

TRAINERS JOURNAL

SECTION

THE NATIONAL ATHLETIC TRAINERS ASSOCIATION

JANUARY, 1942

No. 5



Official Publication
Of the National Athletic
Trainers Association

Keeping 'Em Fit
Robert Shelton

The Responsibility of the
Coach in the Care of
Athletic Injuries
Kenneth E. L'Hommedieu

Shin Splints
Franklin E. A. Loew

Trainer, Frank Wiehac
Coach, Ray Morrison
Temple University

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Officers National Athletic Trainers Association
For 1941-1942

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Every Trainer's Job

WE have presented in the last four issues the new High School Student Trainers Plan as sponsored by our association. There is a job for every trainer in our association to follow through on this. We are suggesting at this time that every member of our association explain the proposed program to at least one high school in his section of the country.

If the high school in your immediate vicinity is already at work on the plan, contact the athletic department of that school; stand by ready to offer suggestions if they are needed. Suggest that the coach send information about the workings of his plan to the editor of the Trainers Journal so that he may pass on the information to other high schools.

Many high school athletic departments have adopted the plan enthusiastically. There are many more to be enlisted in the project.

The adoption of the Student Trainers Plan by at least one high school in your vicinity and the securing of one new member for the National Athletic Trainers Association are the jobs proposed to you for this month and each succeeding month of this school year. Every trainer on the job!

The Annual Meetings

WE had a tentative plan for the trainers to meet at the time of the annual meetings of the football coaches at Detroit in December. When it was found that so many were busy with basketball, this plan was abandoned. Now the National Athletic Trainers Association has set the time of the Drake and Penn Relays for the big date on the trainers' schedule.

The call goes out that all trainers who have been appointed to chairmanships in their conferences attend one of these meetings so that this new set-up in our association may be launched in a big way.

UNDER THE SHOWERS



THE author of the article, *Keep 'Em Fit* in this issue of the Trainers Journal, Robert E. Shelton is a graduate of Murray State Teachers College, Kentucky. While studying for his master's degree at Louisiana State University, he assisted Trainer Mike Chambers, serving as assistant football coach, athletic trainer and head track coach at Classen High School, Oklahoma City, he became head trainer, swimming coach and instructor in physical education in charge of corrective work at the University of Colorado. That's a great record, Bob, and we're proud to claim you as a member of the Trainers Association.



THE chairman of the Indiana Intercollegiate Conference representing the National Athletic Trainers Association, Robert Fulton, wrote me the other day and said in a few words something that I have been trying to express in thousands. I quote: "When I first received word that the *ATHLETIC JOURNAL* was adding a section for trainers, I realized that a step forward had been taken for the future safety of our athletes. Now, more than ever, it is imperative that our young men be physically fit. We, as trainers, in whatever capacity, have an added responsibility for keeping our men sound and wholesome, physically and mentally. The Trainers Journal can give impetus to our work through its articles by our leading authorities." Robert is head trainer at Franklin College, Franklin, Indiana. He has requested all trainers in that conference to write him for information about the National Athletic Trainers Association.



ANOTHER member of the Trainers Association doubling up as athletic trainer and coach is K. E. L'Hommedieu, author of the article, *The Responsibility of the Coach in the Care of Athletic Injuries*. While studying for his master's degree at Springfield College, his alma mater, he did special work in tests, measurements and body mechanics with Professor T. K. Cureton. Since his graduation, he has been wrestling coach, athletic trainer and instructor in physical education at St. Lawrence University.



A NEW member this year of the Trainers Association is Franklin E. A. Loew, instructor in physical education at Cleveland Boys School. While at Ohio University, from which institution he was graduated in 1940, he served

(Continued on page 39)

MANY parents want Johnnie to be some basis for the city of Colorado, and Johnnie Athlete gets a chance of getting hurt. I am not altogether, I am not immediately, treated without fail, cured per the athletic training room college football has a phase of the game. The players themselves careers, and often the in the hands of the tr to realize that their football with ever-inc

Football

Although football of antiquity, modern football, got its start of the twentieth century serious injuries caused be made of the game. Something had to be preserve football and way without handicaps. At first the athletic consisted of persons taping ankles, bandaging massage. Any sprain on the field was treated and this process of rest continued, accompanying and much agony injured boy. The t days were the coach even the local barb Very little consideration suffering of the athletes were seriously a time of the accident

Football Help

With the speedy of ball, from which most training profession, The medical profession needed helping hand, today, trainers in m

Keeping 'em Fit

By Robert Shelton

Athletic Trainer, University of Colorado

MANY parents have broken their sons' hearts by saying, "I don't want Johnnie to play football— he might get hurt." There may have been some basis for those fears a decade or so ago. Here at the University of Colorado, and at similar universities over the country, we see that the athlete gets every attention necessary to keep him fit and healthy and in good luck when he chooses to play. Johnnie's chances of getting hurt are not wiped out completely, I am not saying that. The injuries that he does sustain are treated immediately, treated right, and, almost without fail, cured permanently. The part that the athletic trainer and the training room play in modern college football has increased in importance until it is on a par with any other part of the game. Coaches depend on the team "doc" and the training room. The players themselves place their entire future happiness, and often their future happiness, in the hands of the trainer. Modern parents with strong, healthy sons, have come to realize that their Johnnie can play football with ever-increasing safety.

Football Criticized

Although football dates back almost to antiquity, modern football training, as we know it, got its start in the early part of the twentieth century. Frequent and serious injuries caused much criticism to be made of the game and the men in it. Something had to be done in order to preserve football and continue it on its feet without handicaps.

In the first the athletic training personnel consisted of persons concerned only with bandaging cuts, and simple sprains. Any sprain or strain received on the field was treated by the masseurs in the process of rubbing out the soreness, accompanied by great suffering and much agony on the part of the injured boy. The trainers of the early days were the coach and his assistants, or the local barber or horse doctor. Very little consideration was given to the welfare of the athlete and many times he was seriously affected, either at the time of the accident or in later life.

Football Helped Training

With the speedy development of football from which most injuries arise, the athletic profession, too, has developed. The medical profession has given a badly needed helping hand, with the result that today trainers in most of the large uni-

versities have been duly recognized by this profession and can proceed to reduce serious athletic injuries materially. Less than ten years ago, a national organization of athletic trainers was organized. The purpose of the organization was to develop the training profession and to create a better understanding of training techniques. The university and college trainers of the nation are constantly striving toward a better understanding of their problems. The need of a better training knowledge among high school coaches has been realized, not only for the benefit of the athletes themselves, but to reduce the many injuries that the high school athlete brings with him to college, which handicap him to a great degree in competing in college athletics.

