

University Health Center Health Education Program



Make it Happen!

Fall 2001
**WELL
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UNIVERSITY
HEALTH CENTER
We're a matter of degrees

Have an athletic injury?

Find help on campus

You'll do more damage if you don't treat an injury properly.

By Michael Deegan

University of Oregon students enjoy a wide range of physical activities to stay healthy and keep invigorated. There are numerous classes that are devoted to specific genres of physical education, such as martial arts, running or basketball. Many people participate in club and intramural sports activities and then there are the weekend warriors that seek out their own innumerable forms of thrill and competition.

In order for everyone to perform at their desired levels, no matter what your devotion or skill level, these activities require physical strength and integrity, as well as

mental fortitude. They also require that you remain free from acute and chronic injuries that may hinder athletic performance and can potentially become long-term problems. Students will benefit by becoming familiar with and utilizing the people and services at the Student Recreation Center and the University Health Center who address the needs of injured students. Being informed about the nature of common athletic injuries, how to mitigate them, and whom to contact for assessment and rehabilitation can enable you to return to normal activity sooner. It can also help to prevent further injury by maintaining proper mechanical functioning of the injured site.

The most common injuries seen at the Center are sprained ankles,

knees, back, neck and shoulders. An acute sprain may lead to immediate and prolonged disability. By treating the injury immediately, the athlete will be able to safely participate in sports sooner. Often the largest concern for the student is "when can I play again?" You can expedite the healing process. If you neglect an injury, there is a good chance that you will re-injure the same body part.

Inadequate rehabilitation often leads to long-term decreased joint range of motion and strength, and possibly increased instability. This will inevitably decrease the active student's quality of life.

The Recreation Center facility is open for brief consultations Monday-Friday 9 A.M.-6 P.M.. Appointments can also be made at the Health Center by calling 346-4401.

Hours at the Health Center are Monday-Friday 8am-4pm (except Tuesday 9A.M.-4 P.M.)

Both facilities are staffed with physical therapists and athletic trainers.

COMPREHENSIVE SERVICES

- injury assessment
- acute care
- individualized exercise prescription
- evaluation of training program
- post surgical rehab
- shoe recommendations
- intermural/club sports athletic training services.

In this issue...

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Spiritual Muscle

Learn how exercising your spirit can benefit your overall health.

Free Sexual Health Services

The Family Planning Expansion Project provides essential services to students right here on campus.

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Chewing Kills

If you think chewing tobacco is safe, think again. We've got the facts, as well as some tips, on how to quit.

Nutrition Now

Ignoring nutrition now can have long term effects on your body.

Marvelous Mocktails!

They're delicious, they're fun and they're alcohol-free. Enjoy a drink at the party without suffering a hangover.

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Fight Back

How to keep yourself safer from the threat of sexual assault and where to find help if you need it.

Fall into the outdoors before winter takes over:

Shedding ideas for outdoor recreation

If you're looking for something to do outside this fall, Eugene offers a variety of choices.

By Miles Hudson

HIKE

Do you think your backpack is only for books? Think again. Fill it with water, GORP, and some grub, and go have a great time out in the sun hiking. The area around Eugene offers backpackers and hikers a variety of options that are accessible and enjoyable. Those looking for a healthy hike can tackle Spencer's Butte, located 4 miles south of campus, off of Willamette street. It takes the average person about 45 minutes to get to the top. Once you're there, you can enjoy a view of the entire valley. This is especially rewarding at sunset or with someone special. Another option is Mt. Pisgah. In contrast to the rocky terrain of Spencer's Butte, Mt. Pisgah offers a gradual hike through various terrains. It is also great for mountain biking. The top of Mt. Pisgah and back down is about a 2 mile hike, but there are many side trails for more variety and degree of difficulty. There is also a park at the base that sits along the river for a nap in the grass.

PADDLE

If sitting down is more your style, kayaking and rafting could be the way to go. The northwest is known for its abundance of whitewater, especially in the Eugene area. The McKenzie River has a range of difficulty levels, ranging from class 1 to class 4. The McKenzie is accessible by Highway 126 out of Springfield, but beware, the water is frigid. For an easier and more relaxing paddle, the



Willamette River has a class 1 to class 2 from Dexter Dam to Valley River Center. On the way, you may see a friend on the footbridge walking to class or to a football game. The Outdoor Program offers a variety of different river trips that can lead you to many different adventures.

CLIMB

If you want to be hanging from a rock or dangling from a rope then climbing is for you. There are plenty of climbing opportunities in Eugene for all levels of climbers. If you want to start slow, need instructional tips, or if it is a rainy day, the "crux" is at 401 West 3rd, Eugene. Otherwise, grab a climbing buddy and head off to Skinner's Butte columns or Smith Rocks for a strenuous climb and a hefty workout. Smith Rocks, located approximately 2 hours east of Eugene, is renowned for its majestic climbs and rewarding day hikes.

This fall term, try to get into the wilderness as much as possible and enjoy that sun. In just a matter of weeks we will be in Eugene's version of water sunshine (i.e. rain). While you are in this gorgeous state, take advantage of what the outdoors can provide for you. Be safe and make sure you have the correct instructional background before you take on any of these fun and rewarding activities. But by all means get out there and relish it!!!

For more information on maps, trips or instruction call:

- *Crux Rock Gym: 484-9535*
- *Eugene Outdoor Program: 682-6323*
- *Oregon River Sports: 334-0696*
- *UO Outdoor Program: 346-4365*

**Clip
&
Save**

UNIVERSITY
HEALTH CENTER
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Hours:

Mon., and Wed.-Fri.: 8am to 6pm
Tuesday: 9am to 6pm,
Saturday & Sunday: 10am to 2pm

Phone:

Appointments: 346-2770
Dental: 346-4432
Pharmacy: 346-4454
Physical Therapy: 346-4401
Insurance: 346-3702
Urgent Care: 346-2770
Peer Health Education: 346-4456
General: 346-4441

On-line:

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