

TRAINERS JOURNAL

SECTION

The NATIONAL ATHLETIC TRAINERS ASSOCIATION

SEPTEMBER, 1942

No. 1

Official Publication
Of the National Athletic
Trainers Association

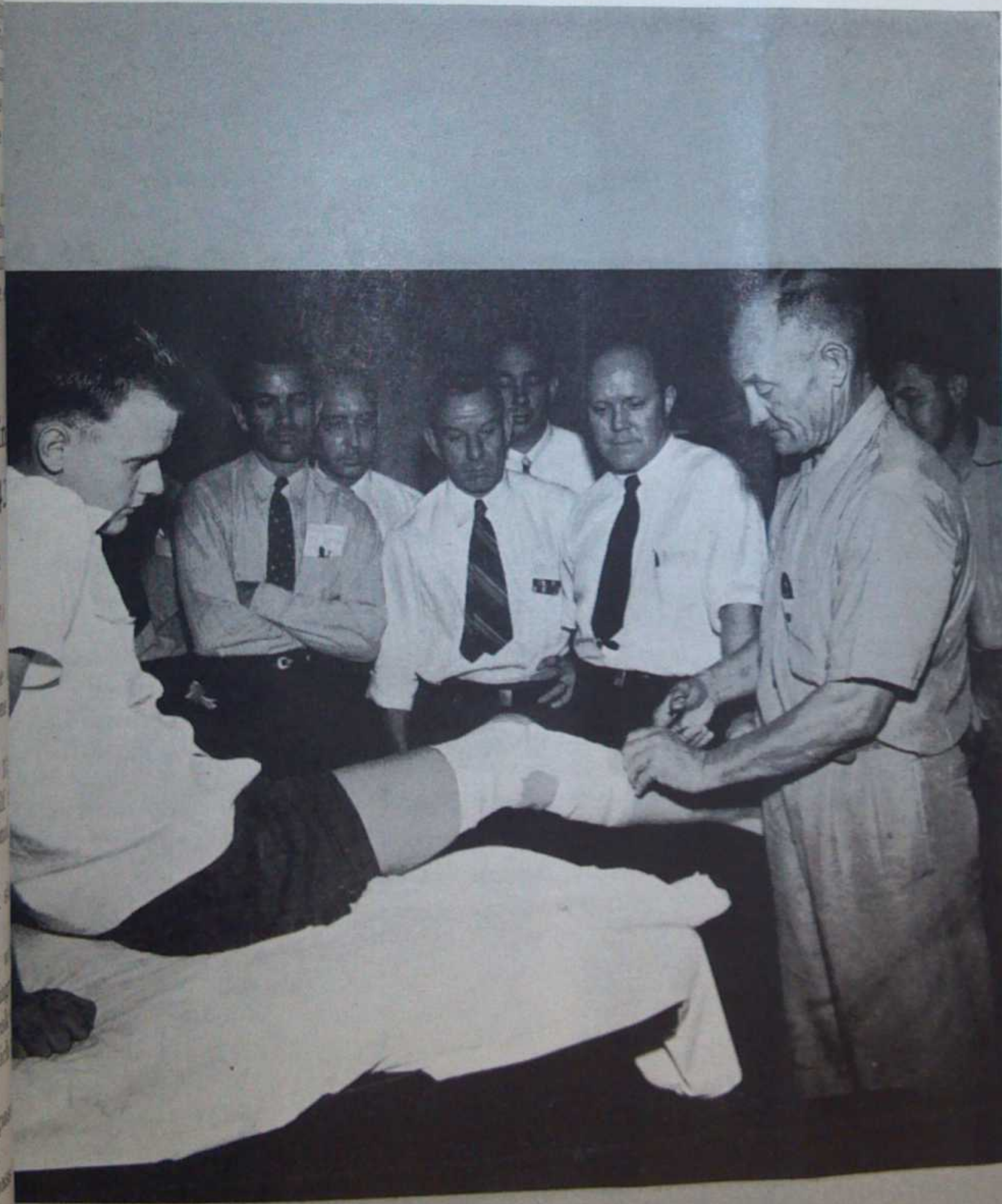
Building a Training Room
Kenneth L'Hommedieu

What Price Correctives?
W. S. Lilly

A National Health
Service Club
Harold T. Frierhood

35726

Roland Bevan, athletic trainer at West Point
illustrating his talk on Athletic Injuries
at the Dayton, Ohio, Health Service Clinic



the States located
a series of training
State for the purpose
program to the
teachers of physical
ld service by staff
on of Physical Fitness
e of Education directed
mulating the develop
f teacher training in

