



Stony Brook University

FAR BEYOND



An Athletic Trainer's Guide to Having More Energy in Your Day *(even at work)*



Stony Brook **University**



ATHLETIC TRAINING

Stony Brook University
School of Health Technology and
Management
Athletic Training Program



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SPORTS MEDICINE

Exercise Physiology
Biomechanics
Sports Psychology
Sports Nutrition
Strength & Conditioning
Coaching
Personal Fitness Training

Practice of Medicine
Physician Assistant
Athletic Training
Sports Physical Therapy
Sports Massage Therapy
Sports Dentistry
Sports Podiatry
Orthotists/Prosthetists
Emergency Medical
Technician/Paramedics



Athletic Trainers (ATs) are...

Healthcare professionals who render **service or treatment**, under the direction of or in collaboration with a **physician**, in accordance with their **education** and training and the states' **statutes, rules and regulations**

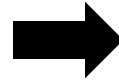
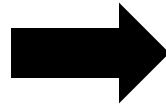
Recognized by
AMA as an
**allied health care
profession**
since 1990



Athletic Trainers (ATs) are...

A part of the healthcare team: services provided include injury and illness **prevention**, **wellness** promotion and education, **emergent care**, examination and clinical **diagnosis**, **therapeutic** intervention, and **rehabilitation** of injuries and medical conditions

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AMA as an
**allied health care
profession**
since 1990



AP Photo



ATs wear many hats...





Overlap but different

- Physical Therapists
 - Rehabilitation to daily function
 - Broader patient population
 - Wider range of conditions treated
- Emergency Medical Technicians
 - Recognition of emergency conditions
 - Patient transport
- Personal Trainers/Strength & Conditioning Specialists
 - NOT healthcare professionals
 - No medical-related coursework
 - Strength & conditioning only





Secondary School example

- Physicians
- Physician Assistants
- Athletic Trainers
- School Nurses
- Concussion Specialists
- Administrators
- EMT/Paramedics
- Coaches



Healthcare Issues Managed

- Musculoskeletal injuries – chronic or acute
- Asthma
- Concussions
- Heat Illness
- Sickle Cell Trait
- Spine Injury
- Sudden Cardiac Arrest
- Environmental Concerns
- Mental Health
- Nutrition
- Diabetes
- Mental Health



How Athletic Trainers Are Unique

- Most ATs have contact with their patients on a daily basis
 - Develop strong relationships
- Provide a continuum of care for a variety of conditions
 - Comprehensive health care services
 - Prevention, diagnosis, acute and emergency care, rehabilitation and reconditioning
- ATs make Return-to-Play/Sport/Learn decisions
 - Knowledge of sport demands and injury pathology; use of taping, bracing and protective equipment; concussion protocol
- Act as a conduit between physician and patient
 - Education and counseling
- Patient population includes those who need to participate in physical activity at a higher intensity or physical demand than the average person
 - Athletes, performing artists, law enforcement & military personnel, physical labor professionals



Why Utilize Athletic Trainers?

- Reduce injury and shorten rehabilitation time for their patients, which translates to lower absenteeism from work or school
 - Improve functional and physical outcomes
 - Specialize in patient education to prevent injury and re-injury and reduce rehabilitative and other health care costs
 - Preventative care provided by an AT has a positive return on investment for employers



<http://www.caate.net>



<http://www.bocatc.org/>



<http://www.nata.org/>





We sit...

And sit...

And sit...





