

# New techniques help injured athletes recover

By BOB GROSS

The typical athletic trainer was a person well-versed in the use of strapping ointment and the whiplash bath. He could wrap an ankle with athletic tape in less than a minute and he carried a can of Tuff-Skin in his hip pocket.

Perhaps his most identifying trait was that he worked for either a professional or an amateur team with its athletes.

Tim Canty, an athletic trainer with 15-years experience, used to work for college teams. He was a trainer at Kent State University, Case-Western Reserve University and Wayne State University. Now he works for Don Graham Associates, P.E., a Southfield physical therapy clinic.

"Newest of these areas (in which an athletic trainer works) is in a clinical set-up like this," said Canty.

Before coming to Southfield, Canty

worked in Cleveland at the Cleveland Clinic Organization. There he helped organize a sports medicine department, one of the first of its kind in the United States.

Canty worked at the Cleveland Clinic from 1972 to 1978; in that time the sports medicine department went from 2,500 patient visits in 1972 to 10,000 patient visits in 1977.

"It went from a department that functioned four days a week, nine months a year, to one that functioned six and one-half days a week, 12 months a year," he said.

According to Canty, more and more clinics are devoting space to sports medicine departments. He said that there are approximately 20 large centers in the country with such departments.

Athletic training itself is a burgeoning field. There are about 40 training programs offered by colleges and universities in this country, according to Canty.

Canty said that some physicians, physiologists and surgeons are talking about specific training schedules for physicians in sports medicine. He predicted that a medical school will put together a sports medicine curriculum within the next five years.

But for now, Canty said sports medicine is an area of specific interest for physicians, not a specialty.

Clinics are not the only new development in athletic training. One of the latest advancements is musculo-skeletal profiling, a process by which the athletic trainer tries to identify areas where an athlete may have problems, and then either guide him away from activities involving those areas, or work to strengthen him.

Canty said trainers give athletes tests which examine upper and lower body strength, muscle build, body type and flexibility.

"We're finally applying those things which we've known for years," said Canty, "and which the East Germans and the Russians have applied."

There is a difference in the way musculo-skeletal profiling is applied, said Canty. He explained that in East Germany and Russia the process is used in order to match an athlete with the sport in which he will do the best.

In this country, said Canty, musculo-skeletal profiling is used to identify an athlete's weaknesses. The trainer can then give the athlete exercises to help him overcome those weaknesses.

Other developments mentioned by Canty are new strength training and new nutritional techniques.

Rehabilitation of an athlete following an injury is an area in which trainers have long been involved. Canty said that the idea behind rehabilitation is to return the injured individual to the activity he was involved in before he was injured.

"With modern surgical and training techniques most kids can return to activity," Canty said.

Most of the injuries Canty sees are the result of organized activities. In fact, said Canty, around 75 percent of the athletes he works with are from organized teams. The other 25 percent are weekend athletes.

The most common injury handled at Don Graham Associates, according to Canty, is the knee injury. He said that over one-half of the cases treated there involved injuries to the knee, "mainly because people are aware that a knee injury is serious."

Canty said that there are four steps in the rehabilitation of a knee after it has been injured: the injured individual must be referred to the clinic by a sur-

geon; the individual works on regaining the full range of motion in the knee; the individual works on building up all the leg muscles; the trainer makes a series of functional evaluations about how well the individual walks, jogs, runs and jumps.

In his first year at the Cleveland Clinic, Canty said that he treated about 200 persons for knee injuries. About 190 of those individuals returned to athletic activities.

The weekend athlete is most susceptible to injuries brought on by jogging, said Canty. People don't understand the idea of a gradual building. After lying around for six months they "try to go all out. Next day they feel as if they had died and been buried."

Canty advised that people approach jogging as they would weightlifting, building up gradually to greater distances.

## Boxing planned for Canton club

It's time to throw away the disco lights and the huge rock-and-roll amplifiers for one night as professional boxing will make its first appearance at the Center Stage in Canton Township.

The May 8 boxing card will feature Melvindale's Mickey (Sneaky) Pea.

Goodwin in the first-ever sports event at the night club.