Administrative Adjustmen

allation and operation
program of physical
state some adjustments
nd administrative
involve an increase
he school day, revisio
increase in the teach
lty, and changes in the
chedule in schools wh
oils are brought to

al it seems wise to
at people must realize
country is engaged in
ggle for the existenc
ray of life and that the
n temporizing and com
ection with the war ef
l. We cannot have "tra
ducation. The schools,
t the front, must make
o win the war.
elopment of strength
the part of all high sch
h is one of the def
ortant things that the
are expected to do.

ew Outstanding
ays in the 194
All-Star Game
continued from page 30
e to try to spread the
d help their one-on-on
ateral pass, Diagram
rback to the right half
ft half was the person
14 shows a fullback
15 is a counterplay
o the weak side. Dia
llback slant to the we
19 shows a pass wh
vn.
20 shows a delayed pas
ack after he blocked.
21 shows a hook pas
tion.
s 22 and 23 show the
an defense employed

THE ATHLETIC JOURNAL

THE TRAINERS JOURNAL SECTION

Official Publication National Athletic Trainers Association

September, 1942

No. 1

Officers National Athletic Trainers Association
For 1942-1943

President, Dr. Wilbur Bohm, Washington State College
1st Vice-President, Lieutenant Roland Logan, North Carolina Navy
Pre-Flight School
2nd Vice-President, Tucker Smith, Ohio State University
3rd Vice-President, Percy Quinlan, University of North Carolina
Executive Secretary and Editor of Trainers Journal, Bill Frey
Office of Publication, Iowa City, Iowa

We Are at It Again!

LAST year was our first attempt at a National Athletic Trainers Association Magazine. If you have assembled our trainers' sections from the ten issues and bound them together you should be proud of the Association's first volume. Every member who contributed to its pages should share in the success of this first publication.

We have many letters from high school coaches, expressing their appreciation of the Trainers' Section. This alone should make us feel repaid, for if we can pass on to others information of value, we as trainers are doing a job worth while.

This year demands more than ever before of trainers and the Trainers Association. Many of our members have been called into the various services and several are serving as trainers in the Navy Pre-Flight Training Schools. We hope to announce in a future issue the present location of the men of our active membership last year.

The loss of many trainers to their institutions makes imperative the training of more men by those of ability to train trainers. This is one of our first duties. Keep talking up our Trainers Association among the college conferences as we started to do last year. That is our second duty. The larger and stronger our membership the better our Trainers Journal. Emphasize and clarify the High School Student Trainers Plan in your localities. The coaches who adopted this plan last year not only helped the boys who took the course, but also they themselves profited by the assistance their student trainers were able to give.

Last and most important of all, America needs conditioned boys and men as never before. When we taped the ankles each night last fall before practice we were taping so that our players would be prevented from injury; we were perhaps thinking of that big game on Saturday and we wanted every boy in shape. Much more is now at stake and it is up to us to work harder and keep every boy in perfect shape for the great battle, not of next Saturday but of next year.

OFFICERS FOR 1942-1943



President

Dr. Wilbur Bohm
Washington State College
Pullman, Washington



First Vice-President

Roland Logan, Lieutenant U. S. N. R.
Formerly Trainer, United States Military
Academy
Head Trainer Navy Pre-Flight Training
School, Chapel Hill, North Carolina



Second Vice-President

Tucker Smith
Ohio State University
Columbus, Ohio
(Photo Not Available)



Third Vice-President

Percy Quinlan
University of North Carolina
Chapel Hill, North Carolina
(Photo Not Available)



Secretary and Treasurer

Bill Frey
Formerly Trainer University of Iowa
Assisting Lieutenant Lloyd Stein
Navy Pre-Flight Training School,
Iowa City, Iowa



Trustees

Ray Roberts, University of Michigan
Ann Arbor, Michigan



Lon Mann, Purdue University
Lafayette, Indiana



Lloyd Stein, Lieutenant U. S. N. R.
Formerly University of Minnesota
Navy Pre-Flight Training School,
Iowa City, Iowa



Howard Waite, University of Pittsburgh
Pittsburgh, Pennsylvania
(Photo Not Available)

Robert Shelton, University of Colorado
Boulder, Colorado

Henry Schmidt, Santa Clara University
Santa Clara, California

Frank Wiechec, Temple University
Philadelphia, Pennsylvania
(Photo Not Available)

Building a Training Room

By *Kenneth L. L'Hommedieu*
Formerly Athletic Trainer, St. Lawrence University

THE process of building a training room from scratch, for the smaller high schools and many of the larger ones as well, looks like a problem that can never be solved. For the benefit of those who think this problem is of such immensity that it cannot even be considered, the following suggestions are made.

