

HATE
**STOP
HATE!**
RACISM!

PREJUDICE

BY

ANY

OTHER

NAME

IS

STILL

A

FOUR-

LETTER

WORD

Speak Out

*Against Racial
Discrimination!*

Sponsored by the
University of Oregon
and the Associated
Students of the
University of Oregon

This department no pain in the neck

□ Students find relief from aches and pains, sports injuries at clinic.

By Colleen Pohlig
Emerald Reporter

Are those painful shin splints acting up again? Try a different shoe. What about that aching neck and back? Try studying in a chair that fits the body better.

These are some comments students may hear from the physical therapists or athletic trainers if they use the Sports Medicine/Physical Therapy Department in the basement of the University's Student Health Center.

The department started 10 years ago solely as a physical therapy section of the health center, but has since branched out into several different areas of the medical profession.

With four physical therapists, two athletic trainers and a part-time massage therapist, the department caters to such medical needs as aches and pains, sports injuries, orthotic (foot) and posture-related problems. Students are treated on a referral basis from either the health center's physicians or the student's hometown physician.

The department sees many cases of posture-related problems, department director Duane Iversen said, adding many of these cases stem from poor study habits which contribute to a considerable strain on the back and neck.

"The transition in amount of studying from high school to college can contribute to a lot of poor study habits," Iversen said. "A lot of times we'll see back and neck pain, and for those people, it is a matter of posture education."

Usually, the physical therapist



Lise Sherry, a graduate student in dance, experiences pain in her left knee when running, but not dancing. Dr. Duane Iversen, director of the Sports Medicine/Physical Therapy Department at the University's Student Health Center, tries to determine the cause of pain through foot examinations, videotape analysis and other methods.

apist will go over options the student has to correct the problem.

In the case of neck or back pain, the therapist will review correct posture techniques, using such study guides as the "lumbar roll" (a roll to put behind someone's back in a chair that helps correct posture problems), or how to adjust the chair to correctly fit the body.

In addition, the massage therapist may work with the patient to relieve some of the tension in the affected areas.

The department has recently added an orthotics lab in which the athletic trainers work with students who are having problems such as shin splints, or foot pain which could be related to the kind of exercise shoe they wear.

The therapists will either suggest several types of shoes that would be ideal for that individual, or, if possible, they will mold the shoe with arch supports to correct the problem.

"The orthotics lab was helpful because when I had shin splints they suggested types of shoes that would be right for my foot and my shin splints went away after wearing them," student Ann Swanson said.

In addition, Iversen, who is also a physical therapist and athletic trainer, has recently started videotaping students who have problems which may relate to the way they exercise.

Iversen will then review the tape with the student and determine ways they can eliminate their problem areas by ex-

perimenting with different ways of exercising.

The department also has a rehabilitation center which is mostly used by people with sports injuries. The Stairmaster and whirlpools are popular ways of keeping fit while decreasing the strain on the injured part of the body.

"We try to find alternative ways to keep up their fitness but also allows them to heal at the same time," Iversen said.

The cost of the facility works somewhat differently than the cost of the health center's facilities upstairs. Instead of a fixed initial fee to see a physician, the Sports Medicine/Physical Therapy Department charges by the amount of time the therapist or trainer spends with the student.

All I need to know I like, totally learned in L.A.

SHRIMP!

Dances with GWS

20% OFF

POSTERS, PRINTS & ART PRINT TEE SHIRTS

AT THE UO BOOKSTORE

THROUGH JANUARY 25

13TH AND KINCAID OPEN MONDAY - SATURDAY PHONE 346-4331