Trainer Rated Highly

The athletic trainer is more or less a co-ordinator of athletes and coaches, since he is constantly in touch with the players when they are in the lowest physical condition. He is taken into the boys' confidence and he understands their feelings better than the coach. Realizing this, athletic administrators have chosen the

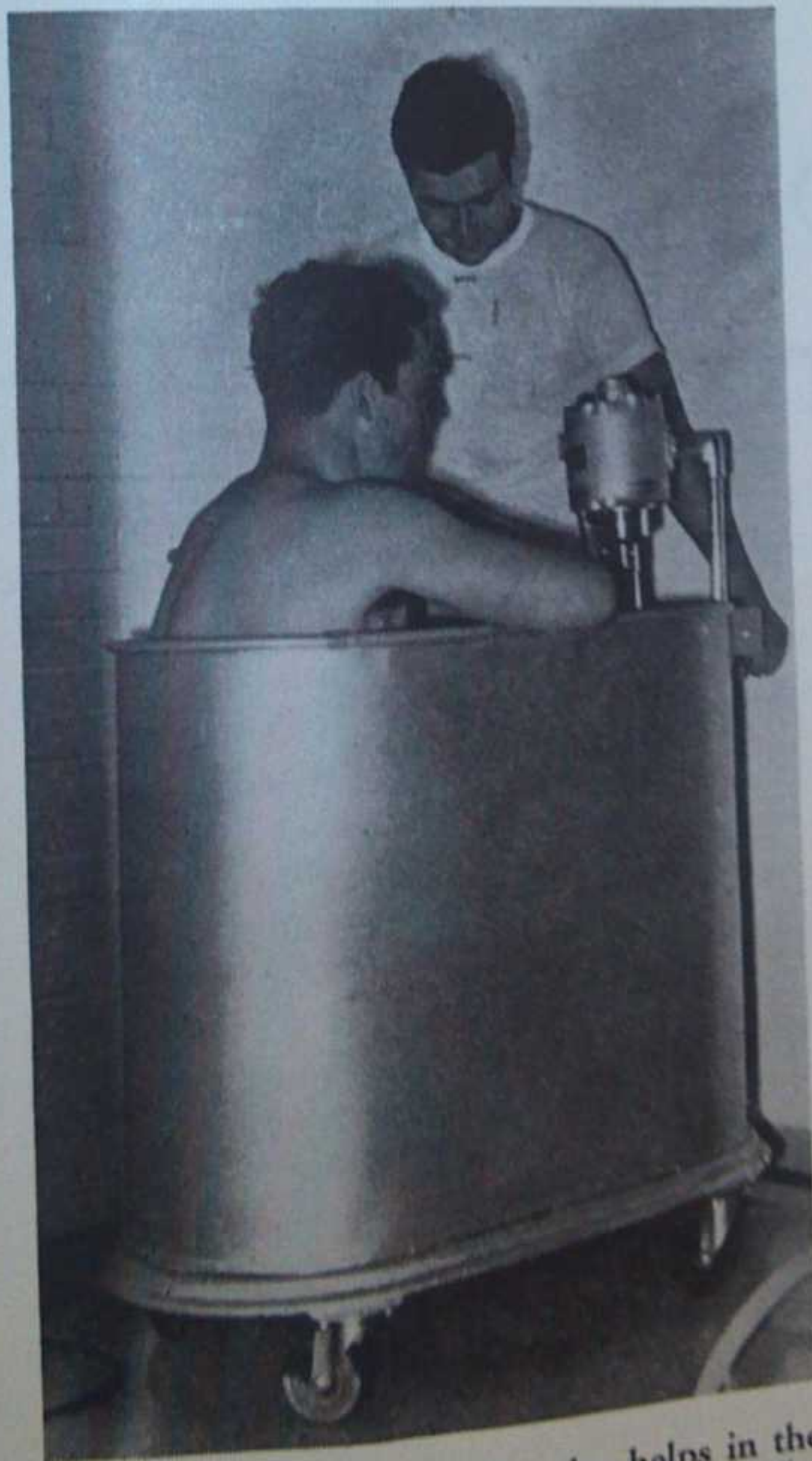
best type of individuals to handle the training program.

The trainer of today is considered a member of the athletic staff, and, in most cases, a full-time member of the university faculty. The coaches of the various branches of athletics rely on the judgments of the trainer, and heed his decisions as to the physical condition of the athletes. In reality the training program is more or less a separate field from the sport itself. The training program is not concerned with winning or losing but with the welfare of the boys themselves. Sometimes, when the pressure is strong, the coach may overlook the welfare of the player, and unintentionally play a physically unfit boy. It is, therefore, the duty of the trainer to say whether or not the boy should play, thereby relieving the coach of this responsibility and, in many cases, preventing him from making a costly mistake.

