



BACK IN MOTION **SPORTS INJURIES CLINIC, LLC**

11385 SW Scholls Ferry Road
Beaverton, Oregon 97008

Follow Us On Facebook and Twitter -Get the latest health tips and follow our providers community involvement by becoming a fan of the Back In Motion network!

HANDS ON CARE OF SPORTS INJURIES



BACK IN MOTION **SPORTS INJURIES CLINIC**

Celebrating 20 Years of Excellence



Newsletter

April 2010



Back In Motion Patient Issue

Proudly Presenting Our Patient's Accomplishments!



Mariel Zagunis - Olympic Fencer

Beaverton's own two-time Olympic Gold medalist, Mariel Zagunis, is now preparing for her next goal; gold medal #3 (of course) at the London Olympics in 2012.

Mariel became the first American in 100 years to win a gold medal in fencing for the USA at the **2004 Athens Olympics**. She defended her title at the **2008 Beijing Olympics** and succeeded as the first USA fencer to win consecutive gold medals. She added a bronze in Beijing in the team relay. Mariel then went on to capture the **2009 World Championships** title and for the last two seasons remains ranked #1 in the world.

Mariel's regimen includes a significant amount of cross training, including drills that help her speed, reflexes, and core strengthening. For a fencer, one does not want too much muscular bulk. Instead, a focus on lean muscle mass that supports agility and speed is a must. Mariel spends an hour each day one-on-one with her fencing coach working on tactical drills and technical improvements during this private lesson. Evenings are spent bouting with her club mates for 2-3 hours 5 days a week. For variety she mixes in private tennis lessons, yoga or an aerobics class.

Her competitions are 1-2 times a month during February and through November. These are the **World Cup Circuit events, held around the world**. She often heads off to Europe for a World Cup competition just for the weekend, often spending more hours on the plane than at the actual competition! When not competing or training here in Portland, she is participating in National training camps with other members of the USA Fencing team.

With this arduous training and competition schedule, Mariel often sees Dr. Forcum and the staff at Back in Motion to get tuned up from various strains, sprains and to address muscular fatigue issues. Mariel, like many elite athletes, pushes her body well above the normal levels of exertion so it is important for her to have a great support system with the providers at Back in Motion!

Michelle Macy - Open Water Swimmer

On March 8th Michelle Macy completed one of the first successful swims of the season with the completion of **New Zealand's Cook Strait**.

Michelle was the 37th woman to make crossing, but the 19th woman from North to South island. Additionally, she was the 5th American to make the crossing while covering the same waters 35 years after the first successful crossing by an American woman.



"Michelle is a unique athlete", says Dr. Forcum, "she maintains world-class ability in an ultra-endurance sport, all while simultaneously supporting a charity with her endeavors and a full-time job."

As is typical of elite performers, chiropractic plays a role in three functions:

- Aiding recovery from competition and training.
- The treatment of injuries.
- The prevention of sub-clinical conditions developing into overuse injuries.

With Michelle, we are capitalizing on all three of these functions to aid her in achieving her objectives. We have seen a great deal of functional changes with her during her time at Back in Motion which we hope will aid her in transferring those positive mechanics into the performance and goals she hopes to achieve.

"The things that Michelle aspires to perform are very noble for anyone", adds Dr. Forcum, "The difficulty with ultra-endurance sports is the level of time commitment is so great that it is hard to leave time for any of your other daily activities. Michelle seems to have been able to find that balance while still maintaining a great attitude and fantastic sense of humor."

One of Michelle's favorite quotes: "*Put on your big girl pants and get in the damn water*"



Stephanie Rothstein

- Elite Distance Runner

Stephanie transitioned from cross country to the national stage with Track and Field in 2006.

Stephanie's successes include:

- 1st place 2008 Butte to Butte 10k
- 5th place Twin Cities Marathon 2008 Debut
- 2nd American 2009 Lilac Bloomsday 12k
- 10th 2009 New York Mini 10k

Recipient of 2009 RRCA Road Scholars Grant

Stephanie's favorite quote:

"Shoot for the moon, even if you miss you'll land among the stars."

-Les Brown

Lauren Fleshman

- Elite Distance Runner

Lauren has achieved a lot of success in her fifteen years of racing. A three-time world Championship's team member (5k). Lauren is also a USA Champion for 5k. She recently became the XTerra USA Trail 1/2 Marathon Champion in September 2009.



