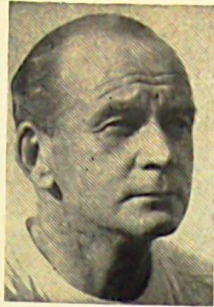


Dick Wargo
Head Trainer
U of Connecticut



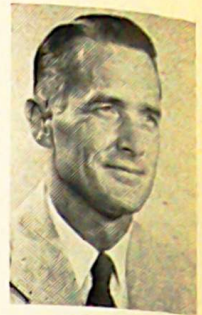
Frank (Doc) Kavanagh
Head Trainer
Cornell University



Duke Wyre
Head Trainer
U of Maryland



E. J. Colville
Head Trainer
Miami U. (Ohio)



Joe Glander
Head Trainer
U of Oklahoma

THE NATIONAL ATHLETIC

TAPING THE ANKLE FOR PLANTAR FLEXION WEAKNESS DUE TO A SPRAIN AND ALSO FOR A ACHILLES TENDON SPRAIN

GRANT FOSTER, Athletic Trainer
University of Virginia



Chuck Cramer
Executive Secretary

Grant Foster, trainer at the University of Virginia, is one of the ace trainers in the profession today. You are going to hear a lot from this boy.

I have found in many of our severe lateral sprains of the ankle, that after a normal convalescent period of eight to ten days, the athlete complains of the inability to drive or jump on the injured foot due to weakness and pain. This method of taping has given immediate relief and enabled the boy to participate at full strength.

This method of taping is used for two purposes. The first purpose is to fix the foot in plantar flexion of about fifteen to twenty-five degrees, so as to enable the athlete to get up on the ball of his foot and to have more driving power without experiencing pain and weakness in the injured ankle. The second purpose is to give support to an ankle which has had an Achilles tendon strain.

A. The first step in applying this tape job is to position the ankle. Have the athlete lay face down on the table. Apply anchors A and B. Then position the foot at an angle of 105-115 degrees in relation to the tibia or shin bone and keep in this position until Step B is finished.

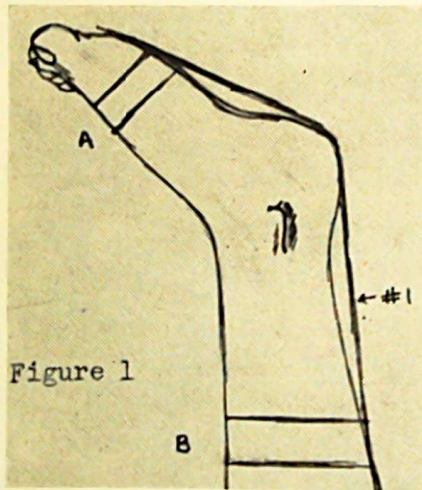


Figure 1

B. The next step is to run strip of tape #1 from A to B. Strips #2 and 3 are then applied as shown in figure 2. No. 4 is then applied directly over #1. Next, anchor the four strips down with A1 and B1.

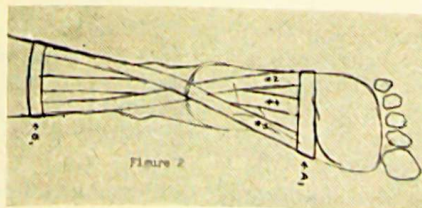


Figure 2

C. Have the athlete lie on his back. The following tape job is then done on the ankle as shown in figure 3 and 4. Apply three strips 1a, 2a, and 3a, beginning on the medial side of the leg

at anchor B1 and descending over the ankle joint, under the heel and ascending the lateral side of the ankle and leg to anchor B1, then apply heel-lock 1b and 2b to stabilize the os calcis. Start 1b about 1-2 inches below anchor B1 and descend diagonally across the medial side of the ankle and just posterior of medial malleolus to a point just above the insertion of the Achilles tendon on the os calcis, and crossing over the os calcis at that point, and descending diagonally across the lateral side of the os calcis and going under the heel at a point directly below the lateral malleolus and ascending diagonally just anterior to the medial malleolus and anchoring 1-2 inches below the starting point of 1b. In applying 2b, the same technique is used but is applied to the lateral side of the ankle.