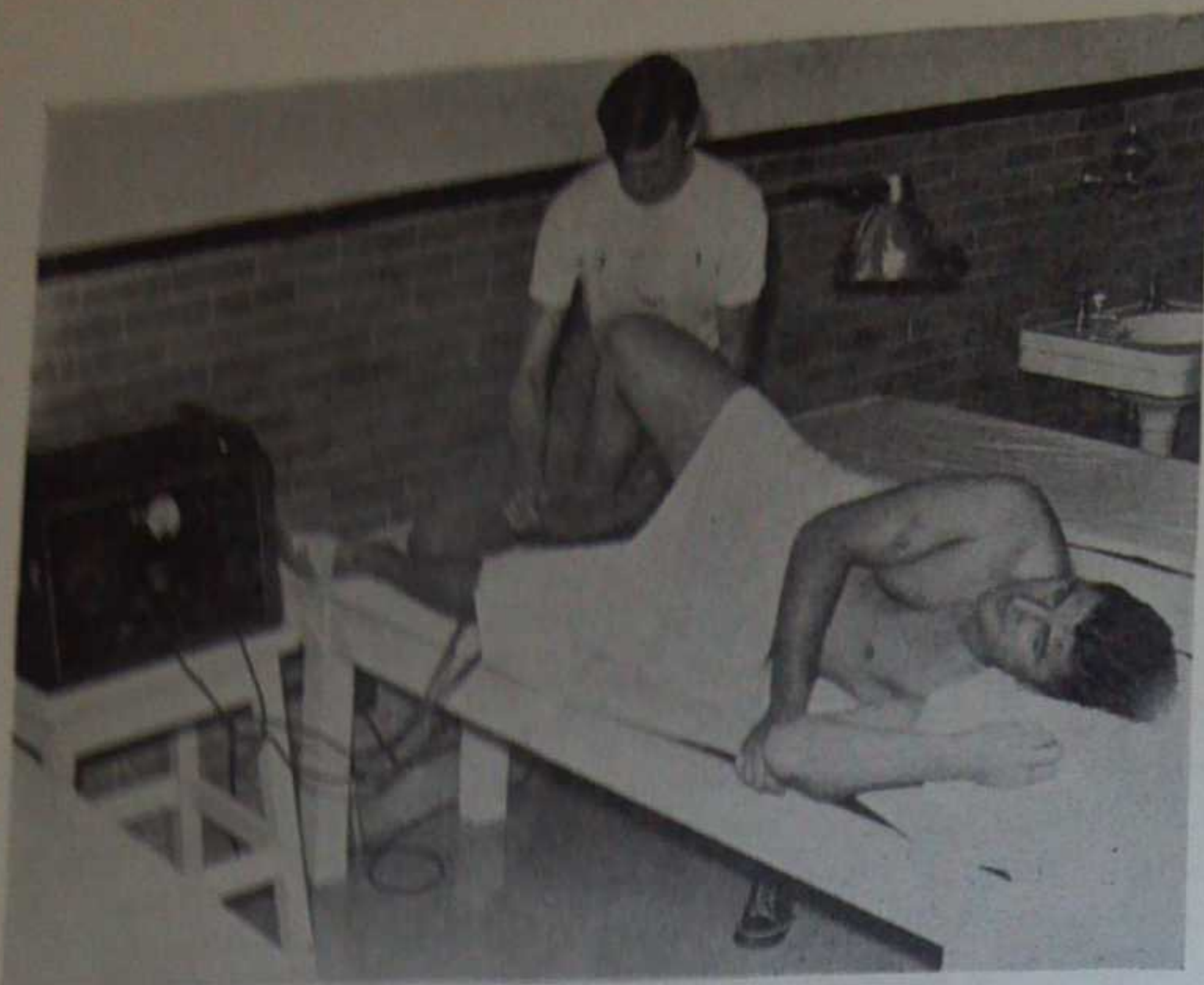
The training program is concerned with the prevention, diagnosis, and treatment of all injuries received in athletics. It is the trainer's duty to keep records of various injuries and to follow up these injuries with the proper methods to prevent recurrence and avoid any serious results later. Every means of taping, bandaging, padding, exercising, etc., is used for prevention. In diagnosing the severity of injuries, the trainer must have a good background in the techniques of first aid, and administer the necessary treatments to prevent serious damage. In treating the various injuries, every possible method is used to speed up the process of repair, without any further complication and serious damage. Since it is of great value to the coach that the players be restored to physical fitness as soon as possible, the trainer must work as fast as possible. He must know, therefore, the various agencies that will help nature speed repair and be able to work with them.

Training at Colorado University

At the University of Colorado, there have been a great many men who have served as trainers. Some were townspeople, local physicians and osteopaths. Some were connected with the institution and some were not. The first organized training unit was established in 1924 by Dr. Kennedy and Dr. Idler. Following Dr. Idler came Dr. Geim, a local osteopath, who now is a medical doctor. The training duties were first taken over by a full-time faculty member in 1935, when



Fullback Ray Jenkins, who also helps in the training room as an assistant, tries out the new whirlpool bath while Don Creese, assistant, looks on.



Here assistant trainer Bob McAfferty supervises a diathermy treatment of star back Paul McClung. Leg bruises may be quickly remedied by immediate treatment with this fine machine.



The author (right) works out the soreness from backfield man Van Lockard's shoulders with a hand vibrator and masseur, while assistant trainer Gene Noce applies heat to the patient's leg.

Howard Waite was added to the staff of the physical education department. In 1940, Waite resigned to accept a similar position at the University of Pittsburgh and was replaced by the present trainer. It is through men like Howard Waite that the training field has made its progress. Besides writing many articles on athletic training, he has invented a special type of knee brace that has brought much comfort to athletes and aided in the treatment of that most dreaded of athletic injuries. Our present staff of trainers consists of seven student assistants who serve in this capacity in order to work their way

through school. They are required to work many long hours, and when the other students are in the stands to cheer their teams, these boys are busy getting the stars bound up for their acts. The majority of the student trainers are athletes themselves and thus have a personal knowledge of the value of physical fitness and treatment of injuries.

Boys Considered First

The duties of the athletic trainer are closely tied up with those of the physician. He is concerned with the welfare

of the athlete both physically and mentally, just as the physician is concerned with his patients both physically and mentally. His goal is to help the athlete enjoy the game by keeping him fit to perform. Often the trainer helps the boys with their personal problems. He is indeed the unsung hero of the playing field. His reward does not come from publicity but from the friendship of the players and the respect of the coaches. The trainer does not care if the players win or lose. He wants to know how much they enjoyed the game.

The Responsibility of the Coach in the Care of Athletic Injuries

By *Kenneth E. L'Hommedieu*
Coach of Wrestling and Athletic Trainer, St. Lawrence University

EVERY day new and more emphasis is being placed on the man who by hard work and out of sheer necessity keeps a school's athletes ready and fit. This man, called the trainer, is now the mind behind well-conditioned, energetic football teams. He is wise in his diagnosis of athletic injuries and sympathetic in his treatment of them. Today, under the stress of intense competition combined with the limited availability of high-grade players, coaches have begun to pay greater attention to problems of training and conditioning.

The spirit of competition is inborn in American athletes. Every coach likes to win and every coach likes to see his boys play good, hard, clean football. As long as the present attitude prevails, the football games in the United States are going

to improve in technique, smartness, team play and ruggedness. This is not wholly the coaches' fault, if it be a fault, for the athlete of today demands that he be given the newest methods and techniques of the game of football. Everything has been done to promote the game in matters of suits, stadiums and bands. What is going to be done about protecting the boy? What about his health? What about his body as he enters the football season anatomically perfect and leaves with an injury that may render him incapable of participating in any type of athletics in later life?

