

Catalyst eNews

Philanthropy Online Driving Growth



Dear Friend of Cleveland Clinic,

Welcome to the July issue of Catalyst eNews, featuring a Cleveland Browns football player committed to raising funds to fight childhood obesity after a unique application of astronaut research aided his injury recovery. Also hear from specialists with simple and innovative techniques to prevent sports-related injuries, including a knee-expert who is changing the way we think about jumping.

We invite you to support these exciting initiatives and help more individuals live a healthy life.

The Catalyst eNews Staff

Focus: Sports Health

Browns' Player Champions Kids Health

Jump Right, Prevent Injury

Ask the Pro: Low Back Pain

Personal Fitness Plan

Strength, Flexibility Improves Golf Score



Today's Innovations, Tomorrow's Healthcare

is a philanthropic campaign to raise \$1.25 billion for Cleveland Clinic. Success will boost Cleveland Clinic's already exceptional patient care, research and educational programs. This campaign will benefit patients, redefine medicine and create new opportunities that have a direct and beneficial impact on the health and well-being of our local communities. Learn more at:



Learn about 2007 tax benefits of << A Gift from Your IRA >>

• Sports Health

Related Links

- Sports Nutrition Healthy Recipes for Athletes
- Body Mass Index Calculator
- Food PYRAMID
- Sports Rehabilitation • ACL Injury Q & A
- Read sports related articles • Read more about choosing
- an athletic trainer • Competitive Edge newsletter
- Exercise Physiology & Metabolic Testing

• Exercise Program

Must-haves • Exercise Precautions

Share your experience Share your personal

Submit a Story

Cleveland Clinic experience and your story could be included in an upcoming issue of Catalyst eNews.

Feature Story

Browns' Player Champions Kids Health

Cleveland Browns' Gary Baxter Tackles Youth Wellness Issues

Cleveland Browns' football player, Gary Baxter, teams up with Cleveland Clinic to help children improve their health and wellness.

🬑 Read Full Story 🌑

Jump Right, Prevent Injury

Female Athletes Relearn How to Jump to Protect their Knees

Sports health specialists concerned about increasing numbers of sports-related knee injuries in female athletes are joining in a multidisciplinary effort to change the way female athletes and coaches think about jumping.

Read Full Story

Ask the Pro: Low Back Pain Specialist Offers Power of Prevention

Cleveland Clinics Sports Health specialists provide a range of preventive health expertise for athletes of all levels and sports, including professional athletes and little league players. With your help, Sports Health can continue to offer expert advice, provide specialized athletic programs and conduct research to improve sports health to ensure athletes of all ages, specialty and skill can perform their best.

Read Full Story **Personal Fitness Plan**

Exercise Physiologists Create Custom Fitness Programs

For athletes seeking enhanced performance or a novice who is

ready to get in shape, Cleveland Clinic exercise experts advise a custom-designed fitness program for the best result. Read Full Story

Strength, Flexibility Improves Golf Score

Physical Therapist Help Golfers Prevent Injury, Improve Game

An emphasis on golf fitness has emerged over the past 10

years. Most PGA tour golfers now have their own physical therapist or athletic trainer year-round and novice players are beginning to understand the benefits of golf fitness. 🧧 Read Full Story 📗

Podcasts

Golf Conditioning: Improving Performance and **Decreasing Risk of Injury**

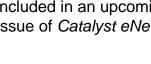
- Keeping Your Head in the Game
- Golf: Related Upper Extremity Injuries

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provider. Please consult your healthcare provider for advice about a specific medical condition.

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