

BACK TO

School

THE

HEALTHY

WAY

PROTECT



SAFETY



HYDRATE



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**ATHLETICO**

PHYSICAL THERAPY

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AS KIDS GET READY TO HEAD BACK TO SCHOOL THIS YEAR, MANY WILL LOAD UP BACKPACKS, JOIN SCHOOL SPORTS TEAMS AND ENGAGE IN NEW ACTIVITIES AFTER MONTHS OF SUMMER VACATION, MAKING THEM MORE PRONE TO INJURY. THE PHYSICAL THERAPISTS WITH ATHLETICO OFFER THE FOLLOWING TIPS TO HELP KEEP KIDS SAFE AND HEALTHY THIS SCHOOL SEASON.

## HEALTHY TIPS

### BACKPACKS

WHILE BACKPACKS ARE OFTEN CONSIDERED A FASHION STATEMENT, STUDENTS NEED TO MAKE SURE THAT THEIR BACKPACK MAKES THE GRADE BY:

- >> WEARING BOTH STRAPS. USING ONE STRAP CAUSES ONE SIDE OF THE BODY TO BEAR THE WEIGHT OF THE BACKPACK, CAUSING STRAIN ON THE BACK.
- >> CARRYING ONLY WHAT THEY NEED. STUDENTS SHOULD ONLY CARRY UP TO 15% OF THEIR BODY WEIGHT.
- >> LOADING IT CORRECTLY. PUT THE HEAVIEST ITEMS CLOSEST TO THE BACK AND ARRANGE THEM SO THEY WON'T SLIDE.



WRONG  
STRAP ON ONLY ONE SHOULDER



CORRECT  
PLACED 2IN BELOW THE  
SHOULDERS AND AT OR  
ABOVE THE WAIST



WRONG  
LOAD TOO HEAVY



CORRECT  
LOAD NO MORE THAN 10-15%  
OF BODY WEIGHT

### CONCUSSIONS

STARTING THE SCHOOL YEAR MAY MEAN JOINING THE STARTING LINE. EVERY COACH, PARENT AND ATHLETE SHOULD KNOW THE FACTS ABOUT HEAD INJURIES AND WHAT TO DO INCLUDING:

- >> SEEING A MEDICAL PROFESSIONAL FOR ANY HEAD INJURY. THERE IS NO SUCH THING AS A MINOR INCIDENT. ATHLETICO'S ATHLETIC TRAINERS ARE SPECIALISTS WHEN IT COMES TO CONCUSSIONS, TRAINED ON THE LATEST CONCUSSION EVALUATION TESTS AND RETURN-TO-PLAY GUIDELINES.
- >> BEING AWARE OF, SYMPTOMS, WHICH ARE NOT ALWAYS APPARENT. THEY CAN BE AS SUBTLE AS A HEADACHE OR FEELING SLUGGISH, NOT JUST THE TELLTALE SIGNS OF DIZZINESS OR LOSS OF CONSCIOUSNESS.
- >> CONTINUING TO MONITOR. SYMPTOMS MAY NOT SURFACE UNTIL 48 TO 72 HOURS AFTER AN INJURY. ANY ATHLETE WHO SUSTAINS A HEAD INJURY SHOULD NOT RETURN TO PLAY UNTIL CLEARED BY A LICENSED HEALTHCARE PROVIDER.

### HYDRATION

STAYING HYDRATED IS IMPORTANT FOR ALL STUDENTS AS THEY HEAD BACK TO SCHOOL IN LATE SUMMER MONTHS, BUT IS ESPECIALLY VITAL FOR ATHLETES. DEHYDRATION CAN CAUSE FATIGUE, DIZZINESS, NAUSEA, WEAKNESS, MUSCLE CRAMPS AND – IN SEVERE CASES – DEATH. TO HELP STUDENT ATHLETES STAY HYDRATED ATHLETICO EXPERTS ADVISE:

- >> 16 – 20 OUNCES OF WATER TWO HOURS BEFORE MODERATELY INTENSE EXERCISE IN THE HEAT.
- >> 8 –12 OUNCES 10–15 MINUTES BEFORE GOING OUT IN THE HEAT.
- >> 3 – 8 OUNCES OF DRINKS WITH SODIUM AND ELECTROLYTES EVERY 15–20 MINUTES WHEN EXERCISING LONGER THAN 60 MINUTES, AND 16–20 OUNCES OF WATER AFTER EXERCISE FOR EVERY POUND LOST.
- >> MONITORING URINE HYDRATION LEVELS BY COLOR VERY PALE TO LIGHT YELLOW URINE IS IDEAL. ANYTHING DARKER THAN THAT WOULD INDICATE DEHYDRATION.
- >> CARRYING A WATER BOTTLE THROUGHOUT THE DAY AND CONSUMING WATER-PACKED FOODS, SUCH AS GRAPES, TOMATOES OR WATERMELONS, HELP KEEP STUDENT ATHLETES HYDRATED.

FOR MORE INFORMATION AND BACK TO SCHOOL TIPS, VISIT  
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