WebMD

The Health Risks of Too Much Sitting

Sitting many hours per day *may raise your odds for:*



Anxiety



Diabetes



Dementia



Weight gain



Back or neck pain



Thinning bones



Deep vein blood clots



Earlier death



Some types of cancer

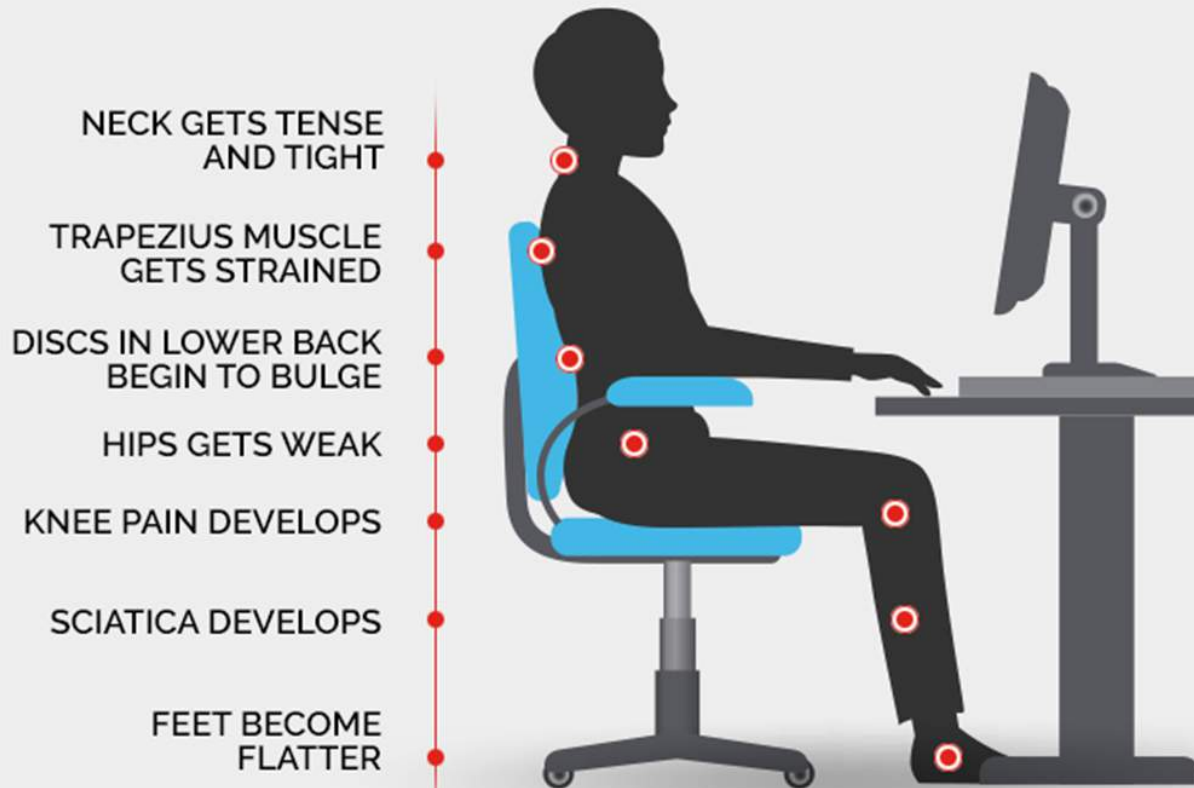


Heart disease

Source: University of Minnesota. (2014). Journal of Internal Medicine. Sedentary Behavior and Health. Journal of Epidemiology. (24) 2. How This Researching (National Association) Will Help in Health. Stone, C. Source of Sedentary Behavior Research Institute and Guidelines. Available at: www.sedentarybehavior.org (2014). (2014). Health Risks of Too Much Sitting. Retrieved from: www.sedentarybehavior.org



HOW SITTING ALL DAY AFFECTS THE BODY





Let's move!





Just have fun!