A great number of schools lack the necessary funds to enable them to employ a full-time trainer. Starting with the axiom that training is as vital and indispensable as coaching, some means must be

found to assure proper care of the athletes in the face of limited funds. Either the coach must act as his own trainer or the task must be assigned to one of the associate coaches or some other member of the faculty. In many cases, if the coach is ambitious, he can train some upper-classman who shows a great deal of interest in first-aid work and is willing to serve as team trainer. A bit of intensive study on the coach's part along with some intensive teaching imparted to the interested boy will pay dividends.

There are a number of problems that will have to be faced by the coach if an adequate training room is to be put into operation. Apparently, there are three main problems to be met: First, the problem of time; second, the problem of equipment, which includes the matter of

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There are a number of excuses
by many coaches, but these two
to be the main ones, and the poorest.
I believe that coaches are using these ar-
guments as a screen of protection. In
this screen, built upon the fear of a
extra work, will be torn down and
will be exposed as they really are—
seeking only personal satisfaction
and glory without a thought of the boy
is making possible their dubious
to stardom.

As to the problem of time, the question
is how much time is needed to give ade-
quate attention to the players? Speaking
from experience, I would say at least one
hour before practice and approximately
one hour after practice. During the day,
an injured boy has a study period,
a gym period from which he may be
excused, he should report to the training
room for his daily treatment. This is done
in colleges and universities and has met
with great success. It might also be pos-
sible to meet some of the injured players
at dinner at night for a few minutes.
It must be remembered that every mem-
ber of a football team is not treated every
day. The number depends upon the ex-
tent of injuries prevalent. I would say
before and after practice would be in need
of attention. Of course this takes into
consideration the fact that some men will
be treated during periods throughout the
day. Saturday, every player who has a
chance of playing should be taped. Sun-
day morning should be given over to those
injured in the game Saturday. This may
seem like too much work, but the coach
must remember that it is possible for
many players to treat themselves, thus
taking a good deal of work off his hands.
Regardless of the amount of work, the
final result is worth the trouble.

Ways and Means of Securing the Necessary Equipment for the Training Room

In regard to the second problem, that
of lack of equipment, let us use our imag-
inations for a few moments. There are
many radiant heat lamps that may be
bought very cheaply. Bakers may be
hand-made. Wooden tables and cabinets
may be made by the school carpenter or
in manual training classes. Simple medica-
tions, tape, bandages, would amply repay
the amount of money used for
them. Hot and cold water are cheap.
Hot wash tubs and basins may be used
for alternating baths. To my mind it nar-
rows down to this; if a school has enough
money to equip a boy to play a sport, it
should have enough money to take care
of his injuries, regardless of how big or
small they may be.

I hope I have impressed coaches with
the fact that a trainer in their athletic

organization is an absolute necessity. The
first thing to be done in filling this neces-
sity is to find a doctor to check all players
before suits are issued. This doctor should
check all serious injuries and all injuries
where there is any doubt as to what is
wrong; he should have sprains X-rayed
for possible fracture; he should have all
reductions of dislocations, all headaches
after knock-outs, and all epiphyseal sep-
arations checked.

The second thing to do is to find money
for the necessary equipment and find
space for such equipment. Money may
be raised by sponsoring bridge parties,
raffles, benefit games; by having each
pupil in the school contribute a small
amount; by getting the merchants of the
town behind the project; and by con-
vincing the board of education and the
taxpayers of the necessity for such equip-
ment. The space problem should not be
one of too much difficulty. Any small
room near the dressing room will do, or a
part of the dressing room itself may be
partitioned off for use as a training room.

The third thing is a question of the
coach's individual character and his heart-
felt warmth for the boys under his care.
The training room becomes a personal
problem for the coach, for he has chosen
to take a group of boys under his care
and supervision. While they are in his
charge, he should make it a point to see
that every possible advantage is given
them. It is his job not only to supply
them with the necessary game equipment,
but it is also his job to provide them
with the necessities for the prevention of
injuries, and for the care of those that
are sustained. This may seem impossible
at first, but the job should be tackled
with a vengeance, with the knowledge that
the best is being done for those youngsters
who are trying to compete.

The whole point to this article is simply
that the best possible equipment should
be furnished to care for athletic injuries
and to prevent them. Because such
equipment is not yet available in many
high schools is not a sign that the young
athletes are not being taken care of, nor
is it a sign that the coach is not doing
a good job. It is a sign, however, that
the coach is not doing the best job pos-
sible; that the athletes are not receiving
the best care possible; and that there is a
vital something missing that should be
there for the use of all the athletes. It is
the coach's job to put it there. This prob-
lem is not a question of time, money or
equipment. It is a problem of whether
or not the young athlete is going to get
a chance to have the best possible care
given to him under all conditions. The
care of athletic injuries and the preven-
tion of them is far more important than
snappy uniforms, or a high-priced coach,
far more important than having the sport
at all, if proper care cannot be given to
those playing the sport.



What
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says--



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TRAINER'S JOURNAL
Iowa City, Iowa

Shin Splints

By Franklin E. A. Loew
Physical Education Instructor, Cleveland,
Ohio, Boys' School

AS the indoor track season begins, there are boys training long and hard on wood and other hard-composition tracks. Along with this early activity comes the shin splints problem. Any coach will say that best results cannot be obtained from a boy who has suffered a serious attack of shin splints sometime early in the season. The attack slows up the boy in his conditioning at probably the most important period of his season's training. This, however, does not mean that shin splints do not occur at any other time during the season; it is possible for the condition to occur anytime from the first day of the season to the last day.

Shin splints may be so painful as to render the legs useless, even for walking. This may be fully realized when the nature of the trauma is known. In reality, shin splints are bone fractures. They are caused by the tearing away, by violent extension, of the periosteum, the tough fibrous membrane that surrounds the shin bone. This membranous attachment to the bone is rendered firm by inward prolongations of the periosteum, called fibers of Sharkey. Three muscles are mainly responsible for shin splints, the tibialis anterior, the extensor digitorum longus, and the extensor hallucis longus. These muscles originate on the anterior surfaces of the tibia, fibula, and on the interosseous membrane. They act as extensors of the toes and flexors of the ankle.