Also scheduled to box on the card are a pair of light-heavyweights: Jimmy Olzewski of Wyandotte and Dave McCann of Detroit.

Goodwin was featured on a boxing card a month ago in Wyandotte Yack Arena, which drew 2,200 fans.

Tickets for the fight are tentatively priced at \$10 and \$15. Tickets may be purchased at the Center Stage box office, the Olympia Travel in Birmingham, and Warehouse Records and Tapes.

### NOTICE CITY OF FARMINGTON HILLS

TO THE QUALIFIED ELECTORS OF THE CITY OF FARMINGTON HILLS, OAKLAND COUNTY, MICHIGAN:

NOTICE IS HEREBY GIVEN, that a Public Accuracy Test will be taken by the City of Farmington Hills for the May 8, 1979, Special Election. The test will be taken on Wednesday, May 2, 1979 at 3:00 o'clock P.M., at the City Clerk's office, 31555 Eleven Mile Road, Farmington Hills, Michigan.

FLOYD A. CAIRNS, City Clerk

Published April 30, 1979

### CITY OF FARMINGTON ELECTION NOTICE

LAST DAY to obtain Applications for Absent Voter Ballots for the Special Election May 8, 1979 is

SATURDAY, MAY 5, 1979

UNTIL 2:00 P.M.

City of Farmington voters may apply at the City Hall, 23600 Liberty Street, Farmington, Michigan, during regular hours Monday through Friday 8:30 a.m.-5:00 p.m. and on Saturday, May 5, 1979 until 2:00 p.m.

NEDRA VIANE, City Clerk

Published April 30, 1979

### CITY OF FARMINGTON HILLS Summary of Proceedings City Council Meeting April 2, 1979

The City Council of the City of Farmington Hills met in Special Session at City Hall on April 2, 1979. Mayor Oppertbauer convened the meeting at 7:30 P.M. Council Members present were: Altkadeb, Dolan, Jones, Smith and Sorenson. Mr. Deacon arrived late. Others present were: City Manager Savage, City Clerk Cairns, and City Attorney Donohue.

After Public Hearing, low bid in the amount of \$371,113 by Cadillac Asphalt Co. for road paving of the Lincolnshire Road Improvement SAD was unanimously accepted.

After Public Hearing, Introduction of Amended Ordinance No. C-8-10 to rezone property located on the southwest corner of Middlebelt and Fourteen Mile Roads from Single Family Residential use (R-2) to Multiple Family Residential (R-3) was unanimously accepted.

Mayor Oppertbauer read a proclamation declaring April 8, 1979 as Farmington Hills Education Day acknowledging the Lubavitch Movement which conducts educational activities around the world as well as Farmington Hills.

Amended Ordinance No. C-7-79 to the City Code Chapter 14, "Water and Sewers" establishing operation and maintenance policies for Water Supply System "A" was unanimously enacted.

Amended Ordinance No. C-8-79 to the City Code Chapter 14, Section 14.1120 increasing water service installation rates was unanimously enacted.

City Clerk Cairns reported on the status of the Stockton and Linden Streets sanitary sewer improvement project.

Site Plan for Rameblewood Subdivision (Site D) located off the southeast corner of Fourteen Mile and Halsted Roads was approved by a vote of 6-1. Mr. Oppertbauer abstained.

Participation Agreement with Oakland County Road Commission for installation of a traffic signal at 16 Mile Road at Research Drive; Farmington Hills cost contribution being \$3.5% was unanimously accepted.

Only bid received for Oil Application Dust Control from Bill's Road Oiling Service at a cost of \$3.00 per lineal foot was unanimously accepted.

Meeting adjourned at 10:19 P.M.

