



WELCOME

TO

BIGFORK ACTIVITIES

STUDENT & PARENT

INFORMATION

NIGHT



KEY DATES

- **Varsity Football starts Monday, Aug 12**
- **Volleyball (all levels) starts Monday, Aug 12**
- **Jr High Football starts Monday, Aug 26**

- **All schedules can be found at www.bigforkhuskies.org>Athletics & Activities>Activities Calendar**

KEY DATES

- **Concussion Screening: Aug 15
2:00pm**
- **Computer lab Bigfork School**
- **Grades 7,9,11 OR;**
- **Anyone that has not been screened or is new
to the sport or Bigfork School; OR**
- **Anyone that had a concussion last year**
- **forms found on www.MSHSL.org**

KEY POINTS

- **All forms and fees must be completed before starting practice**
 - ✓ **Forms are available tonight**
 - ✓ **in the office**
 - ✓ **or, can be found at: www.bigforkhuskies.org Athletics & Activities>Activities Forms**
- **Athlete and Parent resources can be found at: www.bigforkhuskies.org>Athletics & Activities>Athletes & Parents, Coaches, and Officials**

MSHSL
PARENT
VIDEO

<http://bit.ly/2T6CmDb>



Delayed Onset Muscle Soreness

Dr. Mike Olson DC, ICCSP, CCSP

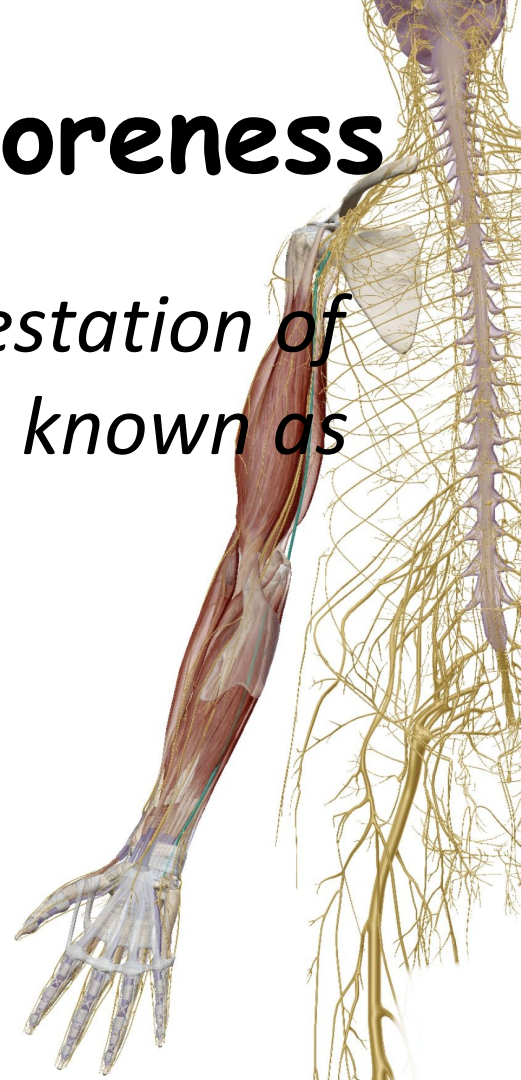


Bigfork Valley
Hospital • Clinics • Communities

Delayed Onset Muscle Soreness

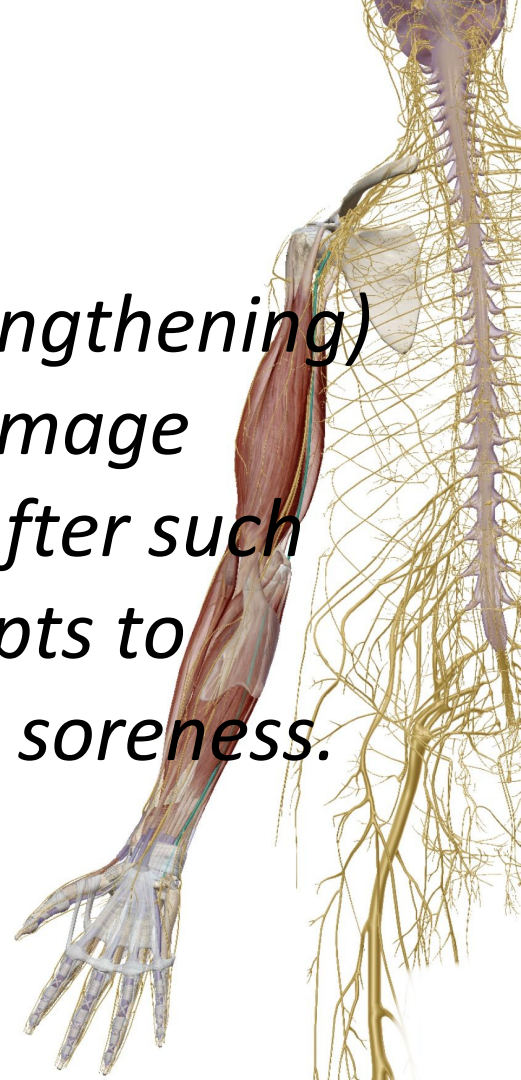
The clinical progression and manifestation of exercise-induced muscle damage, is known as DOMS.

Muscle Fever



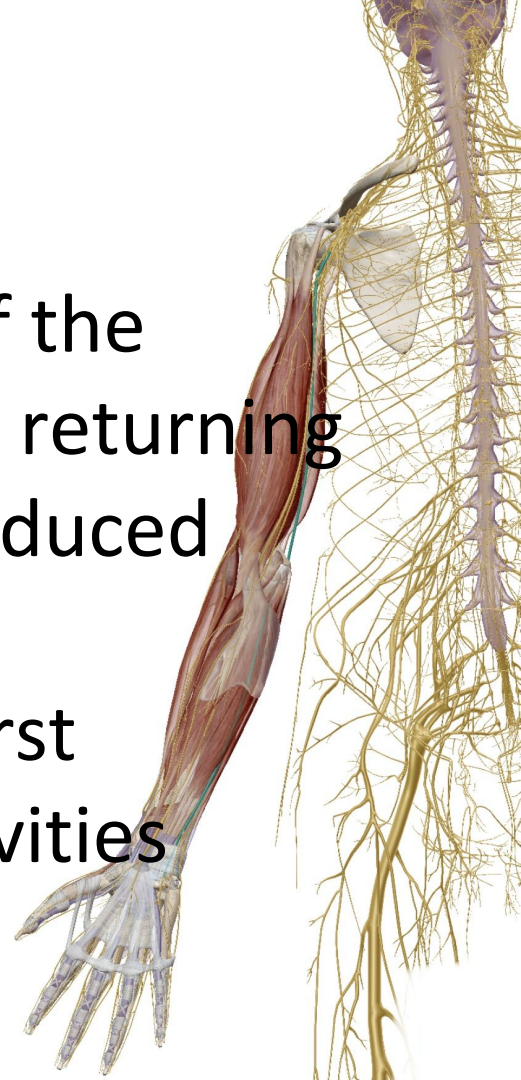
Cause

Thought to be caused by eccentric (lengthening) exercise, which causes small-scale damage (microtrauma) to the muscle fibers. After such exercise, the muscle then rapidly adapts to prevent muscle damage, and thereby soreness.