I believe the use of preventive methods is the best way of dealing with the problem of shin splints. Hard running surfaces, or surfaces drastically different in elasticity from the home track, should be avoided as much as possible. If a team takes part in a track meet where a hard

Illustration 1—Using one-inch tape, run strip on sides of calf, across the shin bone in cross-fashion.

Illustration 2 shows tapes 1, 2, 3, 4, 5 and 6 overlapping.

Illustration 3 shows binders in place.

Illustration 4—Starting at the bottom, pulling from the inside to the outside, cover tapes 1 to 6.

Illustration 5 shows side view of completed taping.

Illustration 6 shows completed taping from the rear. Note only the binders show.

Illustrations prepared by Bill Frey.



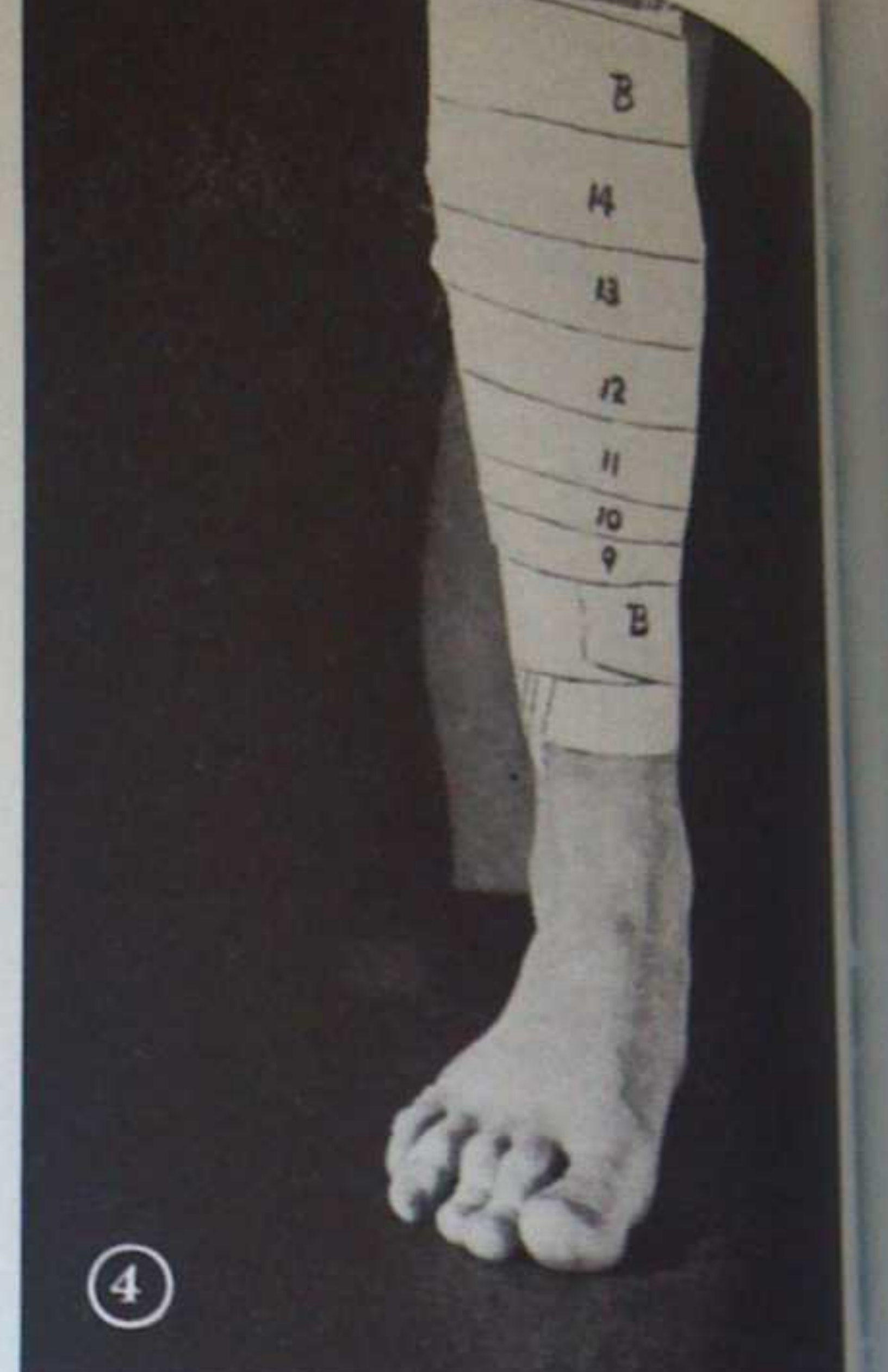