She is known for saying "A happy Lauren is a fast Lauren.", Simple enough. "It is what I say to emphasize that a balanced life and athletic success are not at odds with one another like many people think...at least not for me."

Lauren and Stephanie's talents extend into their joint interests to create healthy energy bars ("Picky Bars") for those on the run (pun intended). The bars are also designed to support those who have food allergies. Now that extended taste trials through many leaders in the sports field are complete, the bars are up for a product launch in June. Stay tuned for more updates.

Matt and Travis

- Elite Level Law Enforcement

Top athletes are not always people we see in competitions. A good portion of them are public servants.

Two patients agreed to talk a little about what it's like to undergo intense training to prepare for the selection process for a law enforcement unit involved with high-risk

operations that fall outside of the training of other officers.

So how does one survive the selection process?

"There were 6 months of a pretty intense regimen that involve a combination of muscular and cardio endurance" says Matt, "you may meet their standards but you feel as if you are competing against other candidates.

Additionally, a candidate must endure limited rest and sleep. A lot of people fall out of the running because of ability level, motivation and injury. Both Matt and Travis agree that injury prevention plays a key role in their success.

"This is where Dr. Forcum has helped me the most", says Travis,

"This training is hard on the body and Dr. Forcum not only is precise in his assessment of my sore muscles and joints, he has also been a great resource for questions. Honestly, I don't know if my body would have held up through the process without this kind of support."

Back In Motion salutes Matt and Travis with hopes that their dedication pays into a successful selection for service.

Jena Winger - Steeplechaser

Back In Motion's own Jena Winger is a talented steeplechaser and we want her in top shape for her competition goals this year. Her chiropractic assistant duties has exposed her to effective treatment plans for high level athletes.

A formidable gathering of Back In Motion staff showed at the Shamrock Run on March 14th to both participate and cheer Jena on. She took first place in her age group with a time of 18:17 in the Women's 5K division.



Jena placed 4th in the women's division in the Shamrock Run

Since then she has competed in several track races around the west coast with Run Portland, a community running club. (For more information visit run-portland.org)

Jena's next run will be at the Pacific University Twilight meet on May 1.



BIM represented at the Shamrock Run. Tamra Grubb, Dan Spence and Molly Verschingel, LMT

Receive your monthly newsletters electronically. Visit our website below, select "Newsroom", and scroll to "Subscribe to BIM Newsletters".

Office Hours:

Monday thru Thursday
7:00am - 8:00pm
Friday 7:00am - 7:00pm
Saturday 8:00am - 2:00pm

Gift Certificates Available

Sports Chiropractic Physicians

Dr. Ted Forcum

Dr. Tamara Lovelace

Dr. Steve Hanson

Dr. Drew Hohensee

Licensed Massage Therapists

Michael Collins, LMT*

Stefan Furst, LMT*

Molly Verschingel, LMT*

Ron Patt, LMT*

Naturopathic Physician &

Licensed Acupuncturist

Ryan Minarik, ND, LAc*

Exercise Physiologist

Mike Boggs, BS, MBA, CSCS*

*Independent Contractors

TO HELP US BETTER SERVE YOU:



When making a chiropractic appointment, please inform us if we are scheduling a follow-up visit for a condition we have treated within the last six months. If it has been over six months since we last treated you, or if you wish to be seen for a new condition, please let us know as we will need to set aside 45 minutes to make sure we have enough time to examine you properly. We appreciate your understanding and cooperation.

ABOUT BACK IN MOTION

Back In Motion Sports (BIM) Injuries Clinic, LLC, is located in Beaverton, Ore., specializing in diagnosing injury and understanding its cause to prevent future reoccurrences. Established in 1988 by Ted Forcum, DC, DACBSP, BIM provides chiropractic treatment, massage therapy, Acupuncture, Naturopathic and exercise physiology.

Chiropractic care of sports injuries includes manipulative therapy, physiotherapy, Active Release Technique® (ART), Graston Technique®, Exercise, Diet and Nutrition, and Orthotics and Supports.

Our goal is to provide the finest in alternative and complimentary care with an emphasis on athletic care, thereby achieving a long-term solution to return the patient to an active lifestyle.

11385 SW Scholls Ferry Rd.
Beaverton, Oregon 97008
(503) 524-9040
www.bimsportsinjuries.com