Prepared by: FLOYD A. CAIRNS  
City Clerk  
Approved by: EARL C. OPPERTBAUER  
Mayor

Published April 30, 1979

### CITY OF FARMINGTON HILLS CITY ELECTION

TO ALL QUALIFIED ELECTORS:  
NOTICE IS HEREBY GIVEN, that a Special City Election will be held in the City of Farmington Hills, County of Oakland, State of Michigan on May 8, 1979, at the place or places of holding the election in said city as indicated below, viz:

Precinct 1 Gill Road School	Precinct 13 Wm. Grace School
Precinct 2 Wheeler Fire Hall	Precinct 14 East Jr. High
Precinct 3 Woodcrest School	Precinct 15 Gill Road School
Precinct 4 Bond School	Precinct 16 Fairview School
Precinct 5 Wm. Grace School	Precinct 17 Alameda School
Precinct 6 Shawnae School	Precinct 18 Shawnae School
Precinct 7 Dunckel Jr. High	Precinct 19 Forest School
Precinct 8 Dunckel Jr. High	Precinct 20 Dunckel Jr. High
Precinct 9 N. Farmington High	Precinct 21 Middlebelt School
Precinct 10 Dunckel Jr. High	Precinct 22 N. Farmington School
Precinct 11 N. Farmington High	Precinct 23 East Jr. High
Precinct 12 East Jr. High	Precinct 24 Independence Green Club House

### SPECIAL CITY ELECTION

FOR THE PURPOSE OF SUBMITTING THE FOLLOWING PROPOSITIONS AT SAID ELECTION:

A. CREATION OF A DISTRICT LIBRARY AUTHORITY  
Shall the Farmington Community Library be re-established as a district library authority for a district including the City of Farmington and the City of Farmington Hills under Section 2 (2) of Act No. 465 of the Public Acts of 1978?

B. AUTHORIZATION OF A PROPERTY TAX TO PROVIDE FUNDS FOR OPERATIONS OF A DISTRICT LIBRARY AUTHORITY  
If the re-establishment of the Farmington Community Library as a District Library Authority is approved shall the Board of Trustees of the Farmington Community Library be authorized to levy a tax to provide monies for the operation of the Library up to a maximum of one and one-half (1.5) mills on each dollar (\$1.50 per \$1,000) of the assessed value of property as finally equalized in the library district?

NOTICE RELATIVE TO OPENING AND CLOSING OF THE POLLS  
Election Law, Act 116, P.A. 1954

SECTION 720. On the day of any election the polls shall be opened at 7 o'clock in the forenoon, and shall be continuously open until 8 o'clock in the afternoon and no longer. Every qualified elector present and in line at the polls at the hour prescribed for the closing thereof shall be allowed to vote.

THE POLLS FOR THE SAID ELECTION WILL BE OPEN FROM 7 O'CLOCK A.M. AND REMAIN OPEN UNTIL 8 O'CLOCK P.M., OF THE SAME ELECTION DAY.

FLOYD A. CAIRNS, City Clerk

Published April 30, 1979

### Softball openings in W. Bloomfield

Two West Bloomfield recreation softball leagues — the Men's Over 35 and the Women's Division II — will have openings for new teams for the upcoming season.

The openings will be filled on a first-come, first-served basis. The majority

of a team's members must be residents of West Bloomfield. New teams may register at the West Bloomfield Community Education office, located in room 104 of the Orchard Lake Middle School, 6000 Orchard Lake Road.

Additional information may be obtained by calling 851-7600.

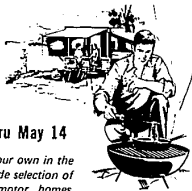
### Livonia Mall Camper Show

Opens Friday May 4 thru May 14

DISCOVER A WORLD of your own in the great outdoors! Explore a wide selection of the newest trailers, mini motor homes, tent campers and vans — everything to make your family's traveling terrific!

### COME AND SEE US!

Campers Paradise Livonia 261-1100	Connelly Enterprises Northville 348-1770	Gad-A-Bout Farmington 478-5660
Thompson's Travel Center Novi 349-5450	Use-A-Trailer Dearborn 851-5020	



### CITY OF FARMINGTON HILLS PLANNING COMMISSION PUBLIC HEARING 8:00 P.M. May 17, 1979

Farmington Hills City Hall  
31555 Eleven Mile Rd.  
Farmington Hills, Michigan 48018

The City of Farmington Hills Planning Commission will give formal consideration to a proposed amendment (Rezoning Request No. 1-3-79), which would rezone part of the Northwest quarter of Section 2, City of Farmington Hills, County of Oakland, State of Michigan, being more particularly described as: T1N, R9E, Section 2, a part of the Northwest quarter of Section 2, beginning at the Northwest corner of Redwood Avenue and Greening Avenue and thence Westerly 217.5 feet along the North line of Redwood Avenue, thence Northerly 115 feet, thence Easterly 217.5 feet, thence Southerly 115 feet along the West line of Greening Avenue to a point of beginning and containing 0.574 acres. (This is not a surveyor's legal description).