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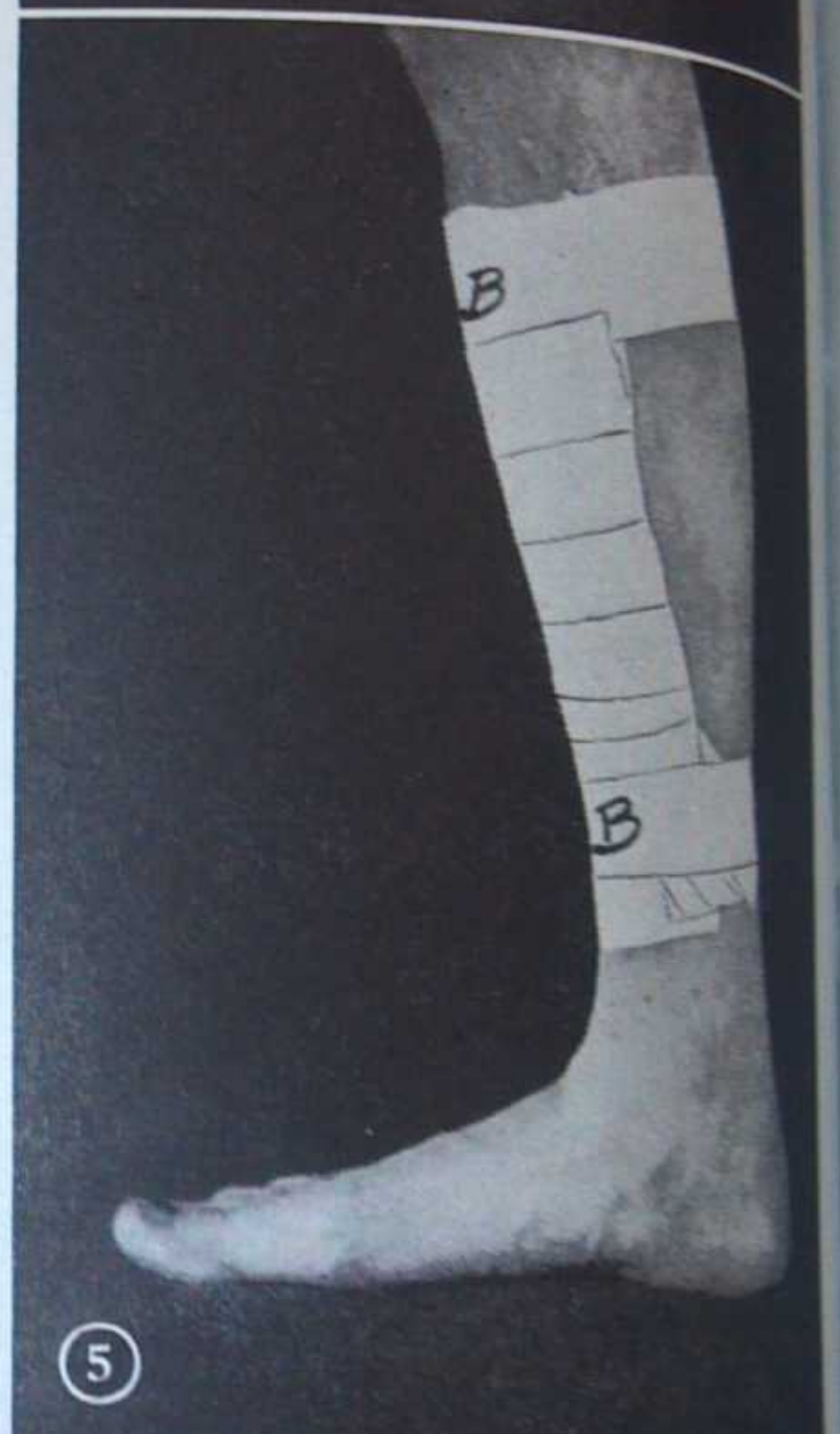
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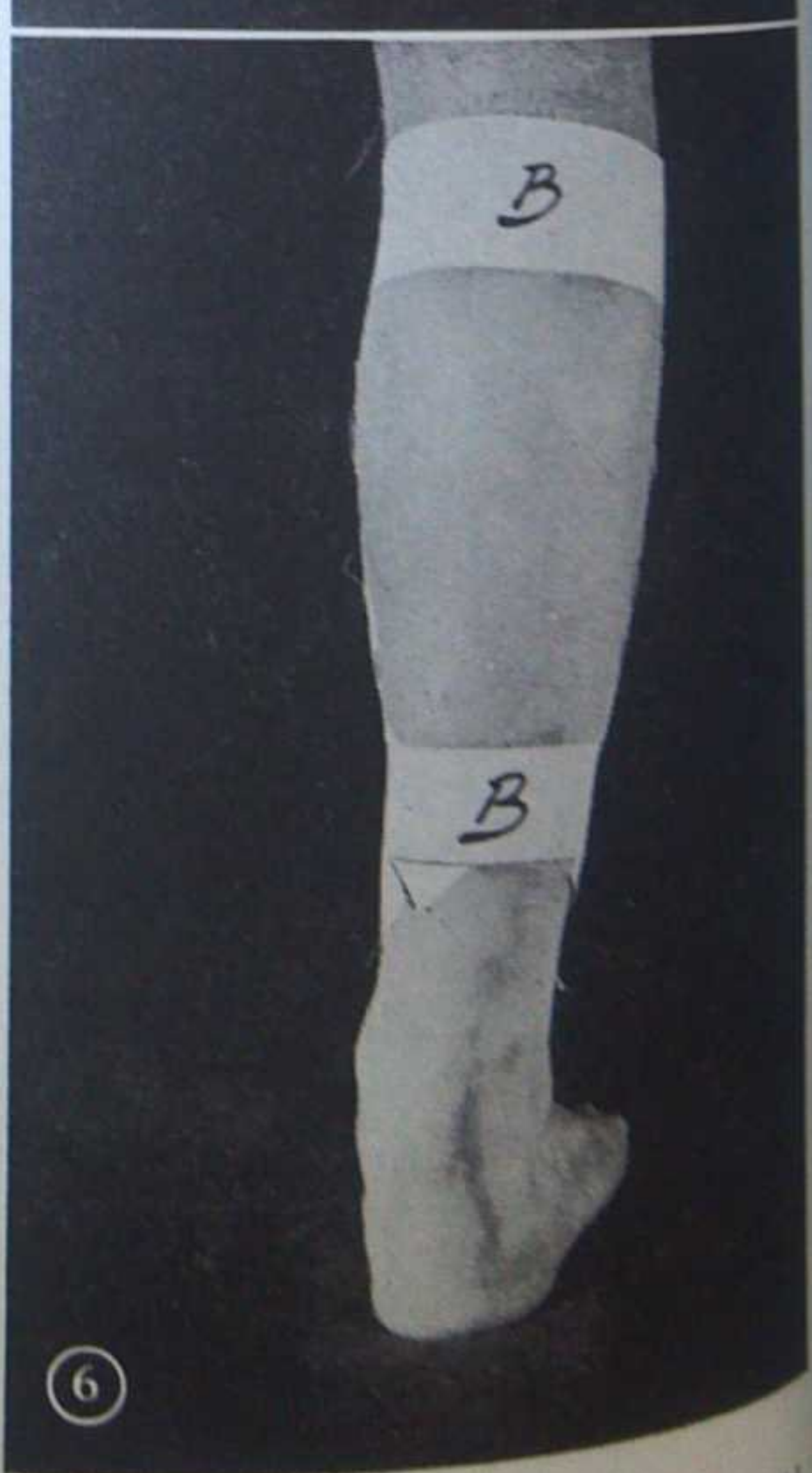
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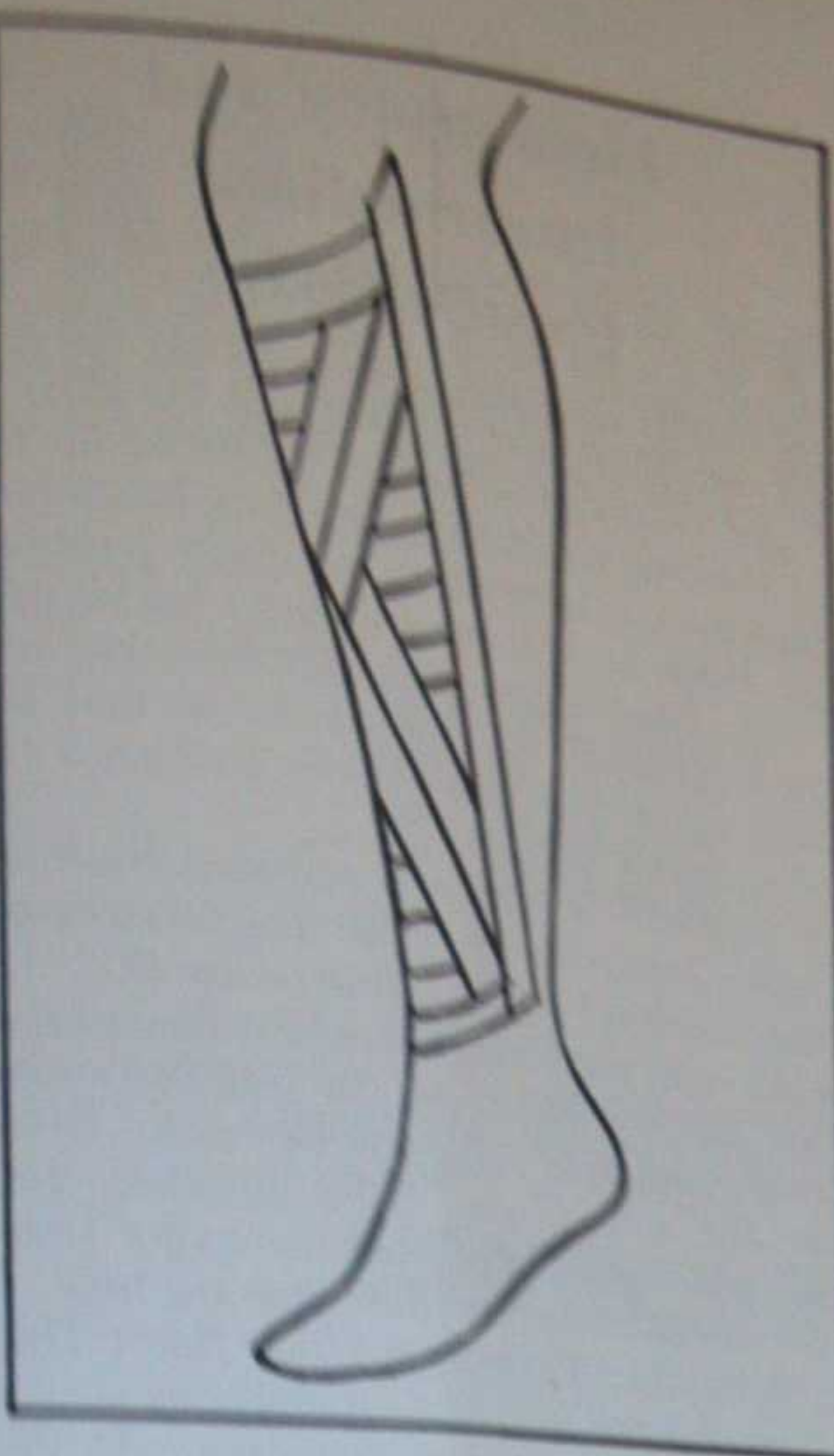
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track is used... have the boy... they even s... isthenics, lig... day is brisk... legs indoors... least fifteen... of doors. ... warming-up... sists upon... troubled wi... The bes... plenty of... massage. ... spared from... length of t... treatment... able a boy... The heat, ... be used fo... possible, a... added pre... which I sh... First the... of the leg... of one an... started ab... the side o... toward it, ... and one-h... strips sho... bigger po... reached, t... size. They... as suppor...