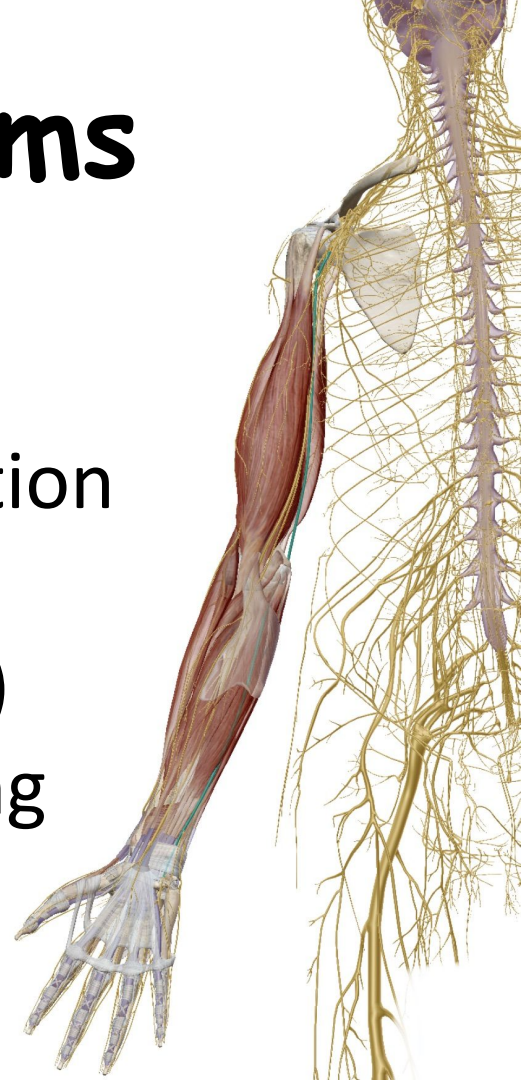
Prevalence

- most prevalent at the beginning of the sporting season when athletes are returning to training following a period of reduced activity
- also common when athletes are first introduced to certain types of activities regardless of the time of year



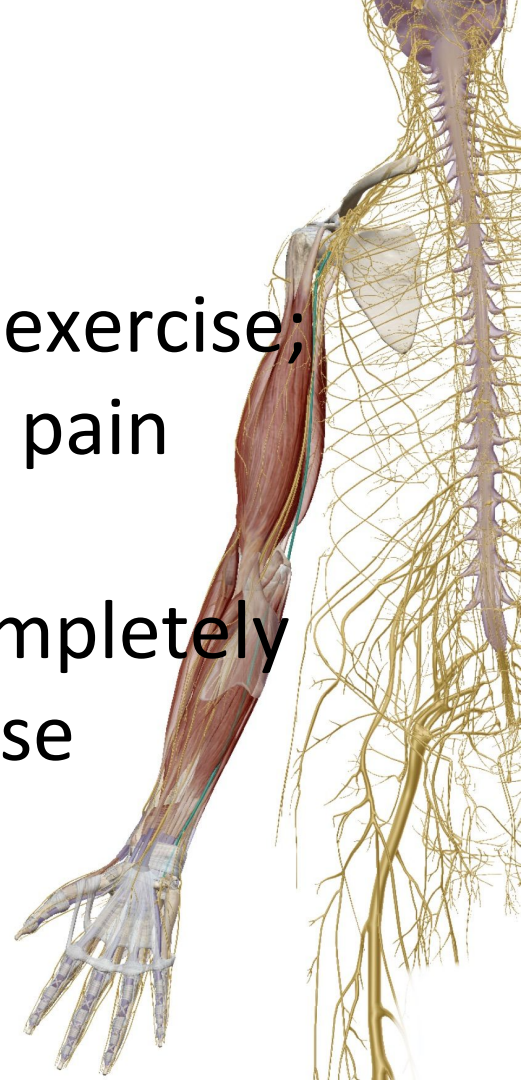
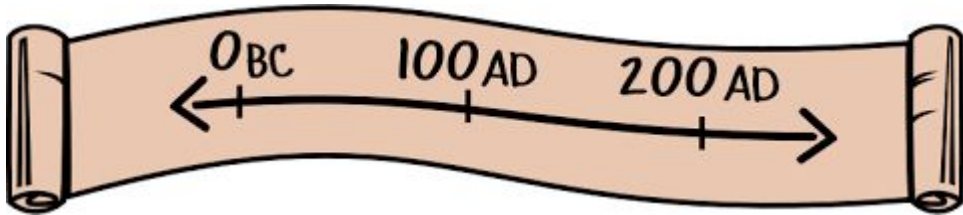
Signs and Symptoms

