

UNITED STATES
MILITARY
ACADEMY PREP
SCHOOL
FT. MONMOUTH,
NJ 07703

USMAPS

Athletic Training Staff:

Tim Hansen, MS, ATC

Head Athletic Trainer

(732) 532-5356

Jason Asdourian, MS, ATC

Assistant Athletic Trainer

(732) 532-5468

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Sports Medicine Newsletter



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Introduction

Welcome to the first issue of our new Sports Medicine Newsletter. Our goal is to provide the cadet candidate with timely and pertinent information in the areas of injury care, injury prevention, current health topics, and nutrition. I welcome any questions or comments that you may have and look forward to assisting you during your time at USMAPS.

Tim Hansen

Current News

Study: Steroids found in Supplements From USA TODAY, by A.J. Perez

Pro and amateur athletes and weekend warriors who consume supplements to get in shape or stay there might be getting more than what they paid for — such as small amounts of steroids and illegal stimulants including ephedrine.

A study scheduled to be released Wednesday and obtained by USA TODAY reports that 13 of the 52 supplements (25%) purchased at various U.S. retailers contained small amounts of steroids and six (11.5%) had banned stimulants.

The study was overseen by Informed-Choice, a non-profit coalition of dietary supplement manufacturers. Testing was conducted by HFL, a lab located in England.

"We were very surprised by these results," said Dave Hall, CEO of HFL.

A study by the International Olympic Committee conducted from 2000 to 2002 showed 18.8% of the 240 supplements

purchased in the USA contained steroids.

Officials from Informed-Choice and HFL declined to reveal which supplements were tested or where they were purchased, but Hall said some of best-selling brands were randomly selected, mostly from mail-based stores. "We didn't go after products that appeared to be dubious," Hall said. "We wanted to test products that were standard and mainstream, something a high school kid would be attracted to."

John Barnes, the football coach at Los Alamitos (Calif.) High, was alarmed at the results.

"It's not good if a kid can find these things in a health-food store," he said. "As a father and a coach, you think anything they'd find there would be perfectly fine, and then you find out that it's banned. This is something I'm going to start talking to my players about right away."

Of the 10 categories of supple-

ments tested, testosterone boosters were flagged the most often. Six of the nine boosters contained androstenedione, a steroid precursor used by Mark McGwire en route to setting the single-season home run mark in 1998. Andro was made illegal nearly three years ago.

Kelly Hoffman, executive director of Informed-Choice, said most banned substances are finding their way into products inadvertently — for instance, when manufacturers fail to properly clean equipment. She said raw materials imported from Asia, India and Eastern Europe also can be contaminated.

The Food and Drug Administration is taking on a more active role in policing supplements, including taking reports of adverse effects of the products starting Dec. 22.

USMAPS Position Statement on Dietary Supplements

Many nutritional/dietary supplements contain NCAA banned substances. In addition, the U.S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore purity and safety of nutritional supplements cannot be guaranteed. Impure supplements may lead to a positive NCAA drug test or US Army drug test. Cadet-Candidate Athletes assume the risk that supplement products may be mislabeled or contaminated with an undisclosed banned

substance. Ultimately, student athletes are responsible for any substance they put in their body. **Therefore, the use of supplements is at the cadet candidate's own risk.**

The NCAA emphasizes that all student athletes are responsible for reading a product's label and consulting with the appropriate sports medicine staff representative to determine whether the product's ingredients include an NCAA banned substance

on the label. USMAPS athletic trainers are available to be used as a resource for questions regarding banned substances and medication.



Avoid Getting Sick... Wash Your Hands!

We are in the midst of cold and flu season. Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. It is best to wash your hands with soap and clean running water for 20 seconds. However, if soap and clean water are not available, use an alcohol-based product to clean your hands.

Alcohol-based hand rubs significantly reduce the number of germs on skin and are fast acting.

When washing your hands with water:

- Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 20 seconds. Need a timer? Imagine singing

"Happy Birthday" twice through to a friend!

- Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.

When using an alcohol-based hand sanitizer:

- Apply product to the palm of one hand
- Rub hands together
- Rub the product over all surfaces of hands and fingers until hands are dry.

When should you wash your hands:

- Before and after tending to someone who is sick
- After blowing your nose, coughing, or sneezing
- After handling an animal or animal waste
- After handling garbage
- Before and after treating a cut or wound



Proper hand washing should take about 20 seconds.

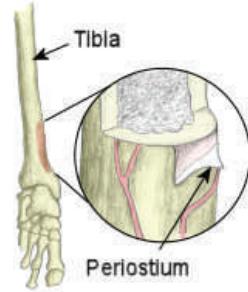
"The use of dietary supplements are done so at your own risk"

Preventing Shin Splints—By Tim Hansen

Shin splints -- or Medial Tibial Stress Syndrome -- are characterized by pain along the inside (medial) distal 1/3 of the shin (tibia).

Causes include:

- Poorly fitting or deteriorating footwear
- Sudden change in training (e.g., increasing speed and/or distance, change in running surface, adding hills)
- Lack of proper stretching or general lack of flexibility around the ankle
- Poor running form
- Muscular weakness or imbalance



To prevent shin splints:

- Avoid sudden changes to your training program. When making changes, make slow gradual changes allowing your body to adapt to the change. When adding distance, stick to the 10% rule: only increase your distance by 10%, or even less, each week with consistent training.
- Take proper care of your running shoes. Try not to wear your running shoes for other sports and activities. Store your shoes in a dry area. Look for uneven wear patterns on the soles of your shoes. This may indicate the shoes do not fit you properly, taking into consideration foot type and running form. If you keep a training log, once you hit roughly 350 miles on one pair of shoes, begin considering a new pair. Pay attention to the insole. Is it permanently depressed? If so, it might be time for a new pair since the insert and midsole have lost a good deal of their compressibility.
- Adequately stretch each time you exercise. Warm up first, prior to stretching. Do not bounce while you stretch -- it can actually cause muscle damage. When you feel the gentle pull in the muscle, hold it for at least 30 seconds (or hold it 2 times for 15 seconds each).
- Perform lower leg strengthening exercises. Ways you can do this on your own include:
 1. Perform 30 ankle circles—clockwise/counter-clockwise
 2. Draw the alphabet with your toes

To increase the amount of training per week, try cross-training.

Spend a day training on a bike or an elliptical trainer. Various training modes will build variable strength in your legs and give the joints a day off from the pounding.



UNITED STATES
MILITARY
ACADEMY PREP
SCHOOL
FT. MONMOUTH, NJ
07703

Phone: 732-532-5356
E-mail: tim.hansen@usma.edu

We are on the Web:
Www.usma.edu/usmaps

Mission Statement:

The mission of the United States Military Academy Preparatory School Athletic Training Staff is to provide quality medical care to the cadet candidate battalion. This will encompass timely injury evaluation and assessment, injury prevention through education and risk management, and rehabilitation services with the goal of physically preparing the cadet candidates for acceptance to the United States Military Academy at West Point.



Go ARMY!