Welcome Everyone as Doctor Bob and I Bring to You Our November, 2016 Newsletter.

Injuries can be acute, chronic or acute-on-chronic. Acute injuries are those that happen suddenly: tripping over the toe pick and falling, or landing wrong on a jump. Chronic injuries can be unrelated to any specific incident, although they may start out as an acute occurrence. Chronic injuries don't go away, and usually worsen as time goes on, ending up in the category of overuse injuries, which account for most long-term injuries to figure skaters.

Osgood-Schlatter's

One of the most common injuries among young teenage skaters in the midst of a growth spurt which may continue on and off until the skater is done growing.
Osgood-Schlatter's is characterized by pain, swelling and tenderness just below the knee, over the shin bone. The notorious bump under the knee is a dead give-a-way for Osgood-Schlatter's.

This injury usually becomes more noticeable during activities such as jumping, running and going up and down stairs. A reduction in the amount of time spent practicing jumps, sit spins and moves requiring deep knee bends - such as dance moves or landing jumps will help prevent Osgood Schlatter's.

**Patellar Tendonitis**

Often called "Jumpers Knee", the condition occurs when the patella tendon and its surrounding tissue become inflamed and irritated, usually as a result of increases jumping activities both on and off the ice.

**Plantar Fasciitis**

Misalignment caused by abnormalities in the structure of the feet or poorly fitted boots can lead to plantar fasciitis. Other causes include repetitive jumping and running, and wearing shoes that do not fit correctly, including off-ice gym shoes, flip flops and winter boots.

No matter where or who you buy your skates from, be sure that they have the experience and knowledge it takes to keep you skating healthy and to the best of your ability. If you have any questions you can email them to: askmredge@aol.com

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**The Sports Doctor Is In!**
"Overuse Injuries"

Overuse injuries happen when a skater consistently works hard, is aggressive and persistent in training, and aggravates the same area of the body, usually joints or muscles, over and over. The fact that most skaters have young growing bodies only adds to the problem. Overuse injuries can be placed into 5 categories, any and all of them may contribute to an injury.

1. Training errors - changes on or off the ice
2. Bio-mechanical or alignment problems
3. Incorrect boot and blade alignment
4. Boot problems
5. Strength issues - weakness or imbalance

Initially, we will be discussing numbers 1 and 2 and save the rest for next time.

TRAINING ERRORS

Training errors or changes can mean a few things. Coaches and athletes both need to be careful not to overload too much off-ice jump training on top of increased jumping on the ice. For example, avoid adding jumping rope and box jumping off-ice while skaters are already sore from jumping on ice. Instead, jump height can be increased through methods other than jumping and landing, thus taking plyometric compression forces out of a training session but still increasing strength and explosive leg power.

Training schedules that increase the amount of hours daily and weekly also can lead to problems. The body needs time to recover, and the proper amount of rest and days off also needs to be considered in setting a training schedule.

BIO-MECHANICAL OR ALIGNMENT PROBLEMS

These are very common; on average, 80% of the population have some minor to major bio-mechanical imbalance like pronated (low arch), supinated (high arch) feet; bowed legs, knock
knees or leg length differences. Most commonly, the excessive pronated feet are related to problems. Figure skating, which requires the balancing of a skater's body on a 1/8" wide blade, while at the same time raising the center of gravity a few inches above the ice, will often exaggerate any of these imbalances, especially if the blades have been improperly positioned or sharpened.

KEY NOTE: PARENTS & COACHES - Listen to your young skaters! Pay attention to complaints of persistent or ongoing discomfort.

If you have any problems or questions feel free to contact me via email at:

drrweilsportsdoctor@yahoo.com

Till next time..........Dr. Bob

Dr. Weil is a sports medicine podiatry specialist. His private practice office is located in Aurora, IL. Doctor Weil has been servicing figure skaters for nearly 40 years and has treated many of our best young talents. Dr. Weil also hosts "The Sports Doctor", a weekly radio program involving all aspects of sports medicine. You can hear him at: www.healthylife.net every Wednesday at 3:00 CST. If you would like to make an appointment to see him in person, you can call his office at: 630-898-3505.ery Wednesday at 3:00 CST.

Previously aired "Sports Doctor" program broadcasts and newspaper articles are available at:
sportsdoctorradio.com If you would like to make an appointment to see him in person, you can call his office at: 630-898-3505.
Anatomy of a Figure Skating Injury........

The only book of its kind in the world........This book addresses the vital need for education, injury prevention, and the resulting performance enhancement that skating coaches and students will gain from the information in this book. Now available at:  Amazon.com

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Sincerely,

Mr. Edge

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