



**HOUSE
OF WELLNESS**

Fitness | Aquatic Center



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YOUR WEEKLY DELIVERY OF THE TAT NEWSLETTER. WWW.TOTALATHLETICTHERAPY.COM

Problems w/ Early Sports Specialization

A topic that keeps coming up in the world of sports but one that is so important, sports specialization. There is definitely a line that can be crossed when taking a look at how and when you should focus on a sport that you want to be really good in and being well rounded. In this article Trent Napp takes a look at some of the biggest problems that happen when you specialize too early. [HERE](#).



WHETHER YOU ARE DEALING WITH INJURY OR LOOKING TO UP YOUR PERFORMANCE THESE [EXERCISES](#) ARE APPLICABLE TO YOU. USING MOTIONS AND MUSCLES THAT YOU FORGOT, [TO GET BETTER](#)

In the World of Health

This is study we got to be a part of during a past season at UW-La Crosse with football. It was looking at if you are able to potentially detect concussion by doing blood work. It could be huge as it puts object info to the injury. [ARTICLE](#)

Video of the Week

Steroids are always a hot topic in the sports but they also are a big topic in just every day life. This 3 part series by Vice Sports takes a look at steroids and how they are used in different sports and what the differing views are. [HERE](#)



Study Spotlight

[Cupping in Hamstring Treatment](#)

Myofascial decompression, better known as cupping, has become a common treatment with sports injuries. As with any treatment we want to know how effective that treatment is in getting the best results possible when using it. This Study Spotlight takes a look at how cupping works in the use with hamstring treatment and how that compares to when you use another modality such as foam rolling. The results are interesting and well worth taking a look at to see what you think. Find it [HERE](#)



#TBT: [One Sport Specialization?](#)

Along with our original article this article takes a look at how training for one sport can affect your body. Dr. Jagim dives into how only focusing on one style of training can set your body up for failure. Find it [HERE](#)

Mobility Monday

We are always looking for new ways to deal with plantar foot pain. In that searching we found this option and that it would be useful to pass on. Try it. [HERE](#).



Friday Food

[Tuna Poke](#)

Very fresh, filled with omegas and protein while simple to make. Prepare early, enjoy all week. [HERE](#).



Podcast of the Week



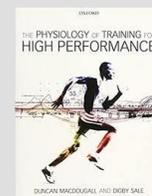
This episode takes a look at research that is supporting the ideas that early sport specialization can be hazardous to the athlete. Listen [HERE](#).

Rec' of the Week

Space is at a premium when you travel and this option does a great job helping you out and keeping you rolling on the road. Compact for travel, still great. [HERE](#).



Book of the Month



'[The Physiology of High Performance](#)' will get you the top information on how to train at the highest levels and give you the reasons why it works. So much great info in one book [HERE](#).



Check out [Paragon Nutrition](#) and use code "CP15" for 15% Off

