

TIP OF THE MONTH

Athletes Should Avoid Overtraining

During Athletic Training Month (ATC Month), we wanted to highlight one of the things that ATCs deal with on an on-going basis – overtraining. Maintaining a rigorous workout schedule without allowing enough time for the body to recover often leads to what is known as overtraining. Not only



is an athlete at a higher risk for injury, but overtraining can manifest itself in several other ways. Common causes of overtraining include a sudden increase in exercise frequency, increased intensity or duration of training sessions, not allowing your body adequate recovery, and the length of time you have been training. If you start to feel unmotivated, have pain that won't go away, and stop seeing performance improvements, chances are you are overtraining.

To help athletes rest properly, we've compiled a few tips:

- 1. Stretch:** When athletes perform the same movements over and over again, it can tighten the muscles and ultimately lead to an injury. By performing regular stretching routines, you can keep your muscles flexible, decompress the joints and help improve recovery times. Delavier's Stretching Anatomy, Frederic Delavier, Jean-Pierre Clemencau, Michael Gundill - 2012
- 2. Injury Maintenance:** Athletes should use rest days to care for any injuries. Ice, heat, or compression can be applied to facilitate healing. Injuries heal better the faster they are treated. If you are considering a visit to a doctor or physical therapist, don't wait. If an injury heals incorrectly, it can lead to re-injuries or more injuries from overcompensation later.
- 3. Get More Sleep:** Most people need 7-9 hours of sleep, but athletes could do with more. A research study that came out of the Stanford Sleep Disorders Clinic and Research Laboratory recognized that "sleep is a significant factor in achieving peak athletic performance." When we sleep, growth hormones are released that manage muscle growth, repair bone building and fat burning. C. Mah. Study Shows Sleep Extension Improves Athletic Performance and Mood. Annual Meeting of the Associated Professional Sleep Societies. June 8, 2009.
- 4. Hydrate:** Make sure you hydrate well even on your off days. Water helps with more efficient nutrient uptake and aids in faster recovery times.
- 5. Healthy Diet:** Proper nutrition during recovery helps the body to heal. Focusing on complex carbs, healthy fats and protein can go a long way in preparing the body for its next workout.

Athletes need to take the time for the body to recover. More information about the main kinds of sports injuries can be found [here](#). For help with customized stretching routines or injury maintenance, our licensed staff can help develop a program that's right for you. Experienced in all athletic and performance levels, we can get you on the right track.

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



"No matter what accomplishments you make, somebody helps you"

— Althea Gibson

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

Easy Tortilla Pizza

Looking for a tasty weeknight meal that takes no time at all? These tortilla pizzas are easy quick and takes less than half an hour.



Ingredients:

- Tortillas of choice
- Pizza sauce
- Mozzarella cheese
- Toppings of Choice

Some of our favorites combo's:

- pepperoni, green olives, artichokes
- thinly sliced tomatoes, pesto, basil
- ground beef, cheddar cheese, ranch for dipping

Directions:

- Preheat the oven to 350°
- Put the tortillas on the pan about 1 inch apart
- Top with sauce, cheese and desired toppings
- Bake for 8-10 minutes or until the cheese is melted and enjoy!



PT&Me Featured Article: [What is an Athletic Trainer?](#)

Athletic trainers hold at least a four year degree from a BOC (Board of Certification) accredited institution. They are licensed, certified health professionals working with athletes on and off the field. [more](#)