

SUN PHOTOS BY DAVID LIAM KYLE

Robert Gray of the Cleveland Clinic Sports Health staff uses the left leg of junior Andrew Crowl in demonstrating effects of a knee injury to the sports medicine/athletic training course class at Brush High School.

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Did I break it?

Students may know after finishing Cleveland Clinic sports medicine course

By Jack O'Breza
Staff Writer

Today's subject: the knee.

From collateral ligament injuries to iliotibial band syndrome, students in the sports medicine/athletic training course at Brush High School attentively listened as instructor Robert S. Gray, MS, ATC, presented the material on common knee ailments.

"It's a new venture for the Cleveland Clinic in conjunction with Notre Dame College," said Gray, coordinator of athletic training/community affairs for Cleveland Clinic Sports Health. "Each of the students earns four credit hours toward college."

The class meets every Tuesday and Thursday. The pilot program has 17 students with a waiting list. The class covers a year and a half, from September of one year to December of the next.

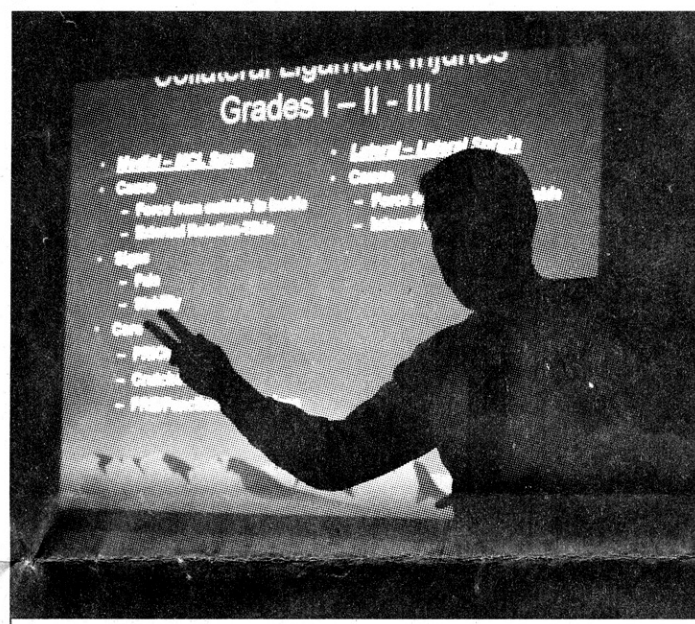
"We've developed a curriculum where we talk about athletic training and different careers in sports medicine," said Gray, who is assisted by Brush athletic trainer Josh Chapin. "We go through rehabilitation principles. We also include wellness community living to make sure people are healthy."

Before conclusion of the class, students are placed in Cleveland Clinic outpatient physical therapy facilities to get hands-on experience working with patients.

The class has been beneficial to junior Jessica Barnes, a center on the Brush girls' basketball team who has suffered two knee injuries. She is sidelined this season after tearing her ACL and meniscus in a preseason scrimmage.

"I went up for a rebound, came down funny on my leg and it popped," she said.

Barnes, who wants to be-



Robert Gray demonstrates throwing-motion injuries.

come a physical therapist, said the class is a good opportunity to get a head start.

"The class is interesting," she said. "I got to see everything that I had surgery on in my knee. I got to learn more about it. I know more about my injuries now. I would recommend this class to other students."

Andrew Crowl, a junior three-sport athlete, also is enjoying the class. "I'm really into sports, so I thought this

would be a good way to figure out about injuries, injury prevention and recuperation."

Crowl was a midfielder on the Brush boys' soccer team in the fall. He is a 152-pound wrestler in winter and plays second base in spring.

"I've learned more of what to do in case of an injury, especially since I do get injured every once in a while," he said. "Now, sometimes I can

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