

INJURIES

As with any sport, pain and injury may be a part of the track season – unfortunately. When you experience pain, and/or an injury, there are procedures in place which are designed to get you back to pain free, best effort performance as quickly as possible.

We have a full time certified Athletic Trainer, Melissa Brusnahan, who has a wealth of knowledge and experience dealing specifically with sports related injuries.

Knowing the difference between pain and an injury may help speed up the process of getting you back to 100 percent. Pain is not necessarily caused by an injury, you may be experiencing pain as a result of sore muscles or joints. Seeing the trainer may not be necessary. If the pain persists and worsens, you may have sustained an injury. At that point, seeing Melissa as soon as you can is the best thing to do.

PAIN:

- Most common causes of pain in track athletes: shin splints, sore knees, sore muscles in legs
- Ice the area, muscle, or joint that is sore
- Rest the sore area, muscle, or joint when you are not practicing – at the least, don't do other activities that will irritate the soreness
- If the pain doesn't go away in a few days, see the trainer
- THE BEST DEFENSE AGAINST PAIN AND INJURY IS PRE-SEASON CONDITIONING – working out physically to get into shape before the heavy workouts begin once the season starts
- Proper footwear will help immensely. If you are looking to buy shoes for track, go to a store that specializes in athletic footwear and tell them that you are a track athlete and tell them what events you do. They will evaluate the way you walk/run and give you suggestions on which shoes will fit you best.

INJURY:

- If what you are experiencing is an obvious injury or the pain has not gone away or has markedly increased, see Melissa.
- DO NOT GO TO SEE MELISSA RIGHT AFTER SCHOOL – she and her staff will be busy getting athletes ready for practice.
- STOP DOWN AND TALK TO MELISSA DURING A STUDY HALL AND MAKE AN APPOINTMENT TO HAVE HER EVALUATE YOUR CONDITION.
- At the time of the evaluation, Melissa will determine:
 - If you need to be referred to a doctor for further evaluation and treatment
 - What course of treatment we can do for you here to get you back to 100 percent as quickly as possible
- Melissa will fill out a report form with copies going to both your parents and your coaches

SHIN SPLINTS

Shin splints is the common name for a condition in which tissue between the calf muscle and the tibia is inflamed and causes sharp pains along either the front or the inside back edge of the tibia. There is no immediate cure for shin splints – you have to live with some pain. If you are experiencing shin splints, let your coach know and ice it every night. The pain should subside within a couple of weeks.

**MISSING PRACTICE
BECAUSE OF AN
INJURY IS NOT
EXCUSED UNLESS
OK'D BY MELISSA AND
THE COACH(ES)**