- local muscle soreness
- reduced range of motion (ROM)
- altered biomechanical joint function
- impaired muscle contraction
- reduced force capacity (strength)
- edema and intramuscular swelling



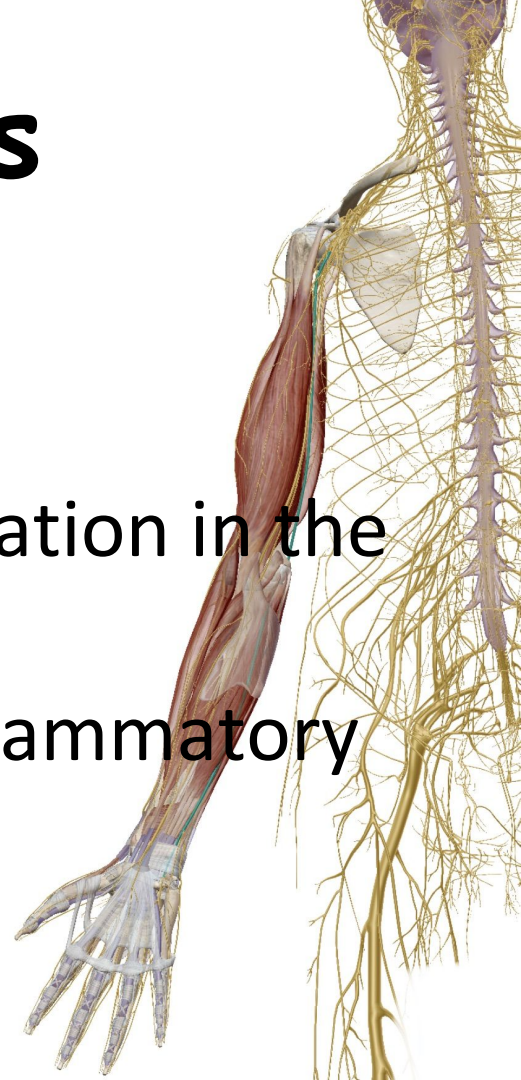
Timeline

- commonly begins 6-12 hours post exercise;
- increasing progressively until peak pain occurs at 48-72 hours;
- and thereafter decreasing until completely imperceptible 5-7 days post exercise



Physiology Basics

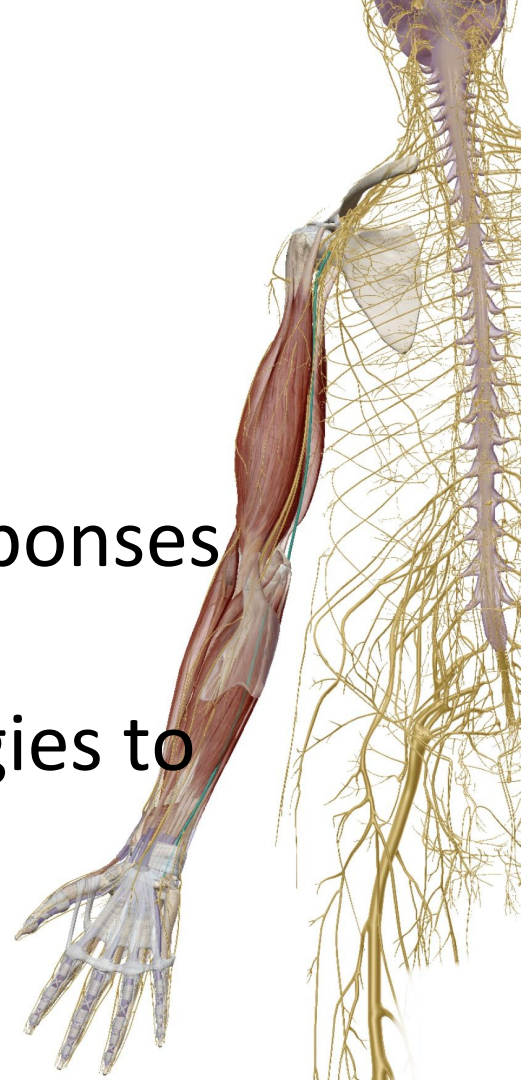
- increased lactic acid build up
- electrolyte imbalances
- leukocyte accumulation and infiltration in the exercised muscles
- upregulation of circulating pro-inflammatory cytokines
- ***“inflammation”***



