

2. Determine the athlete's foot type by looking at their old shoes. If the upper and/or sole of the shoe shows excessive breakdown or wear on the inside, the athlete is probably an overpronator. If the wear is shifted toward the outside, they are probably an underpronator. If you have any doubt, have the athlete's gait checked by one of us or another health care professional such as a physician or podiatrist.

3. Look for the proper technological features for the athlete's foot type. For an over pronator (the most common), look for stability features such as plastic foot frames, fiberboards, contoured midsoles, heel stabilizers, etc. For an under pronator look for cushioning features such as compression molded EVA midsoles, air or gel cells, etc. Additional cushioning can be obtained by replacing the original insoles with sorbothane (viscoelastic) insoles. Orthotics may also help underpronators.

Please do not hesitate contacting us should you have any questions about any of the points we have discussed. While we cannot totally eliminate injuries in any sport, a little planning up front can greatly reduce the chances. A separate brochure with additional information about preventing injuries to football players is available.

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## **ATHLETIC TRAINING ROOM HOURS**

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***(Subject to change without notice)***

Monday through Friday:

Periods 4, 5, 6, and 8  
*Evaluations, treatments, and rehabilitation programs can be conducted during any of these periods that the athlete has lunch, study hall, or a free period.*

After school to approx. 6:30 pm  
(Depending on event coverage)  
*No evaluations are done from 3:00 - 3:45. All injuries must be evaluated prior to first taping.*

Evenings and weekends:

Event coverage only

School holidays:

Closed

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## **CONTACTING THE ATCs**

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Athletic Training Room Phone:  
(847)582-7397

If the ATCs are not in, leave a message as they do check voicemail often. Each coach has instructions on additional methods of contacting the ATCs.

# ***Athletic Injury Prevention***



## ***at Lake Forest High School***

***Important information  
for parents of LFHS  
athletes.***

**Jeff Dooley, MS, ATC/L  
Jennifer Regan, MS, ATC/L  
Athletic Trainers**

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## **START EARLY**

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We would much prefer to not have to treat your son or daughter. The first point to consider is that while the cardiovascular system will generally respond to conditioning exercises within 2 to 4 weeks, the musculoskeletal system takes 4 to 6 weeks to really get into shape. Your athlete should start conditioning *well before* practices and try outs begin. They can't expect to just walk in and pick up where they left off. They should also be aware that conditioning is, to a certain extent, sport specific. When going from football to basketball, for example, it will take time for the body to adapt. To prepare for fall sports, I strongly urge your son or daughter sign up for the Strength and Conditioning class in summer school.

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## **NUTRITION**

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Proper nutrition is important to allow the athlete's body to withstand the rigors of exercising. Nothing fancy, just a good, well balanced diet with plenty of carbohydrates (breads, pastas, etc.), fruits, and, yes, even vegetables. The athlete should also have a reduced fat intake, but don't go overboard and totally eliminate fats.

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## **CONDITIONING**

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In addition to cardiovascular exercises, including running, a good conditioning program should include work on flexibility. It is important to avoid ballistic (bouncing) stretches. An excellent reference is the book "*Stretching*" by Bob Anderson, available in most book stores. Work out sessions should include proper warm-up (jogging, calisthenics, etc.) to increase blood flow, followed by a good 10-20 minutes of stretching.

The most important word for the conditioning program is *gradual*. Start easy 3 times a week, then gradually increase the intensity and frequency of work-outs. Each session should also be graduated, i.e. the most intense part of the work-out should be in the middle, with a proper cool-down at the end of the session (an easy way is to reverse the warm-up). We also recommend the conditioning program include exercises for the lower leg, useful for preventing ankle injuries, shin splints, and other common lower extremity problems we often see at the beginning of the season.

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## **FOOTWEAR**

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Shoes are part of the athlete's safety equipment, not their uniform. For football, field hockey, lacrosse, and soccer shoes we recommend starting with a pair of good molded sole shoes. Screw-in cleated shoes are designed specifically for soft fields. On a hard field, such as our practice fields at the end of summer, excess shock and stress are transferred to the feet, shins, knees, hips, and back, resulting in overuse and other injuries. Also, the worst knee injuries are usually caused by the foot grabbing the surface too well and twisting the knee, not by contact from another player. So, first get a molded sole, then if desired get a second pair with screw-in cleats specifically for soft fields. And while the athlete needs sports specific shoes, they should also have a good pair of running shoes for conditioning purposes. Cross trainers, court shoes, etc. are not designed to protect the body from the repetitive stress of running. Important points to consider include:

1. The shoe must fit properly and feel comfortable in the store. Try them on at the end of the day, and if the athlete wears two pair of socks (a good way to prevent blisters), an ankle brace, or orthotics while playing, do so when trying the shoes.