Physical Therapy: To increase lower leg range of motion and strengthen the muscles

It's also important to resume your usual activities gradually. If your shin isn't healed completely, returning to usual activities may only cause continued pain. It's also important to note that prevention, rather than cure, should always be your first aim!

When to see a medical professional: If rest, ice and over-the-counter pain relievers don't ease your shin pain. Seek prompt medical care if: Severe pain in your shin follows a fall or accident, Your shin is hot and inflamed, Swelling in your shin seems to be getting worse, or Shin pain persists during rest.

Anaphylaxis—Its Life Threatening by: Carrie Ottopal ATC/LAT

Anaphylaxis refers to a rapidly developing and serious allergic reaction that affects a number of different areas of the body at one time. Severe anaphylactic reactions can be fatal. Most people experience allergy symptoms only as a minor annoyance. However, a small number of people are susceptible to a reaction that can lead to shock or even death.

Anaphylaxis is often triggered by substances that are injected or ingested and thereby gain access into the blood stream. An explosive reaction involving the skin, lungs, nose, throat, and gastrointestinal tract can then result. Although severe cases of anaphylaxis can occur within seconds or minutes of exposure and be fatal if untreated, many reactions are milder and can be ended with prompt medical therapy.

Respiratory symptoms are the most common complaints presenting as shortness of breath, difficulty breathing, or tightness in the throat and chest. Patient may complain of a lump in their throat. These signs and symptoms are often due to the upper airway swelling in the laryngeal and epiglottic areas.

The lower airway bronchoconstricts and increased secretions may result in wheezes and crackles. The patient may cough or sneeze as the body tries to clear the airway. These symptoms may progress slow or fast. The anaphylactic process must be stopped as rapidly as possible.

If the signs and symptoms of an anaphylaxis allergic response are present, initiate **calling 9-1-1** or your local emergency number immediately. Administration of the patient's epinephrine with an auto injector (**EpiPen**) should be a priority if available. This involves stabilizing the patient's leg, pushing the auto injector firmly against the thigh, and holding it in place until all of the medication is injected.

Treatment administered by the patient or first responders can include using the patient's **EpiPen**, taking diphenhydramine (**Benadryl**) or using the patient's inhaler with a beta agonist (albuterol or metaproterenol) or aerosolized epinephrine (Primatene mist or racemic epinephrine). Notify paramedics what treatments were given, at what time, and the patient's response to those treatments.

Remove the offending agent (antigen) if possible. For example, if the patient is allergic to peanuts and is being exposed to peanuts through inspiration, remove the patient from that space. If the patient is allergic to bee stings and a stinger is still in place, remove the stinger.

Remember to scrape the stinger off to prevent pinching or squeezing more venom into the patient.

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5 Tips to Gain Muscle for Both Genders!

by Dawn Weatherwax-Fall RD, CSSD, LD, ATC, CSCS

Having enough muscle is important for health and performance. After age 30 both men and women will lose 1-2 pounds of muscle a year if they don't maintain it!!!! Each pound of muscle burns anywhere from 50-80 calories a day! Most people do not lift weights or partake in any activity that maintains their current lean weight status. If you are limited with time you only have to commit to a 30-40 min overall body resistant workout to maintain your current status. Whether you are an athlete who wants to gain lean weight or someone who is trying to get your old body shape back these nutrition tips will help you be more effective!

1. Eat within an hour you wake up in the morning
2. Eat every 2-4 hours
3. Eat 14-30grams of protein every 2-4 hours (females 14-24g/males 20-30g)
4. Eat at least 6-10grams of protein and 30-60grams of carbohydrates within 30 minutes of a hard weight training session
5. Drink at least half your weight in non caloric fluid ounces a day

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Best management of anaphylaxis is **prevention** and self preservation. Explore ideas on how to avoid the antigen (offending agent).

*Notify coaches, athletic trainers, and "traveling" team mothers of the allergy

*Wear identification tags or bracelets (in case unable to communicate in emergency)

* Carry an anaphylaxis kit (make sure patient, coaches, athletic trainer, and "traveling" team mom's know that you have it and how to use the kit)

*Report the symptoms early (reactions can occur more rapidly and with greater severity with repeated exposures)

Facts: Can become fatal. Usually within 2-10 minutes response becomes life threatening.

Signs and Symptoms:

Skin: Urticaria (Hives); cutaneous flushing (rash); pruritis (itching); swollen, red eyes

Respiratory: sneezing; coughing; angioedema (upper airway begins to constrict); bronchoconstriction (lower airway begins to constrict)

Cardiovascular: vasodilation/hypotension (fluid leaks out of the system); increased heart rate; swelling

Gastrointestinal: Abdominal pain; nausea; diarrhea, vomiting

Central Nervous System: Headache; confusion; anxiety; dizziness

Meet a Staff Member



Amber Gerken, MPH, ATC, LAT

Amber is our outreach ATC for The Summit Country Day School. She is an American Red Cross CPR/AED/First Aid Instructor. Holds a BS in Education with emphasis in Athletic Training from Miami University, and a BS in Health and Sports Studies emphasis in Health Promotion and Education from Miami University, as well as a Masters of Public Health from the Northwest Ohio Consortium for Public Health (University of Toledo, Bowling Green State University, and Medical College of Ohio). She is a member of NATA, GLATA, OATA, and GCATA.

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