



## CompuScore Newsletter

September, 2019



### August Recap

During August we had some amazing performances by all. Among the Triathlons, Swims, Swim Runs, 10 Miler, 5 miler, eight 5Ks and a 1 mile road race we also added a new event, the Saddle Up Challenge which was a 10 hr lap race. Here are some stats on these amazing performances.

- The winner of the 10 hr challenge ran 58.2 miles in a blistering 9:46:41
- Of the over 1000 timed finishers in August, 3 Males broke 16 minutes (15:45 fastest), 17 Males broke 17 minutes, 4 Females broke 19 minutes (18:45 fastest), & 5 Females broke 20 minutes all in the 5K distance.

- For the masters side of it, 8 Males broke 18 minutes (17:10 fastest), 10 Males broke 19 minutes, 1 Female broke 20 minutes (19:31 fastest), 3 Females broke 21 minutes & 5 Females broke 22 minutes.
- For the Midland Road Mile, The Overall Male Time was 4:16.89 and the Overall Female time was 5:06.38. The Masters Male Time was 4:33.93 and Masters Female Time was 5:23.69

## Looking Ahead to September

In September we will have the pleasure of timing 29 events, some with multiple distances to choose from. You have a choice of ,26 5Ks, 1 8K, 3 10Ks, 1 HM and 2 Triathlons. These events are on weeknights as well as weekends. Check out the list of races: [UPCOMING EVENTS](#)

## Fall Recipe by Chocolate Carousel



We recently had the pleasure of working with Lisa Porada, owner & Cake Designer-in-Chief of Chocolate Carousel located in Wall NJ. Not only will they be putting on a 5Kake Run on Oct 6 that we will be race directing & timing, they were kind enough to share this amazing recipe. Check out the race info here: [www.cc5kake.com](http://www.cc5kake.com)

### Pumpkin Chocolate Chip Muffins

- 1&1/4 cup raisins
- 4&3/4 cups flour
- 4 cups sugar
- 1& 1/2 tsps each of baking soda, baking powder, and salt.
- 1&1/2 each tsps nutmeg, cinnamon and salt
- 6 eggs
- 1-29 oz can pumpkin
- 1 cup applesauce
- 1 cup pecan
- 1 cup chocolate chips

Preheat oven to 350 degrees. Combine all dry ingredients and whisk together. In

separate bowl combine all wet ingredients and mix together. Add wet to dry and stir until combined. Add nuts and chocolate chips last and fold in.  
Bake in muffin cups with wrappers for 30-35 minutes at 350

## **Injury Prevention - Achilles Tendonitis by**



This topic hits close to home for us having personally fallen victim to this injury. JAG ONE PT has been there every step of the way.

We hope this article finds its way into your hands before your feet cross the finish line. If you have managed to stay healthy throughout your pre-race training or only had to battle a few roadblocks, you can already consider yourself a winner. However, if you are one of the unlucky runners that finds yourself sidelined and are looking for advice on what to do next or maybe you find that “knowledge is power” when it comes to preventing an injury, then this article is for you!

### **ACHILLES TENDONITIS:**

- A common injury among runners that can ruin an entire running season if not treated properly.
- This injury is characterized by progressive pain in the Achilles tendon at the beginning of a run that dulls after 2-3 miles of running. Shortly thereafter, it can return with a vengeance and linger long after the run is over.
- In theory, the Achilles tendon is progressively subjected to micro-tears, causing pain and swelling. The real problem is that the Achilles tendon has poor vascularity and thus poor healing properties.
- Classic treatment of this was to place patients in a cast and immobilize the tendon for 6 weeks. For an athlete, this can be detrimental and have a profound effect on their physical conditioning.
- Today, we use a CAM boot (a walking boot) for a period of two weeks to reduce the mechanical load through the Achilles, in combination with proper physical therapy.
- Even newer modalities using PRP (platelet rich plasma) and shockwave therapy have shown success in over half of patients. Shockwave uses a probe that delivers a sound wave to the Achilles to stimulate blood vessels and growth factors to potentiate repairs.
- These two modalities have reduced the time taken for runners to get back to their previous level of sport by an order of magnitude. It is important to identify Achilles tendinosis at an early stage clinically and ultimately through radiographic diagnosis either through ultrasound or MRI. If it is identified early, it can be treated very effectively with appropriate physical therapy, to get athletes, whether professional or recreational, back to their sport faster.

## Treatment of Achilles Tendinitis

Achilles tendinitis responds very well to rest and rehabilitation. Central to proper treatment of tendinitis is identifying the cause of the problem. Some examples might include:

- change of intensity
- a muscle not properly warmed up or stretched prior to activity
- training surface changes (hard and soft)
- running too hard or too much
- continual, repetitive jumping and cutting
- changing shoes, ill-fitting shoes or shoes that are not supportive

By limiting or removing the cause, we can slow down or reverse the inflammatory response and cure the tendinitis. As the inflammation surrounding the tendon decreases, the pain will go away! As the runner starts to feel less pain and tightness in the area, based on the increased flexibility and the treatment suggested, there should be a modified progression for a return to running.

With Achilles tendinitis, runners often have a lot of success if they return to training at a 50% of their normal level of activity. This means simply cutting the athlete's work load in half! If successful, the work load builds gradually up to 75%, 80% and eventually 100%. If the tendinitis becomes more exaggerated, the athlete should seek appropriate medical care in the form of a good physical therapist or athletic trainer.

In the clinic, we will be able to use different types of modalities and devices to increase circulation to the tendon, which will assist in decreasing the swelling and inflammation within the tendon. The physical therapist will then progress with different massage and stretching techniques. When adequate time has been allowed for healing of the area, a progression of therapeutic exercises will assist in safely returning the athlete's strength and coordination.

If the Achilles tendinitis is only causing soreness and pain, and is not affecting the athletes gait or performance, JAG One PT recommends:

- Heel lifts bilaterally (in both shoes)
- A good warm-up and stretching
- Running routine modification

### About JAG-ONE Physical Therapy

JAG-ONE Physical Therapy is a comprehensive physical and occupational therapy company with locations throughout Brooklyn, Staten Island, Queens, Westchester, Manhattan, Long Island, Pennsylvania and New Jersey. Our multi-specialty staff has been serving the Tri-State area for over 20 years and has developed a unique, care-first model of rehabilitation delivering high quality clinical outcomes for our patients.

To "Get Back the Life You Love," please contact us through our website at [www.jagonept.com](http://www.jagonept.com) or by calling your nearest facility.

## **Social Media**

If you are not following us on social media, you are missing out. We highlight our upcoming races for the week, and try to have at least a few pictures or videos after the events are done. We also love following you to see your wonderful accomplishments. Follow us on [Facebook](#) and [Instagram](#).

## **Questions**

We would love to hear from you. If you have any positive feedback, questions or comments about how we can improve, or what you would love to see, please feel free to contact us at [info@compuscore.com](mailto:info@compuscore.com)

---