



**Non Contact ACL Injuries**



Dr. Drew Whigham DC spoke at the Treynor Optimist Club on May 10. He is a Chiropractor at Back and Body Chiropractic and is working on his BS degree in Sports Science and Injuries.

Drew said that there are about 100,000 anterior cruciate ligament (ACL) tears each year. Many of them are preventable.

ACL injuries are more common in females because of:

1. Smaller ACL
2. Pelvis size
3. Ligament laxity due to high estrogen
4. Reflex time
5. Hormones
6. Quadriceps/Hamstring strength ratio

50-70% of ACL tears are non-contact injuries. They are typically caused by planting and cutting

**Calendar**

- May 14 – Can kennel sorting for Zion Youth, 6:00 p.m.
- May 28 – Can kennel sorting for Zion Youth

**Birthdays**

- May 11 – Keith Denton
- May 21 - Steve Irvin
- May 22 - Kirk Vorthmann

**Anniversaries**

- May 27 – Bob & Mary Francis Abbott (recognized)
- May 29 – Bill & Rhonda Matthew

**Speakers**

- May 17 –
- May 24 –

actions, an imbalance of body weight, and misalignment of body position.

Those at highest risk have had a previous injury, those around age 12 for females and 14 for males (because their muscles have not caught up with their growth), and females as mentioned earlier. Drew described a risk assessment that takes about 15 minutes, including a single let hop and hold test, a drop then vertical jump test, and a single leg squat.

Prevention keys include a comprehensive dynamic warm-up, deceleration training, and strength training.

**Meeting Minutes**

Bill Vorthmann opened the meeting on May 10. Gary Funkhouser provided jokes. Bill led the Pledge of Allegiance and gave the opening prayer.

Can Kennel sorting will be Wednesday at 6:00 p.m. for ZION Youth. There will be a track meet Thursday at 3:00 p.m. Flags will be put out on May 24. May 27 is the last day of school.

The club received a Thank You from the Jr. Sr. Prom Committee for proceeds from the can kennel. The YMCA also sent a thank you for a donation made by the Treynor Optimist Club.

Richard Vorthmann won the 50/50 drawing again this week. Linda Danker won the attendance drawing, but did not collect. There were 12 members and 1 guest at the meeting, which was held in the TRA clubhouse.

- May 31 – Amanek – national director for Child Evangelism Fellowship in Southeast European countries
- June 7 – Rachael Brockway – Indian Relations
- June 14 –
- June 21 – Candice Gregory – Open Door Mission
- June 28 –
- July 5 –
- July 12 – Brad Silvey – Girl's Soccer Coach at IWCC

**Prayers**

- May 17— Richard Vorthmann
- May 24 — Chuck Nielson

**The Funniest Quotes In Sports History**

Kobe Bryant On Missing Three Free Throws At The End Of A Win In 2011 – “I was point shaving.”

Martina Navratilova On Her Career – “I’ve been in the twilight of my career longer than most people have had their career.”

Rich Donnelly On The Worst Team He Ever Managed – “I managed a team that was so bad we considered a 2-0 count a rally.”

Rocky Graziano On Education – “I quit school in the sixth grade because of pneumonia. Not because I had it, but because I couldn’t spell it.”

Shaq On Money – “I’m tired of hearing about money, money, money, money, money. I just want to play the game, drink Pepsi, wear Reebok.”

Phil Rizzuto On Baseball Today – “I’m glad I don’t play anymore. I could never learn all those handshakes.”

Texas A&M Coach Shelby Metcalf On A Player Who Had A Report Card With Four “F’s” And A “D” – “Son, it looks like you are spending too much time on one subject.”