This property lies on Redwood Avenue, West of Greening Avenue. The above-mentioned request would rezone the above-mentioned property from its present RA-4, Single-Family Residential District classification to OS-1, General Office District classification.

The proponent in this matter is William Kropf, who seeks this rezoning in order to construct an office building. Any person who is interested to participate in the discussion of the proposed zoning change. Blueprints, maps and zoning texts may be observed at the Farmington Hills City Hall on any business day between 8:30 a.m. and 4:30 p.m.

FRED HUGHES, Chairman  
City of Farmington Hills  
Planning Commission

Published April 30, 1979

### CITY OF FARMINGTON HILLS PLANNING COMMISSION PUBLIC HEARING 8:00 P.M. May 17, 1979

Farmington Hills City Hall  
31555 Eleven Mile Rd.  
Farmington Hills, Michigan 48018

The City of Farmington Hills Planning Commission will give formal consideration to a proposed amendment to the text of the City of Farmington Hills Zoning Ordinance, which amended Ordinance would be read as follows:

Section 1.  
Article XI, Section 1100 and 1101, Ordinance No. C-62, Zoning Ordinance of the City of Farmington Hills, as amended are hereby amended to read as follows:

SEC. 110. PRELIMINARY.  
The B-1, Local Business Districts, are designed to meet the day-to-day convenient shopping and service needs of persons residing in nearby residential areas. The following regulation shall apply to all B-1 Districts, and shall be subject further to the provisions of Article XXII, General Provisions, and Article XX, General Exceptions, and all other applicable provisions of this Ordinance.

SEC. 110.1. PRINCIPAL USES PERMITTED:  
In a Local Business District, no building or land shall be used or no building shall be erected except for one or more of the following specified uses, unless otherwise provided in this Ordinance:

1. Any principal and special approval uses permitted in the OS-1 District, except hospitals, convalescent homes and churches.
2. Any generally recognized retail business which supplies commodities on the premises, such as, but not limited to groceries, meats, dairy products, baked goods or other foods, drugs, dry goods, clothing, housewares, notions or hardware.
3. Laundry, dry cleaning establishments, or pick-up stations, dealing directly with the consumer. Central laundry or dry cleaning plants serving more than one retail outlet shall be prohibited.
4. Personal service establishments which perform services on the premises, such as, but not limited to: repair shops (watches, radios, televisions, shoes, etc.), tailor shops, beauty parlors or barber shops, photographic studios, self-service laundries or dry cleaners, and printing.
5. Off-street parking lots.
6. Other uses similar to the above uses.
7. Accessory structures and uses customarily incident to the above-permitted uses.

Any person who is interested to participate in the discussion of the proposed zoning text amendment. Copies of the zoning text may be observed at the Farmington Hills City Hall on any business day between 8:30 a.m. and 4:30 p.m.

FRED HUGHES, Chairman  
City of Farmington Hills  
Planning Commission

Published April 30, 1979

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### CITY OF FARMINGTON HILLS PLANNING COMMISSION PUBLIC HEARING 8:00 P.M. May 17, 1979

Farmington Hills City Hall  
31555 Eleven Mile Road  
Farmington Hills, Michigan 48018

The City of Farmington Hills Planning Commission will give formal consideration to a proposed amendment (Rezoning Request No. PC-1-3-79), which would rezone part of the Northwest quarter of Section 34, City of Farmington Hills, County of Oakland, State of Michigan, being more particularly described as: T1N, R9E, Section 2, a part of the West one-half of the Northwest quarter, beginning at the Southeast corner of Lot 1, Bk B, "Farmington Heights", thence South 89° 57' 20" East 170.0 feet, thence Northerly 9° 03' 0" West 115 feet to a point of beginning, containing approximately 0.45 acres.