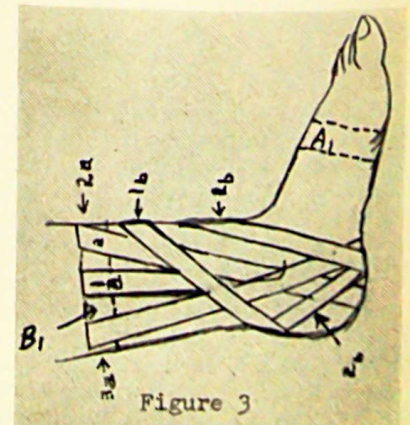
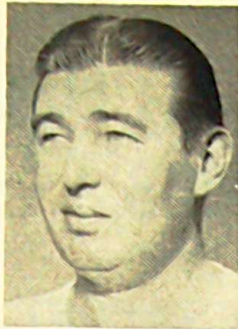


Figure 3



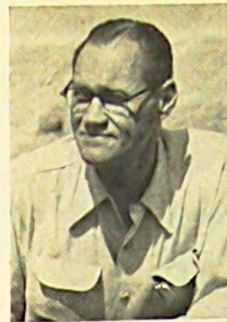
Wm. Dayton
Head Trainer
Texas A & M



Fred A. Peterson
Head Trainer
U of Wyoming



Henry F. Schmidt
Head Trainer
U of Santa Clara



W. J. Luchsinger
Head Trainer
Miss. State Col.



Hugh Burns
Head Trainer
Notre Dame

TRAINERS ASSOCIATION

NEW TYPE SHIN-GUARD

RICHARD CARR, Athletic Trainer
Hillsdale High School
Hillsdale, Michigan

D. The application of strips 1c, 2c, 3c, and 4c are applied over all of the preceding tape and serves to anchor them down. Also, these will give more support to the ankle and arch, as shown in figure 4. Start 1c on the lateral side of the foot at a point just posterior to the head of the fifth metatarsal with the tape anchored to the sole of the foot, ascending on the lateral side of the ankle, crossing over the tendon of the tibialis anterior to the medial side of the leg and in a spiralling fashion, wrap around the leg to the lateral side and anchor. 2b is done in a like manner, only start at a position posterior to 1c. 3c and 4c are done in a like manner, but applied on the medial side in such a manner as to give the arch some support.

EDITOR'S NOTE: Trainer Richard Carr conducted a survey on the value of special protection to the shin area in preparing his Masters Thesis. It also led to the development of a new piece of protective equipment.

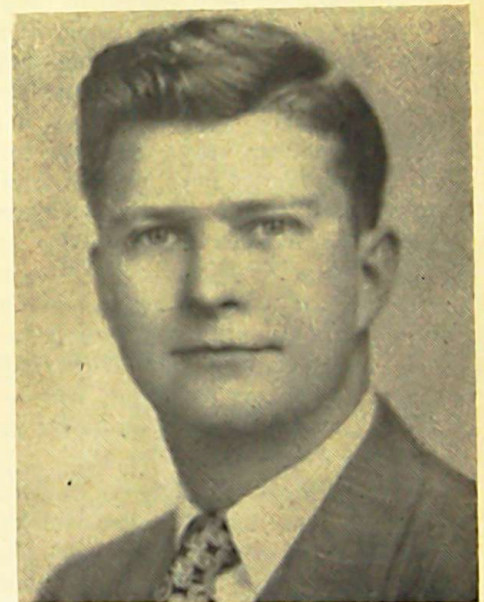
Purpose of the Study

The purpose of this study was to find out if there exists a need for, and the value in special protection to the shin area in present day football. Also to find out such things as the total number of injuries received by players covered in the survey, the positions on the teams most likely to receive shin injuries, the time during a game that most shin injuries occur and if players wearing long stockings receive less shin injuries than those who do not wear the long stockings.

