

TRAINERS JOURNAL

SECTION

The NATIONAL ATHLETIC TRAINERS ASSOCIATION

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No. 1

Official Publication
Of the National Athletic
Trainers Association

A Few of Our Methods at
Del Monte Pre-Flight School

Henry Schmidt

How Do We Start?

Frank Cramer

The Headaches of a Trainer
During Fall Practice in Texas

Lil Dimmitt



The training staff at the Navy Pre-Flight School, Del Monte, California, in a weekly class lecture by Lieutenant Commander Harry Goldberg, athletic physician. Left (standing) Lieutenant Commander Harry Goldberg; left (sitting) Ensign Al Pripp and Ph.M. 2/c Jack Fishke. Right (sitting): Lieutenant Howard Haak, (right) head trainer, Henry Schmidt (University of Santa Clara), Carl Bruner (Pomona) and Frank Jacobs (Los Angeles Baseball Club). Back row (right): Bob Kleckner (University of San Francisco), Eddie Noonan (Harvard) and J. F. Fahey (Loyola at Los Angeles).

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Officers National Athletic Trainers Association For 1943-1944

President, Dr. Wilbur Bohm, Washington State College
1st Vice-President, Lieutenant Roland Logan, North Carolina Navy
Pre-Flight School
2nd Vice-President, Lil Dimmitt, Texas A. and M.
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Acting Editor, Wilbur Bohm, Pullman, Washington.

Our Plans For 1943

THIS issue of our Journal marks the beginning of the new year 1943-1944. During the past year, our Journal as a whole, held up satisfactorily, in spite of difficulties encountered as a result of the world situation. Many of the members of the National Athletic Trainers Association are using their professional ability in the service of their country, while those on the home front have shouldered additional responsibilities, because of increased work that has been heaped upon them.

At the close of the year 1942-1943 it was especially gratifying to see that our Journal had continued to offer material that was helpful to the readers in their work. We feel justified in making this statement, for we have received many compliments.

During the coming year, we aim to have our Journal continue to be helpful to the readers of this publication, to increase the number of its subscribers, and to increase the membership of the National Athletic Trainers Association.

Reading on, you will note that an Advisory Board of the National Athletic Trainers Association has been organized. The group consists of men who know the problems of training and conditioning and have the best interests of the trainers and conditioners at heart. It is to be hoped that the members of the Advisory Board, as well as all members of our association, will not only offer suggestions and advice for the betterment of our Association and Journal, but also will contribute articles.

Furthermore, in asking the co-operation of an advisory board, which is representative of various sections of the country, and will be increased in scope as time goes on, we feel that these men would come in contact with other men who would have contributions to make to the training profession,

were they advised of a medium through which they might pass on information.

Advisory Board

- DR. S. E. BILIK, Maj., Med. Corps, Oliver Gen. Hosp., Augusta, Ga.
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CHARLES A. YOCUM, Becton Dickinson Co., Rutherford, N. J.

Let us talk up our Association, prepare an article or send in some other material for our Journal that will be helpful to our profession.

Your continued support for the year 1943-1944 is eagerly sought and will be greatly appreciated.

WILBUR BOHM

Who's Who in This Issue

NO one has a wider acquaintance with the men of the athletic training profession in the United States, understands their problems better, or has the interests of the athletic training profession at heart more than Frank Cramer. His willingness to serve on our Advisory Board is appreciated.

Before going to Del Monte as a civilian trainer, Henry Schmidt served on the staff of the department of physical education and athletics at the University of Santa Clara for sixteen years. During this time he had conditioned football teams two years for Coach Adam Walsh, seven years for Coach Clipper Smith and seven years for Coach Buck Shaw. Last year he conditioned the East team, which played in the annual Shriners' East-West Game played on New Year's Day in Kezar Stadium, San Francisco. He is an authority on the application of adhesive tape, on the prevention and treatment of athletic injuries. He is a keen student of problems in his field, and he has made many fine contributions to the athletic training profession.

Lil Dimmitt is the second vice president of the National Athletic Trainers Association. He has trained and coached athletes at Texas A. and M. for years. During this time he has also contributed numerous articles on various phases of training and conditioning.



A Few of Our Methods at the Del Monte Pre-Flight School

By Henry Schmidt

Civilian Trainer, Navy Pre-Flight School, Del Monte, California
Formerly, Athletic Trainer, University of Santa Clara

WHEN asked for an article regarding athletic injuries and treatments, I selected to write upon the following methods, which have produced good results here at the Navy Pre-Flight School at Del Monte, California.

The Cleat

The first subject is the cleat, Illustration 1, used for the following: 1. Sprain

of the anterior arch. 2. Sprain of the big toe. 3. Fracture of the phalanges of the toes.

From three to five tongue depressors are used, depending upon the amount of lift required from the cleat. The cleat is placed well behind the metatarsal arch and taped on, as shown in Illustration 2.