The St. Lawrence University training room as a general college training room is small, the dimension being 30'x12'. However, it is not necessarily the quantity but the quality that counts. For that reason and to show many of the men who believe that to have a little space is to have none at all, I present to you a small, but well equipped training room and the method that we used in getting it.

Illustrations 1 and 2 show the shelves and cabinets where supplies both for immediate use and storage can be placed. These shelves and cabinets were built by the university's carpenter and painted by N.Y.A. students. Notice the three cabinets in Illustration 1 with the long, wide top, making the space used not only useful as cabinet space but also for a general dressing table. The cabinets as shown in Illustration 1 have locks on them so the more important medications that are likely to be picked up and carried out may be safely guarded. The shelves along the wall as shown in Illustrations 1 and 2 make for space saving and efficiency.

Illustration 2 shows the massage tables. At St. Lawrence wooden tables are used due to the use of shortwave machines. The massage tables shown in Illustrations 2 and 4 were also put together by the university's carpenter. One is slanted and the other is straight. These massage tables have four legs, flat top, and a few braces.

A sink with hot and cold running water is important not only for efficiency in injury treatment but also for sanitation. The application of cold, hot, or hot and cold alternate applications becomes simple and easily done when the sink is close at hand.



Illustration 1.

WHILE serving as wrestling coach and athletic trainer at St. Lawrence University last year, Mr. L'Hommedieu wrote for the *Trainers Journal* on *The Responsibility of the Coach in the Care of Athletic Injuries*. The article, *Building a Training Room*, appearing in this issue, was prepared for us, before he entered the service. He has just renewed his membership in the Association and ordered the *Trainers Journal* for another year.—*Editor's Note.*

The washing of hands and bloody surfaces is also facilitated. Illustration 3.

Illustration 3. A surgical cabinet, on which salves may be put and on the inside of which can be placed all instruments, special medications so the doctor can find them without too much trouble should they be needed.

Utility jars, waste cans, stools, basin, leg rest, etc. Small things that add much to



Illustration 2.



Illustration 3.

the appearance, cleanliness, and efficiency of the training room.

A record of every individual who comes in the training room should be kept. This is done for the protection of the school, the boy, the trainer or coach, and the doctor. A copy as used at St. Lawrence is shown.

DAILY RECORD SHEET

Name Sport Injury Treatment Date

ST. LAWRENCE UNIVERSITY, Canton, N. Y.

HEALTH CERTIFICATE

This is to certify that..... has come before me for physical examination.

Physical Fitness
Remarks:

.....19.. (Signed).....
M.D.

THE ST. LAWRENCE UNIVERSITY
DEPARTMENT OF PHYSICAL EDUCATION

Injuries and Treatment

Class.....
Name..... Address.....
Sport Injury Treatment Date

The training room should be kept clean.
The minimum equipment for a modern training room:

- 1—One or more massage tables.
- 2—A surgical cabinet.
- 3—Deep therapy lamp.
- 4—Two or more therapeutic lamps.
- 5—Two or more electric heating pads.
- 6—Foot tubs.
- 7—Stretcher.
- 8—One gymnasium scale.
- 9—Utility jars.
- 10—Waste cans.

The following equipment is to be bought as the financial situation of the school allows: In the order named,

- 1—Whirlpool bath.
- 2—Shortwave diathermy.

