GOMPEI’S DIGEST

A monthly newsletter brought to you by the WPI Sports Medicine Team

Top Stories

Athletic Training Room News

Treatment/Rehab/Evaluation Hours: 9:00am-3:00pm
Be sure to always sign in before getting treatment in the ATR. Hard work needs to be documented for any medical hardship!

Please sign-up for extended treatment (manual therapy, combo, ice baths, etc.) in the schedule on Shannah’s desk. We have seen a lot of student-athletes signing up for treatment which is fantastic, however, we would like to remind you that you cannot receive an evaluation from one of the Athletic Trainers before you may sign up. This can and must be done during regular treatment hours.

Fall sports: now is the time to see us for any persistent injury throughout the fall season for rehab/treatment adjustment. We don’t want them haunting you into your winter/spring training.

Student-Athlete Wellness

Flu Season: With the peak of flu season right around the corner (December to February according to the CDC), we would like to remind our student-athletes of some healthy habits to help prevent against the spread of influenza this year and to also get their annual influenza vaccine.

⇒ Influenza can spread to someone as far as 6ft away through droplets in a cough or talk (CDC, 2018)

⇒ Influenza can “live” on hard surfaces such as doorknobs or tables for up to 48 hours (CDC, 2018).

⇒ A study by MIT found that a sneeze creates a “multiphase turbulent buoyant bubble” that can travel from 5-200ft away from the source of the sneeze.

Flu Symptoms

- Fever/chills
- Cough/sore throat
- Runny/stuffy nose
- Muscle/body aches
- Fatigue
- Vomiting/diarrhea

***If you experience any of these symptoms be sure to check in with Health Services

Be sure to wash your hands frequently, cover your mouth and nose when sneezing, and try not to touch your face as often.

Health Services and Resources: (tel) 508-831-5520 (e) healthcenter@wpi.edu Hours: 8:00am-5:00pm M-F
Student Development and Counseling Center: (address) 15 Enehom Rd. (tel) 508-831-5540 (e) sdc@wpi.edu Hours: 8:00am-5:00pm M-F with walk-ins welcome between 2:00-3:00pm

Nutrition:

Pause and eat before you pop one of these over-the-counter drugs!

Non-Steroidal Anti-inflammatory Drug or “NSAID,” otherwise known as Advil, Motrin, Aleve, and Aspirin. These over the counter’s (OTC) are commonly used for general soreness and headaches. However, they have been known to lead to stomach ulcers with extended use and when taken without food.

If you do happen to take any, be sure to use the lowest dose possible and eat a meal or larger snack before or with the dose! You should also utilize other forms of pain relief prior to taking an NSAID including but not limited to: heat, ice, stretching, foam rolling, and E-stim (all available in ATR).

WPI Nutrition Resources: WPI Dining Services Registered Dietitian: Shavaun Cloran, RD (e) scloran@wpi.edu

NCAA Updates

With winter sports kicking off their seasons, we’d like to remind all student-athletes to take another look at the NCAA banned substances. Remember, you are solely responsible for what you consume! We have a great resource to check any supplement for banned substances on: https://elfaxis.com/users/login

organization; ncaa division III login: ncaa3

This month’s high risk pre-workout:

- C4 Extreme Energy: Level II Risk

Banned stimulants: caffeine anhydrous and Theacrine

300mg of caffeine per scoop (over 3 cups of coffee). This also exceeds the daily recommendation for certain vitamins which can stress kidney function