



Legendary Competitor Spotlight on **Dustin "Doc" Glass** Sports Injury & Performance Care

Legendary Competitor's Lamarr Smith spoke with our good friend, Doc Glass recently about what he does and helping athletes understand and prevent injuries.

LC: What is your athletic background?

DOC: I grew up very active. Growing up in Southern California, the weather was always inviting to get outside and play. I was involved with organized sports as young as 4 years old. My activities included playing AYSO Soccer, Flag Football, Pop Warner Football, and Little League. In high school I played baseball and football. I went on to play football in college. While in high school, I began lifting heavier and was introduced to the Olympic lifts. The deadlift was my favorite lift.

LC: What made you realize you wanted to be a performance chiropractor?

DOC: My own personal struggles with injuries while playing football at the Pop Warner level, first introduced me to the benefits of chiropractic care. I thought it was pretty cool how I could walk into the office not being able to turn my head and then leave feeling like new again. Then later in high school my sophomore and junior years, I had to have 2 knee surgeries on the same knee. It was then that I was introduced to the benefits of physical therapy. I knew from then on that I wanted to do something involved with performance and injury care for people living active lives. It has been my sole focus since then.

LC: What is the proper term for what you Do?

DOC: This is a tough one...I am a Doctor of Chiropractic, with higher level certifications in Active Release and Graston Techniques...the reason it is tough, is because many of my patients have never been adjusted by me because they originally came in with orthopedic complaints. So, I get the question all the time..."what should I call you?" I just tell people to keep it simple - I am basically a doc who works with the muscle and bones to help keep them moving properly. Basically I do musculoskeletal re-education, utilizing: Chiropractic adjustments, A.R.T., Low- Level Laser Therapy, Whole Body Vibration Technology and Kinesiology Taping, giving me the necessary tools needed to successfully treat most musculoskeletal conditions.



LC: What is A.R.T?

DOC: A.R.T. is a patented, state-of-the-art soft tissue system that treats problems with muscles, tendons, and nerves. It stands for Active Release Techniques. It is a hands-on technique. The purpose is to find areas of dysfunction that have built up of adhesions, and free the area of the adhesions and lengthen the underlying tissue. The goal is to take an area that has shorten down due to the body trying to protect it, and lengthen the tissue to make it a more functional unit. If you can restore function to an area the pain will go away.

LC: With working with CrossFit athletes what is the most common injuries?

DOC: This is an easy question and anyone who has spent even a week in a box would be able to answer this...Low Back and....wait for it.... you guessed it - SHOULDERS!

LC: What do you feel leads to these injuries?

DOC: The biggest contributor is not what happens in the box. The answer lies in what we do 'outside' the box - away from CrossFit. It is the repetitive motions of daily living that create muscle imbalances and weaknesses. It is important to remember that a tight muscle is a weak muscle. On a daily basis we hold positions that reinforce a certain posture. When we do anything outside of that 'norm', problems will arise.



LC: Can you give an example?

DOC: For example...if a person spends more than 15 minutes sitting behind a desk pecking at a keyboard, they are shortening their hip flexors. At some point these muscles will hold this position and overtime this becomes the new 'norm'. When this happens they do not necessarily feel any pain or discomfort while sitting. So they are not aware that a giant lay sleeping. Then after work they get into their car and again sit for at least 15 minutes until they get to their CrossFit. Because of traffic they are a little late and they rush into the box to avoid any burpee penalty. They quickly join their team and since they are not in any discomfort they do not give much thought to the inadequate warm-up they had. Their coach then points to the whiteboard...a 20 minute

AMRAP of pull-ups, box jumps, and deadlifts. Now here is the problem...remember a tight muscle is a weak muscle...about 12 minutes into the WOD their tight hip flexor decides it has had enough and on the second rep of the deadlift the athlete begins to raise the bar off the ground, closes their eyes, rounds their shoulders and lifts from their back...feels a quick shift with a simultaneous pop, followed by a sharp pain in their back! They have awoken the sleeping giant -GAME OVER - they drop the bar, and if they can get up off the ground they hobble over to the board and give themselves a big fat DNF!

LC: How can we as athletes reduce our chance of injury?

DOC: Brush your teeth! Nobody thinks twice about this ritual we have. This is because since we sprouted teeth we were taught to take care of our teeth and gums or they will get plaques that lead to cavities and tooth decay. Nobody would go a week without brushing their teeth and then brush them for an hour on the weekend to make up for it. Then why do we do this to our muscles?

We work and play hard every day of the week and then go to an open gym day and do our mobility and rolling out with foam rollers and lacrosse balls, feeling like we did enough to be loose for the next week. While all of these things are very important...they only work when done regularly (majority days of the week). So the key is to do them daily - what your toothbrush is to your teeth, your foam roller is to your muscles. It really comes down to discipline and consistency. What needs to be done is to adopt a routine that can break the cycle at some point in the day so by the next day it isn't as bad. Once this becomes a habit, the issues become virtually non-existent. The key to this is the consistency. Since we do things daily that are unfavorable, we must do things daily that will reverse this process. A combination of lengthening moves (dynamic and static), rolling out and nutrition (real food and water), are easy steps that can 'erase' the days work. In order to be consistent you need to be disciplined.

If you'd like to learn more about injury prevention, ART, or other performance related issue, you can contact Doc's directly.

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