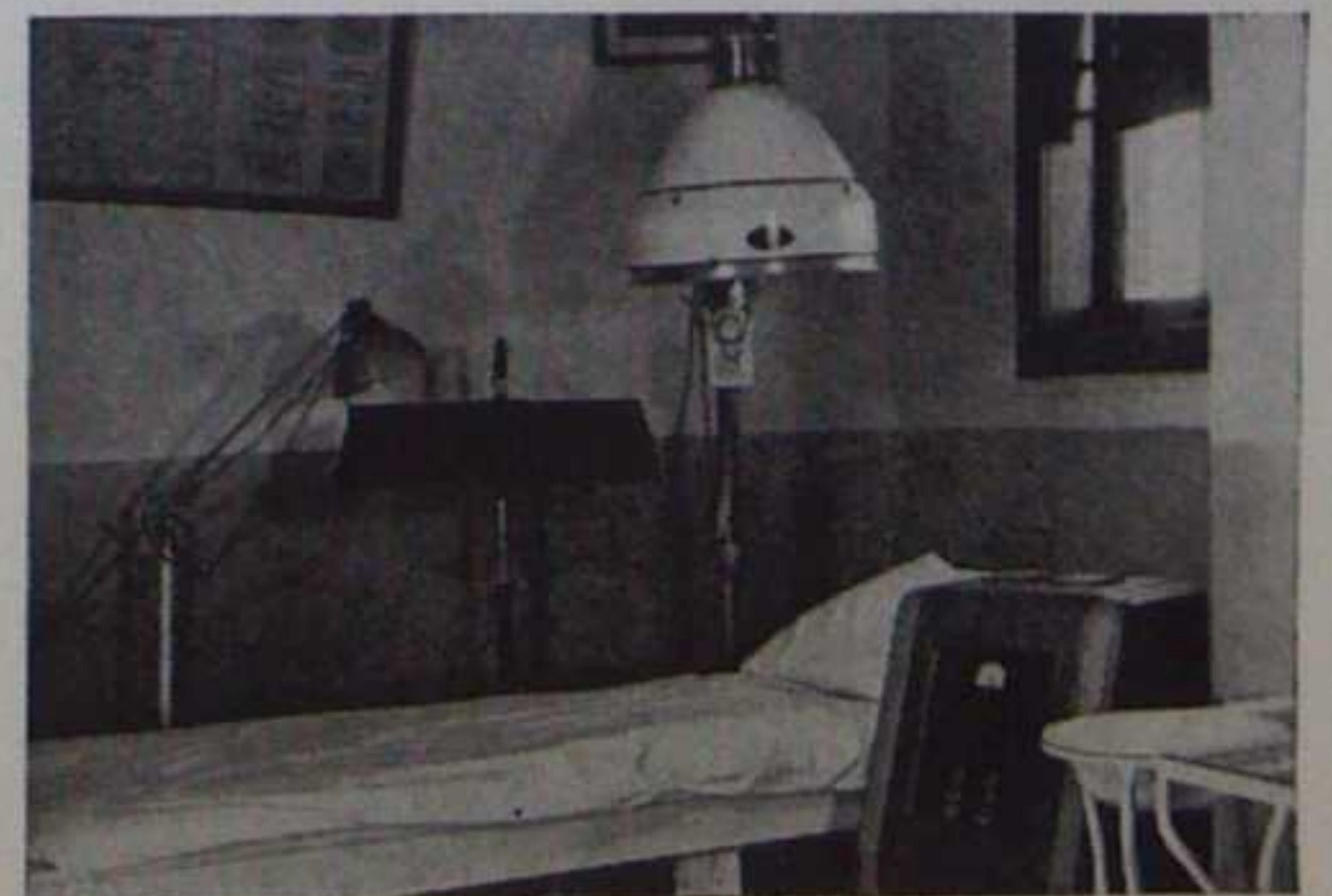


Illustration 4.

- 3—First aid kits.
- 4—Ultra-violet lamp.
- 5—Files.
- 6—Sweat cabinet.

The following are medications that the training room should carry plus any special medications that the school doctor might advocate:

- 1—Alcohol.
- 2—Iodine
- 3—Boric acid solution.
- 4—Potassium permanganate.
- 5—Benzoin compound.

- 6—Zinc stearate.
- 7—Aromatic spirits of ammonia.
- 8—Aromatic ammonia capsules.
- 9—Zinc oxide ointment.
- 10—Balsam of Peru.
- 11—Erophene.
- 12—Aspirin.
- 13—Corn plasters.
- 14—Collodion.
- 15—Salt tablets.
- 16—Whitfield's ointment.
- 17—Adhesive tape, 1" and 1½".
- 18—Band-aids.

- 19—Bandages, 1" and 2".
- 20—Sterile gauze pads, 3"x3".
- 21—Chiropodist's felt.
- 22—Ankle roller bandages.
- 23—Bandage rolling machine.
- 24—Sponge or foam rubber.
- 25—Resin.
- 26—Weight charts.
- 27—Tongue depressors.
- 28—Cotton wound applicators
- 29—Surgical scissors.
- 30—Razor and blades.
- 31—Crutches.

What Price Correctives?