Procedure of the Study

The procedure was a study of existing literature on football injuries and a check list survey sent out to 60 college and university athletic trainers located in 30 states. This check list consisted of 10 very carefully chosen questions covering locations of schools, name of trainer, numbers on varsity squads and the number of shin injuries for each position and whether or not the teams wore long stockings.

A total of 33 of these head trainers returned their check lists and of the 33, four did not include enough information to be used in the survey, making a total of 29 colleges and universities including 18 states, 277 collegiate varsity games and 1,357 players for



Trainer Richard Carr. This boy has indeed a bright future in a grand profession.

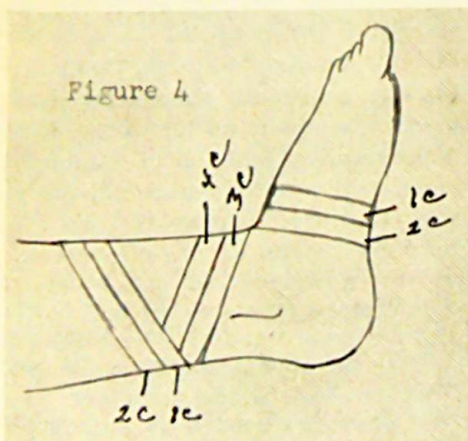
the 1950 collegiate football season. Such major conferences as the Big Ten, Pacific Coast, Southern, Southwestern, and Big Seven were represented in this survey.

Survey Findings

There were 91 shin injuries reported during games and 61 of these were accounted for by quarters as follows: first quarter 6.7 per cent, second quarter 24.5 per cent, third quarter 42.5 per cent, fourth quarter 26.2 per cent.

In regard to shin injuries, practice was found more dangerous than games and 62.5 per cent of all the shin injuries reported occurred during practice.

See CARR page 29

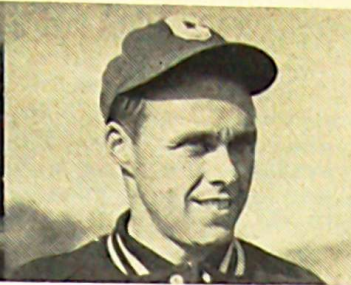


To prevent tape blisters, the application of a light coat of vaseline over the Achilles tendon and the tibialis anterior tendon with a small gauze sponge over the vaseline will suffice.

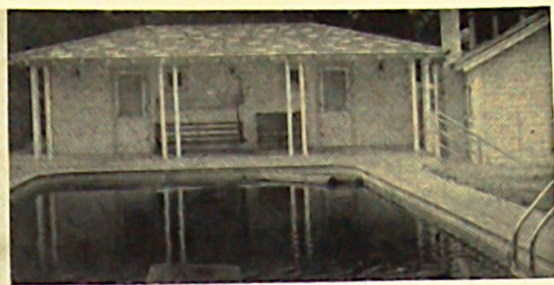
Did you know . . . Paul Jones formerly of Spalding sales staff in Upper New York, Massachusetts and Vermont has been transferred to the Chicago District and will cover the states of Ohio and Kentucky. Good luck, Paul.



Main Guest House—
For Parents and Visitors



ART REICHLER
Camp Director



Swimming Pool and Bath House
Filtered and Heated

PRESCOTT RANGER RANCH

for boys and girls, age 8 to 17 years
Prescott, Arizona

Joe E. Brown says: "I know of no one to whom I could trust my boys with greater confidence and with the knowledge that their future would be enhanced both morally and physically by the association than "Artie" Reichle. His love of children, his physical education back-ground gained in the U.S. Army and at the University of California at Los Angeles the past ten years, along with his fine character make him an ideal camp director for Prescott Ranger Ranch. After many years close observation I am proud to call Arthur E. Reichle 'one of my boys'."