As the injury recovers, a depressor may be removed from the cleat, one at a time, until complete recovery is accomplished. We have had good results with the cleat and recommend this be tried.

When used for fractures, the shoe may be sent to the shoemaker and a leather cleat may be secured to the shoe. In addition to the cleat, the sprain or fracture is strapped with adhesive to give the support needed.

The Improvised Collar

The next subject is the improvised collar, Illustrations 3, 4 and 5, which is used for sprained muscles and ligaments of the neck. The collar holds the neck in the position of relief, needed to support the weakened muscles or ligaments.

Illustration 3 shows "A" and "B" of the collar which is made from a tape cylinder container. "A" is cut to fit the patient, and its length depends upon the length of the individual patient's neck. Naturally, a short stubby person will have a much shorter "A" support than a long-necked person. "A" is cut so that the sponge rubber, which is under "A," rests at the junction of the clavicle and sternum

and just under the chin.

"B" is the back neck support and that also varies in length, but is much shorter than "A"; it is merely a support to protect the rear muscles and ligaments.

Before applying "A" and "B," we generally wrap a wide piece of gauze around the neck to protect the skin from the sponge rubber which creates moisture. After the gauze is applied, "A" is placed in front and "B" in back, with a piece of





tape attaching "A" and "B" together, as shown in Illustration 5. This should not be too tight, but firm enough to give required support, which means holding the head in whatever position is needed to give proper support. An ace bandage may be used over this to make it more firm, if needed, and by the use of this bandage, a

very much better appearance is created. The collar may be removed while the patient has heat treatments, followed with a light massage, and then replaced. It may be loosened or removed while the patient is sleeping. The collar may also be utilized as a first aid to neck injuries, before the X-rays are taken.

The Victory Knee Strapping

The victory knee strapping, shown in Illustration 6, as completed by Trainer Bob Kleckner, former coach and trainer at the University of San Francisco, called Victory because of the V shape of this job, is used for convalescent treatment of knee injuries involving ligaments.

The knee is flexed about five degrees in the standing position and two-inch tape is applied. The first strip of tape is anchored four inches below the lateral side of the knee, and pulled up to the medial side of the thigh, about ten inches above the knee joint. The second strip is anchored four inches below on the medial side of the knee and pulled up to the medial side about ten inches above the knee joint, just opposite strip Number One. This is repeated three or four times, each layer overlapping by an inch. When finished, the strips are anchored above and below, as shown in Illustration 6. This strapping may also be reinforced with



a three- or four-inch ace bandage, to give additional support, when necessary.

The quadriceps muscle drill is started at once on all our knee injuries, and repeated for five minutes every hour on the hour, by the clock. This drill is done by tightening the quadriceps muscle to shrug the kneecap or patella. This prevents the chronic relaxation of the ligaments after an injury. It also acts as a precaution against any recurrence of injury to the knee, as the quadriceps is the chief stabilizer of the knee joint.

How Do We Start?

By Frank Cramer

Cramer Chemical Company, Gardner, Kansas

THE expression "Treatment of Athletic Injuries" carries nothing but mystery to the uninitiated. Types of injuries, treatments and chemicals are all jumbled together. Mental confusion is increased unless a simple formula of procedure is developed and used.

In order to simplify the problem, let us put down a few simple rules. Let us add some "elbow-grease," cushioned with plenty of enthusiasm and interest, and see if a part of the mystery isn't cleared away.

Rules for the Beginner

1. **CLEAN HOUSE!** Make your training quarters look like an operating room. When you have accomplished this, you will want to go to work. If you attempt to work in filthy surroundings you can never succeed, regardless of the degree of expertness you may attain.

2. **HAVE THE TOOLS OF THE TRADE!** Tools of the training business are sterile cotton, bandages and dressings, adhesive tape, antiseptics, ointments, etc. Don't expect to become an expert with only a "bucket and sponge" or "a few rags

and a bottle of alcohol!"

3. **ESTABLISH RULES FOR YOUR QUARTERS!** Printed rules for training room conduct are necessary. If you permit boys to carry mud into your quarters, to throw old bandages on the floor, to lie across your clean tables, to wrestle and scuffle when you are working, to cuss and tell dirty stories—you cannot succeed, and neither can they.

Make simple rules and enforce them! Don't be a dictator, but be a gentleman!

4. **DON'T GET SET IN YOUR METHODS!** Don't get set in your ways. Don't think "your own way" is best. Listen to others. Learn from everybody.

I have traveled in forty-seven states, called on hundreds of university trainers and learned from all of them. I have also learned many things from high school coaches, even in the smallest schools.

Learn to keep an open mind—and learn!

5. **HAVE A CONSULTING TEAM PHYSICIAN!** No high school coach, college coach or trainer is employed to accept the full responsibility of treating severe injuries. Don't "stick your neck out!" Don't go beyond the superficial in

treatment without the help and advice of a capable team physician.

Let us repeat these five rules for the beginner, to clarify and emphasize their importance, as a foundation toward future success!