By W. S. Lilly

Director of Athletics, Baltimore Polytechnic Institute

AMERICA did not become conscious of the sad state of health our country was in until the last World's War of 1917. When America entered the conflict we were stunned to hear of the vast percentage of men turned down in the draft for flat feet, poor eyesight, faulty teeth, malnutrition, heart ailments and venereal diseases.

Since that time educators have realized that there are too many physically handicapped people from curable diseases. Today there is a vast amount of illness resulting from defects which are correctible. The corrective movement started in the middle west and far west and soon wide-awake physical educators were making the corrective gymnasium a required part of their physical plant. It must be borne in mind that every form of corrective work must be supervised by a physician. In 1923 Polytechnic started a corrective program on a most simple line, namely, "Posture." The slogan adopted was, "Know a Poly boy by his walk." From that meagre program gradually developed a complete system of corrective work. Today corrective work is a definite part of our Physical Education Program.

What price correctives is the main point of discussion in this article. Corrective programs can be instituted in schools without affecting the efficiency of the general physical education department, and without the expenditure of a great deal of money. The director of the school must realize that the sole basis of success of corrective work depends upon the patient's application to his prescribed exercise. Corrective work may be done without any pretentious plant. In fact, marked improvement has been made by the boys at summer camps where no actual corrective apparatus is available.

Starting with the opening of school, the school physician should be sent all the boys who, in the estimation of the physical director, need corrective work. Upon complete physical examination by the doctor these boys are divided into classifications:

1. Those taking required gymnasium work in the main gymnasium. 2. Those assigned to the corrective gymnasium with definite prescribed exercises. 3. Those temporarily excused from gymnasium and assigned to the school library until their condition allows them to resume corrective work. 4. Those permanently excused from the gymnasium and corrective gymnasium and assigned to the library. These students must write papers on assigned subjects pertaining to health and physical education.

After the corrective group is assigned then the individual instruction begins. It is wise to have each instructor in your department assigned to corrective work. This not only increases the efficiency of the men but also rotates the teaching load. Corrective work requires constant instruction and inspiration. Much of our success has been due to the faithful efforts of our men who impress upon the students the value of constant corrective exercise as a means of rehabilitating their bodies. Many text books are available pertaining to corrective exercises and proper procedure. Outstanding in this field are the books by Dr. George T. Stafford: Sports for the Handicapped and Preventive and Corrective Physical Education.

It is interesting to note the various types of corrective cases we have had at the Polytechnic Institute. We do not claim to perform miracles but we have the satisfaction of knowing that many boys have strengthened their bodies, corrected their defects and received definite inspiration from the services given by our corrective teachers. Corrective exercises must be constantly practiced in order that the individual receive any benefits.

Typical List of Corrective Cases at Polytechnic for One Year In Corrective Room

Ankylosed Hip	1
Bilateral Hernia	1
Brachial Paralysis	1
Broken Fingers	3

Broken Leg	3
Broken Neck	1
Broken Wrist	3
Cardiac Regime	4
Congenital Defects	4
Enlarged Thyroid	1
Flat Feet	9
Hemophiliac	1
Thoracic Deformity	1
Underweight	10
Varicocele (left)	1
Knee Injury	3
Kyphosis	1
Malnutrition	2
Paralysis Left Leg	3
Paralysis Right Arm	2
Obesity	23
Poliomyelitis	1
Post Operative Appendectomy	4
Post Operative Hernia	4
Posture	10
Removal of Right Eye	1
Scoliosis	3
Shoulder Injury	5
Sprained Elbow	3
Sprained Knee	2

Assigned to Library for Limited Period

Broken Arms	3
Bronchitis	1
Infected Foot	2
Sinus	1
Broken Leg	1
Dry Skin	1
Nephritis	1

Library Cases—Permanent

Loss of Leg	1
Poliomyelitis	2
Asthma	1
Congenital Defects	3

About 28 per cent of the total enrollment of corrective students are transferred to the gymnasium by the school physician after a period of six months' exercises. About 15 per cent of the 28 per cent are students who have recovered from operations and have obtained the necessary physical strength to do full time gymnasium work.

A National Health Service Clinic

By Harold T. Frierhood

Director of Physical Education, Y.M.C.A., Dayton, Ohio

MEN traveled 4,535 miles from nine states and eleven cities to attend the first national Health Service Clinic conducted in Dayton, Ohio. The purpose of the clinic was to bring experienced masseurs into a week's intensive program, to brush up on anatomy and physiology, massage technique, the care of Y.M.C.A., college, and high school athletic injuries, remedial exercise, rehabilitation of service men, coaching of individual sports, and business management.

