

First aid helps joggers' injuries

Although certain jogging injuries should receive professional medical attention, numerous ailments can be self-treated. Many cases awaiting medical or podiatric appointment also can be treated in the interim.

Applying first-aid care is not difficult — it just takes common sense. Joggers, runners or any athlete should have first-aid supplies on hand at all times. They're used infrequently, but the benefits are tremendous.

Skin wounds or cuts should be well-cleansed prior to applying sterile gauze or Band-Aids. I prefer warm water and mild soap. At night, a mild wound should be uncovered to allow exposure to the air. This encourages more rapid healing. For the same reason, I discourage the use of creams and ointments as cover-up layers. There are exceptions, but most cuts heal if we don't interfere with the natural healing process.

HOT SPOTS on the feet are areas that undergo more friction during running, thereby building up more heat. At first, they become red and tender. If friction continues, blisters result.

Hot spots can best be treated by methods which decrease heat and friction.

Adequate sock material, proper insole padding and the use of Vaseline ointment to the area with an overlying bandage while running are effective measures.

Long-term pressure and friction in the presence of foot imbalance often result in callus formation. I recommend podiatric care for re-establishing foot balance and reducing tissue build-up. But moleskin — a comfortable and effective means of reducing discomfort — can be applied to the calluses for relief during running.

However, it is important to remove the padding daily to allow the skin to breathe.

Pulled muscles, bruises or cuts and the variety of tendonitis problems common to runners are best approached by treating for swelling.

The application of ice, elevation of the involved limb, compression and a reduction of activity comprise a sound therapeutic approach.

WHEN CONTROLLING swelling, we limit pain and subsequent disability.

It's important to treat the injury initially by ice, not heat.

Many methods can be used to apply ice. Ice cubes in a towel, although traditional, are difficult to apply and limited in effectiveness.

An alternate method employs a paper cup filled with water and placed in the freezer. When frozen, the bottom of the cup is removed and a push-out type of application allows pin point pressure with the ice.

Tongue depressors from the drugstore or ice cream sticks frozen in the paper cup also makes for a good applicator.

Get packs such as "blue ice" can be kept in one's freezer for emergency use.

These gelatinous packs are re-usable, flexible and can be wrapped around an injured part.

Adhesive tape and four-inch ace bandages provide ample methods of compression. However, caution must be exercised not to hamper circulation.

Dr. Charles Young, a Livonia podiatrist, writes a jogging column for the Observer & Eccentric newspapers.

from our readers

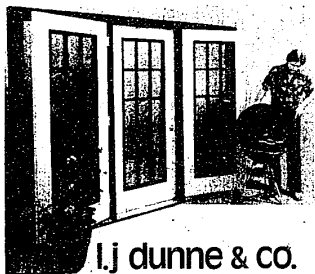
This is not 'sour grapes'

To the editor: This is truly not sour grapes — Brother Rice has a super basketball team — they proved their skills against Southfield High School (in recent regional action). But lest we forget, Brother Rice, being a parochial school, can accept students from a very large area, not limited as a public school is to a particular district.

This puts the athletic department of a public school at a decided disadvantage, as it is limited in its supply of athletes, because of the district confinements it must adhere to, whereas no such limitations are put on the parochial school system.

Dr. Conrad R. Pearl
Southfield

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Enneking earns All-American honors

By GREG SMITH
special writer

Freshman Karen Enneking became Oakland University's first All-American swimmer in the Association for Intercollegiate Athletics for Women (AIAW) Division I rankings.

Enneking finished 15th in the 50-yard breaststroke with a time of 30.58 in the championship meet held recently at the University of South Carolina in Columbia.

Second-year coach Pete Hovland's standout swimmer also paced 23rd in the 100-yard breaststroke with a time of 1:06.87. The top 16 place-finishers qualified as All-Americans.

"Karen came to OU and really had a great first year," Hovland said. "She broke all three breaststroke event records this year and we're looking for even better things from her in the future."

college sports

MEN'S SWIMMING

The Oakland University men's swimming team completed the 1980-81 season second at the NCAA Division II Swimming and Diving championships at Youngstown State University in Youngstown, Ohio, over the weekend.

The University of California-Northridge regained its title, outscoring the Pioneers, 349-338. California-Northridge has now won the title four of the last five years. Oakland University won the title last year.

The University of Puget Sound was a distant third with 195 points, while the University of California-Chico was fourth with 176. Clarion State University and Eastern Illinois University were

the only other two schools in the 61-team field to score more than 100 points.

OU freshman sensation Tracy Huth was named the most valuable swimmer at the championship meet after winning both the 200- and 400-yard individual medley relay races with respective national record times of 1:53.38 and 4:03.03.

Huth combined with freshman Darin Abbasse, Gordy Geheb and Mark Vagle to win the 400-yard event with a school record time of 3:35.03.

Vagle won his second consecutive 200-yard freestyle national championship with a time of 1:40.80.

Senior backstroke specialist Mark Doyle won both the 100- and 200-yard

backstroke events for the second straight year. His school-record 200-yard freestyle time of 1:51.92 bettered his own NCAA Division II mark by almost two full seconds.

Doyle ended his OU career as a seven-time national champion and a 16-time All-American swimmer.

WOMEN'S BASKETBALL

Sophomore forward Linda Krawford has been named to the honorable mention All-America squad for Basketball Weekly.

Krawford averaged 22.9 points and 11.1 rebounds for first-year coach Dewayne Jones, who led the Pioneers to their first 20-win season ever.

Oakland finished with a 20-9 mark, and finished second in the state championships held recently at Central Michigan University.

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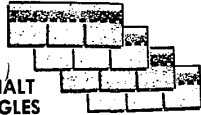
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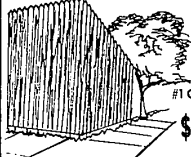
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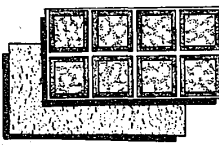


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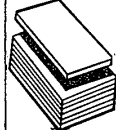
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