Treatments

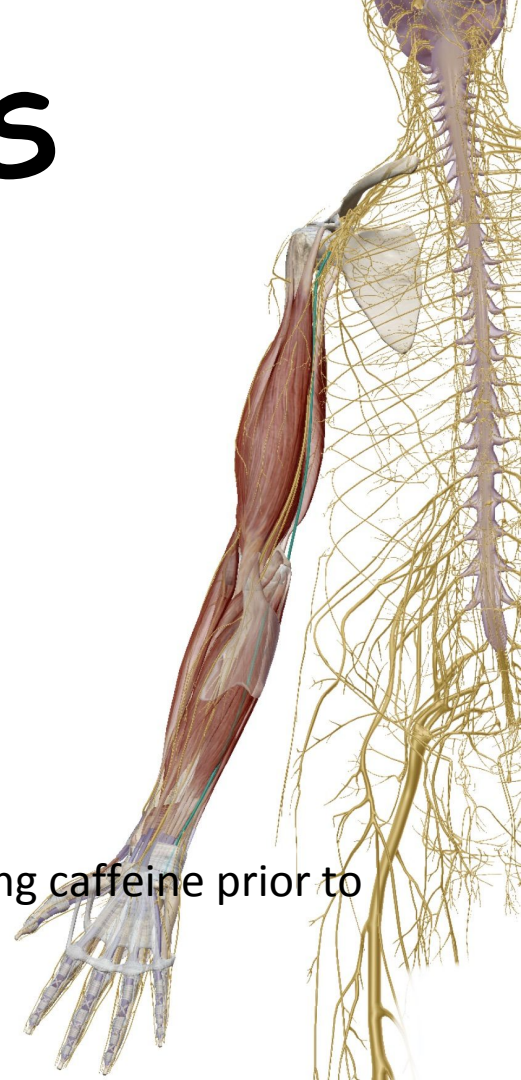
Recovery strategies should focus on

1. Primary Prevention of DOMS
2. Treatment of inflammatory responses leading to DOMS
3. Treatment and recovery strategies to reduce the symptoms of DOMS



Preventing DOMS

- regular sleep
- regular and varied exercise YEAR ROUND
 - incorporate eccentric exercises
- healthy practice schedule
- knowledgeable coaches
- Compression Therapy
 - during exercise
 - post exercise
 - intermittently
- Caffeine
 - small study demonstrated reduction of DOM if consuming caffeine prior to workout (males>females)