This property lies on Redwood Avenue between Greening Avenue and Orchard Lake Road. The above-mentioned request would rezone the above-mentioned property from its present RA-4, Single-Family Residential District classification to OS-1, General Office District classification. The proponent in this matter is the Farmington Hills Planning Commission, which seeks this rezoning in conjunction with Rezoning Request No. 1-3-79 in order to bring this zoning in conformance with the Master Plan.

Any person who is interested to participate in the discussions of the proposed zoning change. Blueprints and maps and zoning texts may be observed at the Farmington Hills City Hall on any business day between 8:30 a.m. and 4:30 p.m.

FRED HUGHES, Chairman  
City of Farmington Hills  
Planning Commission

Published April 30, 1979

### CITY OF FARMINGTON HILLS PLANNING COMMISSION PUBLIC HEARING 8:00 P.M. May 17, 1979

Farmington Hills City Hall  
31555 Eleven Mile Road  
Farmington Hills, Michigan 48018

The City of Farmington Hills Planning Commission will give formal consideration to a proposed amendment (Rezoning Request No. 2-3-79), which would rezone part of the Northeast quarter of the Northeast quarter of Section 34, City of Farmington Hills, County of Oakland, State of Michigan, being more particularly described as:

T1N, R9E, SEC. 34, PART OF NE 1/4 OF NE 1/4, BEGINNING AT PT ON N LINE OF FARMINGTON CITY OF FARMINGTON DIST. 5 S 1/2 S 77° 17' 23.22-00 W 172 FT FROM NE SEC. COR. TH N 73-22-00 W ALG SD RD LINE 172.24 FT. TH N 00-07-40 E-109.52 FT. TH S 73-22-00 E 172.11 FT. TH S 109.55 FT TO BEG. CONTAINING APPROXIMATELY 0.42 ACRES.

T1N, R9E, SEC. 34, PART OF NE 1/4 OF NE 1/4, BEG ON E SEC LINE DIST 5 086.97 FT FROM NE SEC COR. TH S ALG E SEC LINE 109.59 FT TO N LINE OF FARMINGTON CITY OF FARMINGTON DIST. 5 S 1/2 S 77° 17' 23.22-00 W 172 FT. TH N 109.59 FT. TH S 73-22-00 E 172 FT TO BEG. CONTAINING APPROXIMATELY 0.42 ACRES.

T1N, R9E, SEC. 34, PART OF NE 1/4 OF NE 1/4, BEG AT PT DIST S 595.88 FT FROM NE SEC COR. TH S 60 FT. TH N 73-22-00 W 307.47 FT. TH E 329.48 FT TO BEGINNING, CONTAINING APPROXIMATELY 0.46 ACRES.

T1N, R9E, SEC. 34, PART OF NE 1/4 OF NE 1/4, BEG AT PT DIST S 655.88 FT FROM NE SEC COR. TH S 60 FT. TH N 73-22-00 W 307.47 FT. TH E 329.48 FT TO BEG. CONTAINING APPROXIMATELY 0.46 ACRES.

T1N, R9E, SEC. 34, PART OF NE 1/4 OF NE 1/4, BEG AT PT DIST S 756.97 FT FROM NE SEC COR. TH S 60 FT. TH N 73-22-00 W 307.47 FT. TH E 329.48 FT TO BEG. CONTAINING APPROXIMATELY 0.17 ACRES.

This property lies on the North side of Freedom Road, West of Orchard Lake Road. The above-mentioned request would rezone the above-mentioned properties from their present RA-3, Single-Family Residential District classification and RC-2, Multiple-Family Residential District classifications to SP-3, Special Purpose District classification.

The proponent in this matter is the Swedish Club, which seeks this rezoning in order to construct a private club.

Any person who is interested, to participate in the discussions of the proposed zoning change. Blueprints and maps and zoning texts may be observed at the Farmington Hills City Hall on any business day between 8:30 a.m. and 4:30 p.m.

FRED HUGHES, CHAIRMAN  
City of Farmington Hills  
Planning Commission

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