Men came from Denver, Colorado, St. Paul, Minnesota, Columbus, Georgia, Grand Rapids, Michigan, Louisville, Kentucky, Ft. Wayne, Indiana, Canton, Ohio, Cincinnati, Ohio, The University of Illinois, West Point, and Dayton, Ohio. These men had been in health service, massage, and training work for periods ranging from two to twenty-five years.

The faculty included such head-liners as Roland Bevan, athletic trainer at West Point; Dr. George T. Stafford, Department of Physical Education, University of Illinois; Dr. H. Worley Kendall, in charge of the Department of Physical Medicine at Miami Valley Hospital, and Vice President of the American Congress of Physiotherapy; Dr. Walter A. Reiling, a special lecturer at the University of Dayton; Dr. Everett Shank, Chairman

of the Dayton Y.M.C.A. Health Education Committee; Harold C. Pedicord, Manager Dayton Y.M.C.A. Health Service Section, and Thomas I. Smallwood, Assistant Manager, Dayton Y.M.C.A.

In addition to lectures, practical demonstrations, actual operation and performance of massage work, bandaging, taping, and activities in the gymnasium, courts, and swimming pool, visits were made to the Veterans Facility (Soldiers Home Hospital) where physiotherapy in all its forms and vocational rehabilitation was explained by Clarence Walsh, Chief Physiotherapist, and demonstrated by his assistants; to the Welfare Department of the National Cash Register Company where the complete medical and physiotherapy work for employees and executive officers as conducted under the supervision of Dr. F. G. Barr, was explained; to the Miami Valley Hospital where lectures and demonstrations were given, motion pictures shown, and actual operation of the complete department of Physical Medicine, under the direction of Dr. H. Worley Kendall, was provided including the operation of the fever therapy machines.

In these days of decreasing personnel in Physical Departments, trainers, masseurs and Health Service operators may have to take over many additional tasks

formerly carried by the coaches and Physical Educators. Intensive work in this field was provided. It was pointed out that many Y.M.C.A.s are equipped to give school and college teams valuable service in this program.

Rehabilitation work is gaining in importance and men must be trained to take care of the large numbers of people who will need this kind of service following the war. Dr. George G. Deaver, New York University, in the *Journal of Physical Education* July-August 1942, p. 119, said,

"There will be millions of men fighting in the far corners of the earth; some will never return, and it is estimated that from fifty to seventy-five thousand of each million will be so seriously handicapped they will need physical and vocational rehabilitation. The government and private agencies are giving a great deal of thought to this problem, and the Y.M.C.A.'s schools and colleges must prepare to do their part in this post-war problem."

Many practical and interesting motion picture films were shown. These were secured from the American Medical Association, Becton-Dickinson Co., Rutherford, N. J., and the University of Illinois Physical Fitness films.

QUALIFICATIONS FOR MEMBERSHIP IN THE NATIONAL ATHLETIC TRAINERS ASSOCIATION

SENIOR MEMBERSHIP: 1. Men who have been actively engaged in athletic training or closely allied work for a period of two or more years. 2. Men who are qualified to take charge of the work, in co-operation with the medical department and to direct it in athletic training in a college or university. 3. Men who have had four years of practical experience in a recognized athletic training department of a college or university or some other institution of recognized standard.

Senior members have voting privileges.

JUNIOR MEMBERSHIP: 1. Men who do not qualify as Senior members but who are actively engaged in athletic training either as an assistant in a college or university. 2. Men in charge of the training program in a high school, or in closely allied work. 3. Men who are taking an approved training course.

Any Junior member may become a Senior member upon completing the requirements for Senior membership and passing an admission test given

by the Membership Committee. Junior members do not have voting privileges.

Senior and Junior applicants must submit along with the application blank a letter of endorsement from the physician who acts as medical supervisor in their institutions.

ASSOCIATE MEMBERSHIP: 1. Men who have not been actively engaged in athletic training for a period of eighteen months previous to their application. 2. Junior or Senior members who have not been actively engaged for a period of eighteen months, but who are interested in the advancement and recognition of athletic training. 3. High school coaches and student high school trainers.

Associate members do not have voting privileges.

Senior and Junior membership dues are one dollar per year. Dues for Associate members fifty cents. Applications for membership should be addressed to Bill Frey, Secretary and Treasurer, Iowa City, Iowa.