Newsletter of AthletiCare™ Sports Medicine program at St. John's Hospital and St. Francis Hospital

March 2013

AthletiCare celebrates 15 years of growing and serving

Launched in 1998 as the sports medicine program of St. John's Hospital,
AthletiCare™ provides area athletes and active individuals with injury care,
sport specific training, fitness and performance enhancement, injury prevention
and rehabilitation services all in the same facility. AthletiCare continues to lead
the way with the most comprehensive sports medicine services available.

Our Story

In February 1998, the first AthletiCare clinic opened at 2305 West Monroe with two physicians, one athletic trainer and three physical therapists. Within a year, another athletic trainer and physical therapist were added.

In 1999, AthletiCare secured the nationally acclaimed Acceleration franchise, a customized sports enhancement and training program.

Exercise physiology and exercise science professionals were added. Amanda Meyer currently serves as the facilitator for the Acceleration program.

With the expansion of services, AthletiCare quickly outgrew its location and in 2001 moved to its current location at 3631 South Sixth Street (in the FitClub South building). This fullservice facility offers physician clinics, physical and occupational therapy, warm water pool therapy and Acceleration services.

In 2006, AthletiCare's current director, Diane Pugh, was hired, and in 2007, Benjamin McLain, outpatient manager joined our team. Under their leadership, AthletiCare continues to grow and expand in specialty services and locations. We now offer specialized services for lymphedema, pelvic pain and incontinence, therapy for balance and coordination disorders and hand/upper extremity therapy.

To better service the community, AthletiCare expanded its locations to Deca-

tur (St. Mary's Hospital) in 2008, Rochester in 2010, Litchfield (St. Francis) in 2011 and, in 2012, AthletiCare opened the first facility of its kind in the country with a clinic on the campus of Sacred Heart-Griffin High School (SHG). This facility offers services to the entire community in addition to the students of SHG. Onsite services include physician clinics, X-ray and physical therapy services. We also provide our educational programming for students interested in health-related professions and have partnered with other members of the community by developing individualized school programs.

Sportsmetrics™, a research-based knee and ACL injury prevention program from Cincinnati Sports Medicine, was first offered locally by AthletiCare in 1999. AthletiCare became a certified site and has since helped hundreds of athletes improve their jumping and landing skills and decrease injury rates. This program complements the research and many other injury prevention programs available through AthletiCare.

Runner's Clinic began in 2003. With the addition of motion analysis and high speed video, running form is analyzed and a thorough assessment provided. In addition, maximum oxygen consumption testing and other comprehensive fitness testing has been added.

AthletiCare offers school outreach services through athletic trainers who provide injury prevention and evaluation. These services have expanded over the years to include six full-time and several part-time athletic trainers all providing game coverage, prevention programs and athlete/community education to area high schools, colleges,

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Diane Hillard-Sembell, MD, with assistance from Athletic Trainer Pete Stoll, casts a patient's leg at the then recently opened AthletiCare facility in December 1998.

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universities and semi-pro sports teams. Pete Stoll serves as facilitator of athletic training services and was one of our founding staff members.

Physician services at AthletiCare provide state-of-the-art management of sports injuries. AthletiCare is the only area sports medicine clinic with three physicians with sports medicine fellowships and who are board-certified in sports medicine. Diane Hillard-Sembell, MD, a founding physicians of AthletiCare, is an orthopedic knee and sports medicine specialist. She serves as medical director.

Brett Western, MD, joined AthletiCare in 2002 and is a primary care sports medicine physician who directs the Runner's Clinic. Rishi Sharma, MD, joined in 2009 and is a primary care sports medicine physician. He specializes in muscle and joint injuries and musculoskeletal ultrasound.

In 2012, the addition of Therese Laughlin, DPM, and John Fleischli, DPM, both podiatrists with special interests in sports medicine, further enhanced the services offered. Podiatry services are available at both the Rehab South and SHG locations.

With the opening of the SHG location, we were pleased to add Christopher Wottowa, MD, as an upper extremity specialist with an interest in sports medicine.

AthletiCare continues to grow and expand its services and over the years has helped thousands of athletes from all skill levels, from little league to professional to the recreational athlete make a healthy return to their game and improve overall performance. We are proud to be a valuable asset to the Springfield and Central Illinois community. Fifteen years and growing, we continue to encourage healthy competition.

If you are interested in more information about any of our services, call 744-7529 (PLAY) or visit athleticare. com.

Diagnosing & treating pelvic pain

By: Julie Peacock, DPT, AthletiCare™

Chronic pelvic pain is defined as pain in the lower abdominal or pelvic region, anything below the belly button, lasting longer than six months. Pelvic pain can be constant or intermittent, sharp or dull. Pain can occur with normal every day activity, intercourse, urination, having a bowel movement or for no apparent reason. The pain can be debilitating, causing patients to miss work and even withdraw from friends and family.

Pelvic pain includes many different diagnoses including, but not limited to: endometriosis, constipation, irritable bowel syndrome, interstitial cystitis, vulvodynia, vaginismus, testicular or penile pain, prostatitis, pelvic floor tension myalgia or pelvic floor dysfunction. Usually chronic pelvic pain is combination of these diagnoses.