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If a coach should be sure to have the boys warm-up sufficiently before they step on the track, using calisthenics, light massage, and heat. If the boys should warm their muscles over a steam heater for at least fifteen minutes before they go out to play. If a coach stresses thorough warm-up before participation, and insists on it, he will probably not be troubled with caring for shin splints. The best treatment for shin splints is rest and heat with very light massage. The boy usually cannot be taken from the meet for the necessary amount of time, so oftentimes methods of support must be used which will enable the boy to return almost immediately. After rest, massage treatment should be used for as long a period of time as possible, and a coach should adopt the precaution of proper strappings which I shall describe as follows:

Shave the shin and surrounding surface of the leg should be shaved. Then, a strip of one and one-half inch tape should be applied about two and one-half inches to the side of the shin bone, pulled lightly over it, and continued for about two and one-half inches on the other side. The strips should overlap on the shin. As the portion of the calf of the leg is reached, the strips should be varied in width. They should be continued up as far as support is needed. Then a piece of



one and one-half inch tape may be started at either lower corner of the taping surface and pulled up to the opposite corner at an angle. This should be repeated on the opposite side, four cross strips being used this way. These strips should be pulled snug. The strapping should then

be boxed in with one and one-half inch tape. This strapping job is intended for use only while a boy is actually participating actively in a meet. To make this a permanent job, the entire inner length of the shin bone should be padded with cotton.

The pictures on taping for shin splints that appear in this issue were supplied by the editor of the *Trainers Journal* and do not coincide exactly with the taping suggested by the author of this article.—Editors' Note.

