



Treating Movement Patterns

By Rebecca Eckland



Dana Hemmingsen conducting the Functional Movement Screen on a client Photo provided

Three months ago, 27-year old Chris Porter was in constant pain from a degenerated disk in his back caused by years of snowboarding and weightlifting. Everything from playing softball with friends to gliding down snowy terrain left him bedridden for days. "I was in a ton of pain," he remembers, "I took at least eight ibuprofen a day."

Porter had seen several specialists and physical therapists, but nothing prescribed eased his discomfort or amended its cause. Porter decided he was "just too young to be feeling this way" and sought out local Functional Movement Screen Specialist Dana Hemmingsen.

Hemmingsen began Porter's treatment as he does with everybody: with a Functional Movement Screening (FMS) Test that rates the body's quality of movement. This test identifies specific asymmetries and limitations in basic movement

patterns. Hemmingsen knows the dangers of injury. At 14, he sustained a substantial leg injury and was forced to rehab himself in order to continue playing the sports he loved.

Years later, after a desk job at Chevron proved unfulfilling, he began unofficially coaching football players at Monte Vista High School. "A big part of why I do this is my son," said Hemmingsen, whose son now plays football for UC Davis. "He would get injured and I'd help him to understand his limitations so he could do corrective exercises and work through those injuries. And he overcame them."

Unlike more conventional tests designed to locate the problem, Functional Movement Screening (FMS) seeks the larger cause.

"So many athletes get so much training thrown on them that their muscular-skeletal system can't han-

dle it. Frequently, the medical community treats only symptoms," Hemmingsen said. "But they don't treat the movement pattern which caused it. Instead it's recurring visits, surgery or anti-inflammatory drugs. However, FMS focuses on the whole movement pattern of a body: your knee might hurt, but it's the inflexibility in your hip that causes it."

"It was interesting to see where I really was," said Porter, whose screening test revealed he had exceptionally weak hips in addition to his compromised back. "But Dana's good about not letting you get too down on yourself."

Since Porter's first screen, he has followed Hemmingsen's rehabilitation and strengthening program which he described as "methodical" and "progressive." Now, he is no longer in pain and enjoys an active lifestyle again.

In April of this year, the Vallejo Firefighters joined the San Francisco 49ers, the Oakland Raiders and the US Military in implementing FMS department-wide. Captain Ray Jackson said his decision was based on various studies that show FMS cuts on-the-job injuries. One study, published in the Journal of Occupational Medicine and Toxicology in 2007, demonstrated a 62 percent reduction lost work time due to injury as well as 42 percent reduction in injuries themselves. The test was conducted over a 12-month period on 433 fire fighters in Tempe, AZ.

Jackson said it's too early to see any major differences in his department but believes the individualized and tailored nature of the screening makes it a beneficial tool.

Jackson admitted he notices small improvements: "I'm an athletic guy, but I had this tightness in my hip when bent down to put my left sock on." He paused, as if revealing a secret. "Now, I don't feel tightness anymore."

"I just want to help people," said Hemmingsen. "I want everyone to get the most out of their training."

Eating To Perform

By Sophie Braccini

Jenna A. Bell, Ph.D., R.D., C.S.S.D., and author of *Energy to Burn*, participated in the Saint Mary's College annual free athletic performance colloquium.

Bell made her presentation during the Graduate Kinesiology Program four-day class called "Human Performance: Building the Ultimate Athlete," at Saint Mary's College June 13-16. The colloquium covered areas for improving athletic performance including: proper hydration; nutrition; stretching and warm up preparation; and sleep.

Bell addressed proper nutrition and proper hydration in her

presentation.

She said that trial and error is the best strategy for determining proper nutrition for athletes since each person reacts differently to various food intake. She still gave recommendations for carbohydrates and proteins.

Bell said whole grain, vegetables, fruits and beans for the carbohydrates, fish, poultry, beans, eggs and low fat dairy for the proteins, vegetable oils, nuts, seeds and avocados for fats and supplements like vitamins B, C, D, calcium and iron.

"What is important for athletes is to fuel before, during and

after exercise," she said. According to Bell, the carbohydrate intake should start two-to-three days prior to competition.

Bell spoke about the importance of eating after workouts as equally critical. She noted that food should be consumed within half hour after the action: "It is critical to glycogen replenishment."

Bell also emphasized the pivotal role of proper hydration in increasing performance. "Start your exercise or event fully hydrated, re-hydrate all along the exertion period, and continue to drink while you recuperate," she said.

Water Polo Defeats Top Teams

Submitted by Kelly Ratchford



Charlie Wiser (Miramonte), Colin Chiapello (De La Salle), Tucker Stone (Acalanes), Ryan McCracken (Acalanes), Clay Smudsky (Miramonte), Connor Reid (Acalanes), Nick Solit (Miramonte), JD Ratchford (Campolindo), Jake O'Malley (Acalanes), Tommy Bush (Acalanes), Jacob Welcomer (Acalanes), Tyler Kirchberg (Miramonte), Adrian Shestakov (Acalanes), Thomas Carroll (Marin Catholic), Grant Sivesind (Campolindo), Jack Fellner (Miramonte), Not in picture: Drew Holland (Miramonte), Coach Trent Calder

Photo Lisa Dirito

The Lamorinda Boys' Water Polo team won the California Cup State Championship in Norco, California on June 26. The tenth grade team went undefeated against the top water polo programs in the state, beating Stanford 9-5 in the semi-finals and

Orange County 11-6 in the finals. Lamorinda competes in two national tournaments this summer, the US Club Championships in the East Bay mid-July and the Junior Olympics in Orange County in late July.

Dexter Honens II
REAL ESTATE BROKER
Office: (925) 253-2148
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Email: honens@pacbell.net

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Youth Sports Registration

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Check out our website at www.LBAhoops.com

Summer Soccer Camp for Boys and Girls
The Martinez Pleasant Hill Futbol Club will be hosting two sessions of summer soccer camp for boys and girls ages 8-13 years old. Session one is July 25-28, 2011 and session two is August 8-12, 2011.
Sessions run from 9am-3pm at the Adventist Academy, 796 Grayson Rd, Pleasant Hill.
Players of all experience levels are encouraged to sign up. The camp features buddy requests, a free camp t-shirt, training by college-level soccer players, fun games and prizes and more!
Cost is \$165 per session and pre-registration is required by July 15th.
To register, visit www.mphfc.com.

If you would like to list the registration information for a youth sports club please email wendy@lamorindaweekly.com or call (925) 377-0977.
B&W listing will cost \$24 (3.75"x1").