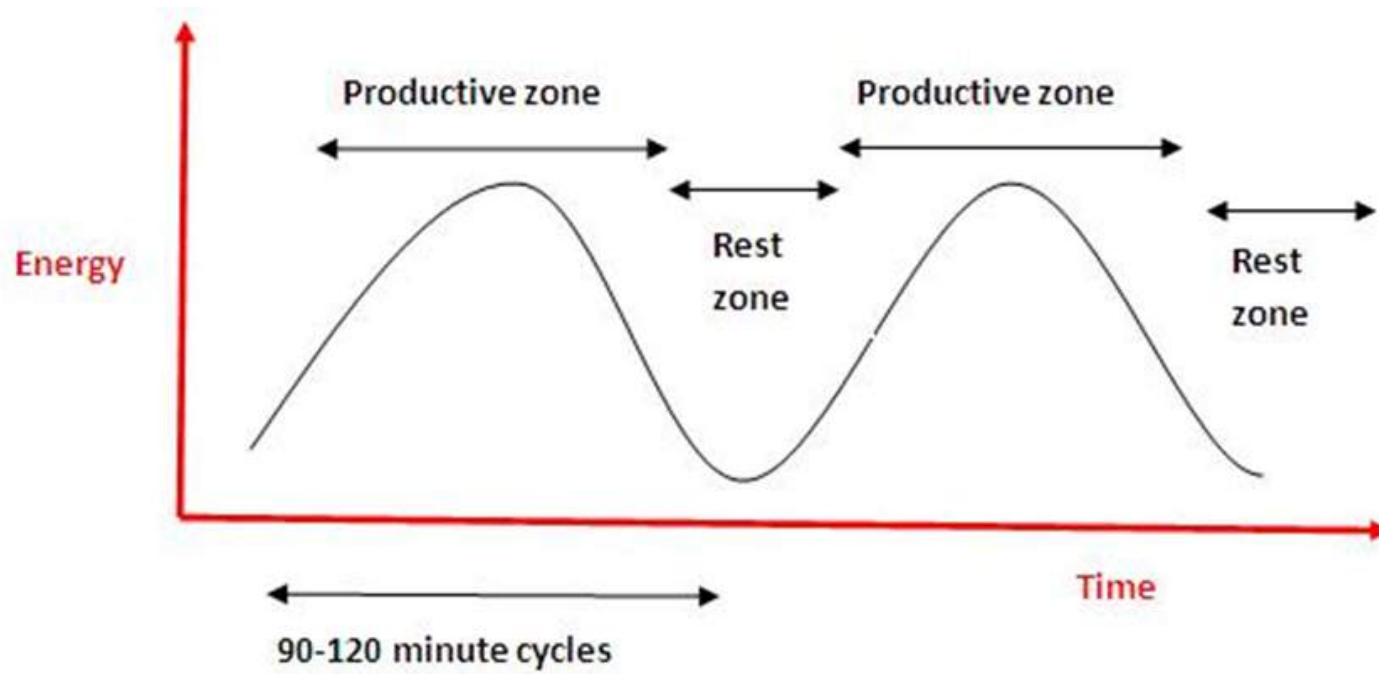
“Look at me!
Look at me!
Look at me NOW!
It is fun to have fun
But you have to know how.”



Have fun!!



Energy!