Pain may start from an acute inflammatory process and, over time, affect the musculoskeletal system. Through postural changes and guarding, we develop tight tense muscles and trigger points deep in the pelvis, abdomen and hips. The pain becomes intense lasting months which fuels anxiety and depression. Before long, a simple pain has evolved into a vicious cycle affecting organ, muscle and nerve. The acute process that started the pelvic pain in the beginning may no longer be the issue,

or it may continue to come and go.

According to the International Pelvic Pain Society, research shows 61 percent of chronic pelvic pain remains incompletely or inaccurately diagnosed. The complexity of the pain and location unfortunately make the diagnos difficult and time consuming. The origin of the pain may be masked by other pain or may even be gone by the time the patient seeks medical testing.

Much like the disorder itself, treatment of chronic pelvic pain can be complex. There are several treatment options which are sometimes done in conjunction with one another. Treatment options include pain medications, injections, surgery, counseling and physical therapy.

Physical therapists specially trained in treating the pelvic floor use manual skills, exercise and sometimes electrical muscle stimulation to treat this disorder. Therapy works by correcting postural mal-alignment, relieving trigger points, stretching tight muscles, strengthening weak muscles and relaxing abnormally tense muscles of the pelvis, abdomen and hips. The goal of physical therapy is to restore the normal musculoskeletal balance and educate on ways to maintain that balance should the stress or acute process returns.



Julie Peacock, PT, DPT, BCB-PMD

Julie Peacock is a physical therapist at the outpatient clinic at St. John's Rehab South. She treats a variety of musculoskeletal and neurological conditions, but her focus is on pelvic floor dysfunction in men and women of all age groups. She joined the rehab team in April 2012.

Julie received her bachelor's in exercise science and athletic training from Illinois State University in 1996. With a desire to see a more diverse population than injured athletes, she continued her education at Des Moines University and completed her master's degree in physical therapy in 2000. She earned a doctorate in physical therapy in 2006.

Julie has taken extensive continuing education course work in pelvic floor dysfunction and pre/post natal musculoskeletal dysfunction. In 2008, she became certified by the Biofeedback Certification International Alliance in pelvic muscle dysfunction.

Coping With Injuries:

The Psychology of Recovery and Rehab

By: Keri Snyder, MS, ATC, PES, AthletiCare™

Coping with a sports injury requires both physical and psychological rehab. Sports injury recovery typically focuses on physical rehab, but it also is important to include sports psychology skills and techniques to help an athlete recover faster and learn to use physical setbacks to become a more confident and resilient athlete.

For the majority of athletes, injury produces an immediate imbalance in life. The impact of injury is far more than physical; it can jeopardize an athlete's confidence, self-esteem and sense of identity. Some negative psychological effect of injury include stress and anxiety, anger, treatment compliance problems, depression, problems with concentration and attention or exercise addiction. As advances in medicine reduce the time required for physical healing, it becomes increasingly important that athletes address the mental aspects of injury rehabilitation.

Here are some sports psychology strategies you can use for faster injury recovery.

Learn About Your Injury

Learn as much as possible about the cause, treatment and prevention of your injury. Not fully understanding an injury can cause fear or anxiety. Ask your doctor, athletic trainer, coach or therapist questions until you know exactly what you can do to heal quickly and fully. By understanding the injury and knowing what to expect during the rehabilitation process, you will feel less anxiety and a greater sense of control.

Maintain a Positive Attitude

To heal quickly, you need to be committed to overcoming your injury by showing up for treatments, working hard and listening and doing what your doctor, therapist and/ or athletic trainer recommend. You also need to monitor what you are thinking and saying to yourself regarding the injury and the rehab process. Your self-talk is important. Are your thoughts negative and self-defeating? To get the most out of your daily rehab, you need to work hard and maintain a positive attitude. Remain focused on what you need to do.

Get Support

A common response after an injury is to isolate yourself from teammates, coaches and friends. It is important to maintain contact with others as you recover. Your teammates, friends and coach can listen when you need to vent some anger or can offer advice or encouragement during the rehab process. Just knowing you don't have to face the injury alone can be a tremendous comfort. So, go to practice; remain around the locker room and the weight room. Be visible by being an active member of the team.

Set Appropriate Goals

Just because you are injured doesn't mean you stop planning or setting goals. Rather than viewing the injury as a crisis, make it another training challenge. Your goals will now focus on recovery rather than performance. This will help keep you motivated. By monitoring your goals, you will also be able to notice small improvements in the rehab of your injury. You will feel more confident that you are getting better and improving.

Most athletes have a tendency to try to speed-up the recovery by doing too much too soon. It is important to accept that you are injured and know your limits.



Keri Snyder, MS, ATC, PES

Keri Snyder recieved a bachelors in physical education/athletic training in 1998 and a masters in physical education/ sport studies with an emphasis in Sport Psychology in 2001 from Southern Illinois University at Carbondale.

Before coming to AthletiCare in 2007, Keri worked as a senior faculty member, clinical coordinator and athletic trainer at Culver-Stockton College in Canton, MO.

Keri is currently studying for the CES (Corrective Exercise Specialist) certification from the National Academy of Sports Medicine.

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