

SSM - NOLES NEWS

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Greetings from Dr. D

Happy holidays for the Training Room at SHS! What a year so far....

Your team Certified Athletic Trainers are me and Ms. Crenshaw. We are both licensed by the state of Florida and Certified as Athletic Trainers by the National Athletic Trainers Association. We are your first line of care for your athletes.



S.A.T.O. SPOTLIGHT

What is a SAT? A SAT is a high school student who meet the requirements of the SATO program and dedicates their time to learning different aspects of sports medicine such as injury management, rehabilitation techniques, obtaining CPR certification, emergency situations, and much more. The students in our program have an average GPA of 3.4. Many aspire to pursue a medical career. The SAT currently in the program are:

Bella Johnson – senior

Jaelyn Davis – junior

Ariana Freeze – junior

Kieran Carranza – junior

Shyenne Hobbs – junior

Aniyah Lindsey – junior

Charolette McGaffic – sophomore



Medical Corner

8 Exercises To Relieve Lower Back Pain

September 20, 2023

Robby Hoffmann, DPT, Physical Therapy, [Back Exercises](#)

Whether it causes a dull ache or shooting/stabbing sensations, lower back pain can have a devastating impact on your quality of life. It is one of the more common ailments, with an estimated 80 percent of adults who have lower [back pain](#) at some point in life. The pain might go away without medical intervention, but with the right exercise and stretching [routine](#), you can recover more quickly – and protect yourself against future flareups.

Exercises focused on your core muscles – those surrounding and supporting your spine and hips – can offer critical reinforcement while also making them better conditioned for movement and stretching.

Most people can [benefit](#) from these exercises. But in some instances, you should consult with a doctor or [physical therapist](#) before launching an exercise program. These include: if your pain has lingered for several weeks; if your pain is the result of an injury; if the pain or numbness has moved into your legs; and if the symptoms are keeping you up at night.

If any of these exercises aggravate your symptoms, this may help your doctor or physical therapist better understand what's happening with your back. To see a full description of the exercises, click [Back Exercises](#)

Thread the Needle

Cobra

Downward Dog

Child's Pose

Cat-Cow Stretch

McGill Curl-Up

Side Plank

Birddogs



FUNDRAISERS.....

Fundraisers are an opportunity for you to contribute and support organizations for your student-athletes and their organizations. This year we have partnered with Gator's Dockside for Spirit Nights. A percentage of the total sales of the evening will be returned to the Student Athletic Trainer Organization for uniforms, raincoats, camp fees, team meals, and learning materials.

You can also visit us when we work the concession stand at various games!



WINGS, RIBS,
SEAFOOD & SPORTS

THURSDAY, DEC 14-Spirit Night Gator's Dockside, Lake Mary

Mention you are with Seminole when ordering in person or taking out. Thank you in advance for your support!

HUGE SHOUT OUT

Thank you Gator's Dockside for Sponsoring a Donation box for the SHS Food Pantry for Dec. 5 – Jan. 8, 2024. The SATO will be collecting non-perishable food and individual personal hygiene items for the SHS Food Pantry. **GIVING BACK to OUR COMMUNITY.**

DONATIONS NEEDED 

HOW CAN YOU HELP?
DROP OFF AT SPORTING EVENTS DEC. 11-15
FOOD & INDIVIDUAL PERSONAL HYGIENE ITEMS



Click here for monetary donations

Benefits SHS Food Pantry
Sponsored by SHS SATO



**Jewett Orthopedic
Institute**