1. Clean house!
2. Have the tools of the trade!
3. Establish rules for your quarters!
4. Don't get set in your methods!
5. Have a consulting team physician!

The trainer's work may roughly be divided into three groups.

1. **PREVENTION OF INJURY:** Included within this group are such things as care of the feet; the use of tincture of benzoin as a protective film; the use of a foot powder to help prevent blisters; preventing such things as tape rash, galled skin, jock-strap-itch, etc.

Sixty per cent of your training room activity should be directed toward prevention. Consider individual cases and mass prevention for your squad. Keep your chin up. Think! Learn from your neighbor. Discuss these subjects at every opportunity.

2. **SUPERFICIAL FIRST AID:** Treat

scratches and small cuts, bumps and bruises. Learn to wash these small wounds with liquid soap on cotton. Sterilize and dress them. Learn to protect them with the proper bandages, so that the athlete can continue to play safely, day after day.

Learn to treat shock, wind-knocked-out, and fifty other so-called minor problems.

If your prevention problem has been properly approached, only 20 per cent of your time need be allocated to actual First Aid.

3. **PROTECTIVE BANDAGING AND TAPING:** Expert taping comes with practice, with a study of the stresses and

strains of the muscles, ligaments and tendons, coupled with a desire, on the part of the trainer, to accomplish definite results.

Learn to pad elbows, knees and shoulders correctly; to tape wrists and ankles; and to use sponge rubber, felt, bandages and cotton.

Twenty per cent of your training room activity should be allotted to taping and bandaging.

Here you have a suggested outline. Use it to simplify your work. Quite often these three groups fade into each other. Where they over-lap, more consideration must be given to procedure.

A Final Suggestion

Appoint at least two training room assistants, both to help before and after practice. Assign one to get in readiness, and carry a kit to the practice field, the other to straighten up the training room and then to follow you—to be available in case of injury.

Dependable assistants will not only make your work much lighter, but, if given a reasonable amount of direction and attention, they will also greatly increase your efficiency—and they may be next year's trainers!

The Headaches of a Trainer During Fall Practice in Texas

By Lil Dimmitt

Trainer, Assistant Football Coach and Varsity Track Coach, Texas A&M College

*"Somewhere cool breezes blow
Over peaks of snow,
But it surely isn't so
In Texas."*

THE man who wrote "Deep in the Heart of Texas" might have added with a good deal of feeling that it really gets hot down here in August, and this heat holds over well into September.

In the Southwest Conference, it has been the custom to begin football practice on the first Monday in September but, in past years, we have not had our schools geared to three semesters each year and regular classes right through the summer months. Each football team has had a nucleus of lettermen and hold-overs from the squad of the previous year, plus men of freshmen-team experience, to fill the gaps caused by the graduation of senior players.

Needs of the armed forces have made such inroads among the student bodies of all our schools that the situation here at Texas A&M College is typical of the six conference schools that will play football. I presume it is about the same with the schools of the whole country.

We do not have a single boy who ever played any college football. Of all the boys who turned out for training last spring, only four are left. From present indications, we will build our team from 16, 17 and a few 18-year-old boys, many without high school football experience. Not a one, of course, is familiar with our training methods.

Confronted with situations similar to this, the Southwest Conference voted unanimously to amend its rules and for the duration allow informal practice during June and July and up until August 20,

when regular practice begins.

Down here we have to guard against the heat at the start of practice and the famed Texas Northers a little later on. The average football boy wears only enough clothes down to practice to flag a handcar, and the man who said these Northers come "sudden and soon" wasn't fooling.

The first two weeks we start our boys in shorts. Some coaches use gymnasium shoes, but we put our boys in well-fitting

football shoes the first day. We watch each boy's feet all the time for the appearance of blisters. If one shows up, we do not open it, but use patches on which we place carbolic salve and let the blisters open themselves. In our twenty years' experience we have found this to be the best treatment.

A bench is so arranged that each boy can paint his feet with skin toughener or with tincture of benzoin. We insist that each boy follow this practice.

We do not let our boys start out in old socks. These usually are too big or have holes in them somewhere. With exercise, old socks will fold or roll, and there the blisters show up.

Old shoes, however, are issued until the boy's feet have had time to toughen. A tight shoe in this heat will scald and soften the feet.

During regular practice we have a two-hour session each day with a rest period at the end of the first hour's work. Then we give each boy two paper cups of water and use a cold spray on them. After a rest of twenty minutes the boys are in fine shape to continue.

When practice is over, no water is permitted until the boy has had his shower and time to cool off. We have a salt container at the water fountain, and each boy takes two tablets. We have found this cuts down on boils fully 75 per cent.

Here at Texas A&M we are strong for vitamins. These are given the first day of practice. By the time cold weather comes, the boys are in excellent shape to resist colds.

Late in the fall we do not let the boys take very hot showers—just luke warm. We also tell them to keep their heads from under the water.

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