Prescott Ranger Ranch is without a doubt one of the most beautiful and best equipped ranches in the west. There are 3500 fenced acres of grazing and hunting land with 15 beautiful buildings. A main house of red brick and tile, built at a cost of \$160,000.00, infirmary with an isolation ward and nurses quarters, guest house, two attractive swimming pools with a special filtering and heating plant to

keep them sanitary and at an even temperature, craft shops, cross fenced corrals for horses and livestock. The dormitories are U-shaped with individual wash basins, providing hot and cold water for each room. The rooms are spacious and house two to four boys or girls. There are many other buildings such as a large metal barn, slaughter house, chicken house, office, caretaker's home, etc.

For further information contact:

Arthur E. Reichle, 402 Westwood Blvd., Los Angeles, California

CARR

Continued from page 23

Position	Receiving Most Shin Injuries		% of Players Receiving Shin Injuries
	No. of Players Receiving Shin Injuries	No. of Players Receiving Shin Injuries	
Ends	241	66	27.8
Guards	241	53	21.9
Centers	117	20	17
Tackles	240	38	15.8
Half Backs	285	43	15
Full Backs	124	16	12.5
Quarter Backs	109	7	6.4
Position	Shin Injuries With and Without Stockings		Long Stockings With Stockings
	Without Stockings	With Stockings	
Ends	29.7%	18.3%	
Guards	25.1%	10.0%	
Tackles	18.7%	4.1%	
Centers	17.3%	16.0%	
Quarter Backs	16.8%	7.6%	
Full Backs	15.7%	3.4%	
Half Backs	15.5%	13.6%	

From the information given in the previous two tables, it seems apparent that stockings will cut down on the number of shin injuries and that ends, guards, and centers are especially susceptible to shin injuries in present day collegiate football.

Development of the New Type Shin Guard:

The writer, while working as the trainer at Alma College, Alma, Michigan from 1946 to 1950, observed several painful and very uncomfortable shin injuries. One season two players were plagued with shin injuries throughout most of the season and the writer designed a new-type shin guard with the thought of preventing these injuries instead of trying to protect the shin after injury.

This new type shin guard consists of sponge rubber of half inch thickness placed inside of an inverted pocket sewed on the inside of an ordinary long type athletic stocking. This new type shin guard was patented on March 6, 1951 by the United States Patent Office in Washington, D. C. (patent No. 2,544,065).

The Advantages of the New Type Shin Guard:

1. It conforms to the contour of the front surface of the lower leg.
2. It is light.
3. It cannot cause injury to another player.
4. It will stay in place without tape.
5. It can be removed for laundering.
6. It offers adequate protection for the exposed area of the shins.

Fellow trainers and coaches . . . if you are interested in this new Built-In Shin Guard, drop me a line in care of The Mentor.

LAMB

Continued from page 15

ON THE FIELD THAT LOOKS LIKE SOMETHING. See that our boys act like gentlemen and sportsmen and not as some of the people in this town act, and you can stay here as long as I am a member of this board."

Well, old Doc Stewart was a member of that board for over 35 years and I think that I can understand why. He called a spade a spade. He never beat about the bush or discussed a coach or teacher behind that person's back. I suppose that old Doc was one of the reasons why that community was always so proud of their athletic teams. He was certainly one of the reasons why I have stayed in coaching as long as I have. I always hope that the young men who go out to coach will, in their first year of coaching, find one of the "Doc Stewarts" that should be found in every community but often are not.

Yes, if a coach can just keep those boys in line, give them an opportunity to practice some of the social controls that they'll need when they are men and puts a ball club on the field that looks like something then that is about all that one community can expect from a coach. And if with community support, that coach can do just that then he will probably give them a ball club that will win a high percentage of their games . . . a ball club of sportsmen and gentlemen of which any community should be proud.

Yes, a coach should be given the support and confidence of the community, cooperation and an opportu-