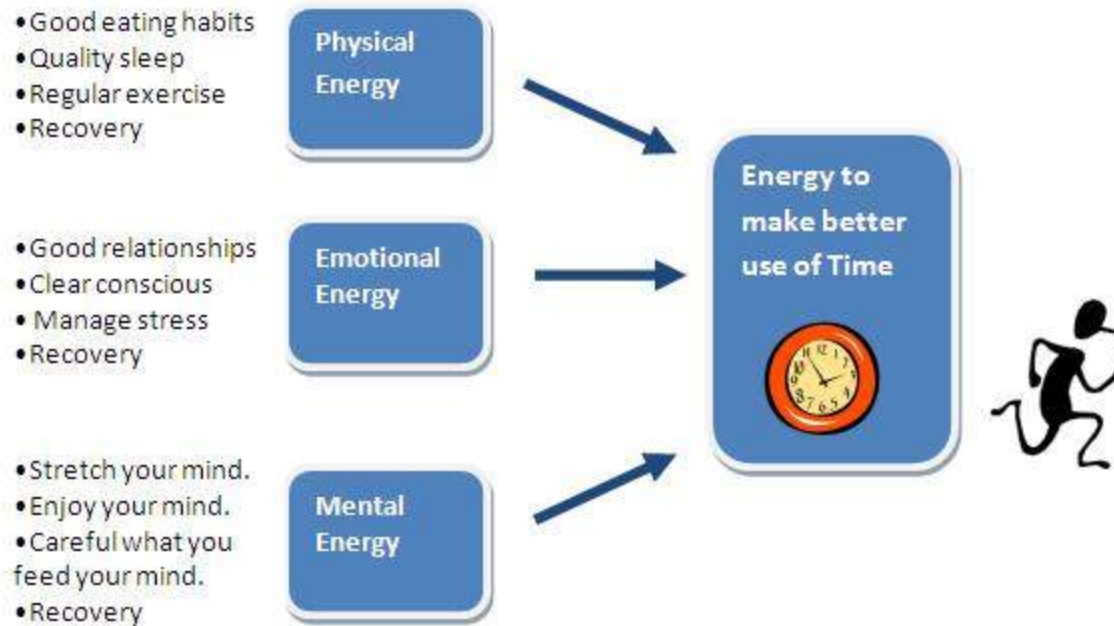


Diagram – Building our energy reserves (CraveTime, July 2010)



BE MORE ACTIVE!





Perform
a 10
minute
workout
while
watching
TV

Schedule time
for yourself!

HAVE
FUN!!

Light
cleaning/tidying

WALK – while
you talk

10 minute
workout
during your
break

Yoga or mindful
breathing

Do some
yardwork

Take the
stairs



SIMPLE WAYS TO BE MORE ACTIVE:

AT HOME

Walk your dog and play fetch

Work in your garden

Clean your house

Lift weights, march in place or walk around the room while watching TV



AT WORK

Walk at lunch

Exercise in your chair

Take the stairs

Stand while on the phone, reading or eating

Talk face-to-face with your coworkers



WHEN YOU'RE OUT

Go dancing

Do tai chi

Take a walk after dinner

Park far away from the door

Wear a pedometer





10-MINUTE HOME WORKOUTS

BEGINNERS:

If the clock makes you feel rushed, then count your reps instead, replacing the timed intervals with just 5-10 reps per exercise.

INTERMEDIATE:

Follow 30-second work periods, 30-second rest periods.

ADVANCED:

If the clock makes you feel rushed, then count your reps instead, Follow 45-second work periods, with 15-second rest periods.



LEAN STRENGTH WORKOUT

Complete all exercises as a circuit; repeat circuit 2X

- ▶ Squats
- ▶ Push-ups
- ▶ Reverse Lunges
- ▶ Double Crunches
- ▶ Mountain Climbers



HOME HEART-PUMPING CARDIO WORKOUT

Complete all exercises as a circuit; repeat circuit 2X

- ▶ March In Place, 60 sec
- ▶ Push-ups
- ▶ Lunges
- ▶ March In Place, 60 sec



CRAZY 8'S

Set a timer for 10 minutes. Complete all 4 exercises as a circuit. Track how many rounds you can do before 10 minutes are up (beat it next time!)

- ▶ Double Crunch, 8 reps
- ▶ Reverse Lunge, 8 reps
- ▶ Squats, 8 reps
- ▶ Mountain Climbers, 8 Reps





GOT TIME TO MOVE?

EASY WAYS TO BE MORE ACTIVE

5
minutes



- Skip with a rope
- Check the letterbox
- Climb a tree
- Walk up some steps
- Shoot some hoops
- Get off the bus one stop early
- Hula-hoop
- Have a family dance-off

15
minutes



- Walk around the block
- Throw a frisbee
- Play hide'n'seek
- Rake or sweep up leaves
- Running races around outside of house
- Get off the bus two stops early
- Pull weeds out of the garden
- Walk to work or school

30
minutes



- Wash the car
- Kick a ball
- Walk the dog
- Ride a scooter or bike
- Play tag
- Dance
- Fly a kite
- Play hopscotch

30+
minutes



- Go for a beach or bush walk
- Visit a playground or park
- Go for a bike ride
- Take a ball to the park
- Gardening
- Play ktlkiti or cricket
- Go for a swim



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SIT LESS, MOVE MORE, FEEL GOOD

healthykids.org.nz/move





Preventing overuse injuries



- Identify patterns
 - especially the repetitive ones
- Be mindful of your body positioning
 - good posture while sitting
 - good posture while standing
 - think about how you use your laptop
 - when lifting, bending, reaching
- Address issues early



Stretching for Office Workers

Take a few minutes to do these stretches and your whole body will feel better

Neck

➤ Slowly tilt head to left side to stretch muscles on the right side of the neck. Hold for 5-10 seconds. Then switch to right side. Do 2-3 times to each side.