Under the Showers

(Continued from page 34)

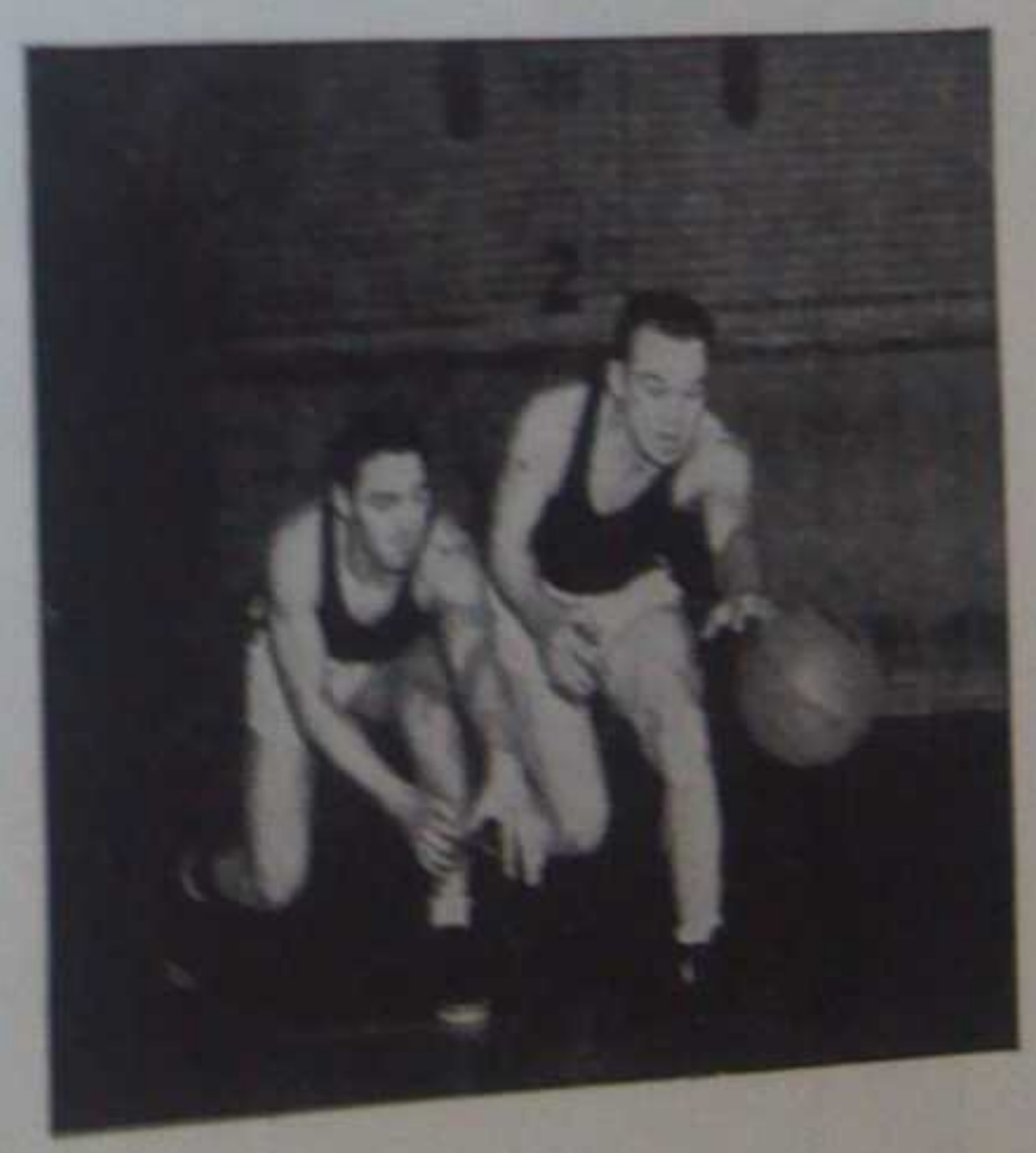
as head student trainer under Thor Olson. He was a member of the college forum on health and physical education at the 1938 convention of the Ohio Health and Physical Education Association and chairman of that group in 1939. Here's a hearty welcome to you from the Trainers Association.

Every day I receive letters from trainers, doctors, coaches, athletic directors and others interested in the National Athletic Trainers Association. We have three types of membership, senior, junior and associate, and we encourage everyone interested in athletics to become a member. If you are in doubt about the class in which you belong, write me and I will mail all the information needed to classify you.

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If you have players who "bruise easily"—(and what coach hasn't?)—Antiphlogistine is invaluable. Ranking coaches and trainers, country over, use Antiphlogistine. Use it for those dozen and one injuries that come to all boys who play the game fast and hard!

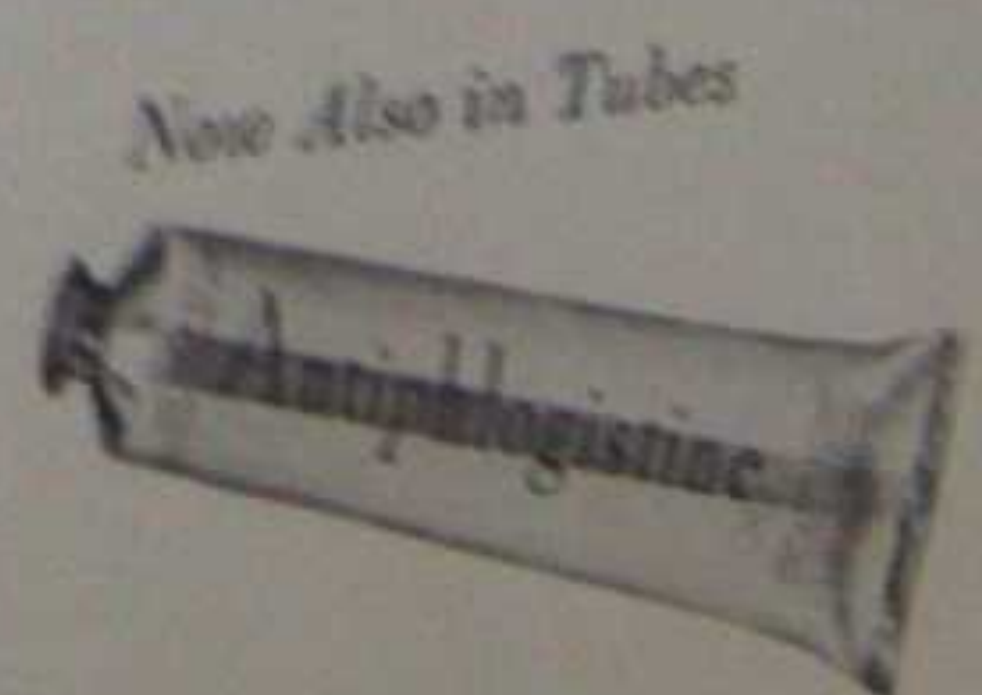
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