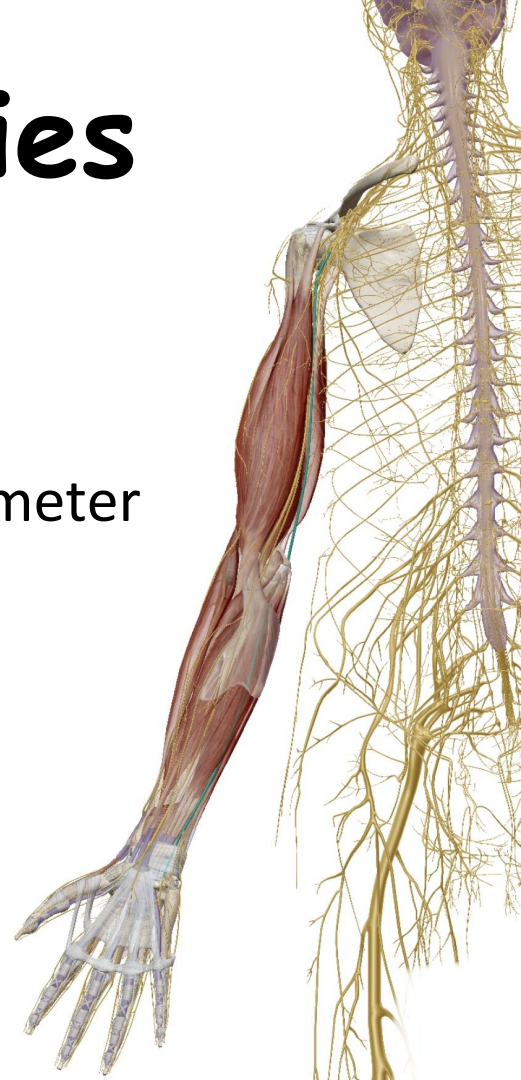
Inflammatory Treatment

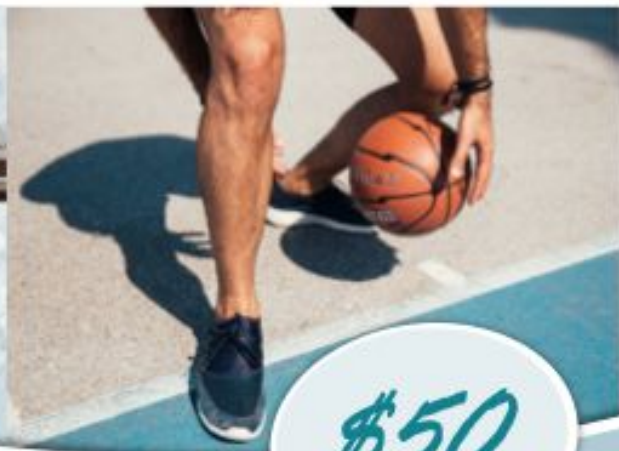
- anti-inflammatory diet
- adequate or increased electrolytes
- NSAIDs
- massage
- exercise
- reduce intensity of exercise 1-2 days following an intense exercise day



Recovery Strategies

- Cold Water Immersion Therapy
 - 11-15 °C (51-59 °F) for 11-15 min
- Active Regeneration
 - light walking, bike riding, rowing, UE ergometer
 - best at 24 hours after initial exercise
 - been proven the most effective
- Foam Rolling
- Protein
 - whether in diet or supplementation
 - branched chain amino acids





SPORTS PHYSICALS

218.743.4340

*Now available with
Bigfork Valley Chiropractic*



References

- Hotfiel T, Mayer I, et al. Accelerating Recovery from Exercise-Induced Muscle Injuries in Triathletes: Considerations for Olympic Distance Races. *Sports* 2019 Jun 7(6): 143
- Drinkwater EJ, Latell C, et al. Foam Rolling as a Recovery Tool Following Eccentric Exercise: Potential Mechanisms Underpinning Changes in Jump Performance. *Front Physiol.* 2019 Jun 26;10:768
- Chen Hy, et al. Effects of caffeine and sex on muscle performance after exercise-induced muscle damage: a double-blind randomized trial. *J Appl Physiol.* (1985) 2019
- Cheung K, et al. Delayed onset muscle soreness: treatment strategies and performance factors. *Sports Med.* 2003



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218-743-4340

2019-2020 INFORMATION UPDATES

- **We NEED game workers!!! See Jo Ann or Scott if you are interested in working at games and events—especially if you are interested in working as an official**
- **Bigfork Activities Parent Handbooks are available tonight along with the other paperwork**

CONTACT INFORMATION

BIGFORK ACTIVITIES

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