➤ Slowly tilt your chin toward your left shoulder. Hold for 5-10 seconds. Then switch to right shoulder. Repeat 2-3 times for each side.

➤ Gently tilt your head forward to stretch the back of the neck. Your left shoulder should hold for 5-10 seconds. Then tilt upward and hold 5-10 seconds. Repeat 2-3 times.

Shoulders

➤ Interlock fingers behind your back, palms facing upwards. Gently straighten elbows while reaching up and back. Hold for 10-15 seconds. Repeat 2-3 times.

➤ Hand right elbow with left hand, then gently pull elbow behind head until an easy tension. Stretch to left. Hold for 10-15 seconds. Repeat for other side.

➤ Grab under your right upper arm and pull the arm at shoulder height across your chest. Hold for 10-15 seconds. Repeat for other shoulder.

Back

➤ Place your palms on lower back and gently rock your chair while raising head back. Hold for 10-15 seconds. Repeat twice.

➤ Cross one leg over the other. Place at waist and grab the backside of the chair or use seated as you do this. Tuck one your shoulder to get that stretch feeling. Hold for 10-15 seconds. Repeat for other side.

➤ Bend forward and hold for 10 seconds. Rise up slowly and hold for 10 seconds.

➤ Bend to one side and hold for 10 seconds. Repeat on other side.

Hands

➤ Stretch fingers open, hold for 5 seconds. Then make a fist and hold for 5 seconds. Repeat 2-3 times.

➤ Roll your ball wrist clockwise then counter clockwise. Do 10 times for each direction.

➤ Straighten your right arm with the fingers facing down. Then, use your left hand to gently pull back your right arm until an easy stretch. Hold for 5-10 seconds. Repeat with fingers facing up. After that, switch to the other hand.

Legs

➤ In a seated position with back supported, slowly pull one knee up towards your chest. Hold for 10-15 seconds. Then repeat for other leg.

➤ Support yourself with left hand on a wall/table. Push down, lift foot with right hand and gently pull heel towards buttock. Hold for 15-20 seconds. Repeat for the other side.

➤ Place one foot on a stable chair or similar height surface. Support keeping leg and back straight and joints square. Lean forward towards your foot until you feel a stretch in the back of your thigh. Hold for 10-15 seconds. Repeat for other leg.

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Resources for Physical Therapy and Athletic Training

Jamie Saragossi, MLS
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Stony Brook University

Stony Brook Consumer Health Guide



Ask Us

Stony Brook University Libraries / Research & Subject Guides / Health Sciences / Consumer Health / Home

Consumer Health: Home

Reliable information on COVID-19 (coronavirus)

- Home
- Databases
- New York State & U.S. Resources
- What the Health
- COVID-19 Resources

Stony Brook Medicine Patient Resources

- Stony Brook Medicine Patient Portal - MyHealthLife
- Stony Brook Medicine -

Medline Plus



MedlinePlus is the National Institutes of Health's website for patients and their families. Produced by the National Library of Medicine. the

Librarian



<https://guides.library.stonybrook.edu/consumerhealth>

The Good Stuff-Consumer Health Resources

- ▶ Reliable consumer health resources!
 - ▶ [Medline Plus](#)
 - ▶ Contains reliable health information, created and maintained by the National Library of Medicine
 - ▶ Designed for the general public
 - ▶ [Mayo Clinic](#)
 - ▶ Provides health information that might not be found in Medline Plus
 - ▶ Easy reading level



▶ [PEDro](#)

▶ Physiotherapy Evidence Database

▶ Institute for Musculoskeletal Health at the University of Sydney and Sydney Local Health District and is hosted by Neuroscience Research Australia (NeuRA).

▶ It is a free database of over 48,000 trials, reviews and guidelines evaluating physiotherapy interventions

▶ Search or browse the content

▶ [PEDro Consumer Search](#)

▶ Image guided search

Contact Information

If you have any questions, concerns, or suggestions, please contact me!

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