



(PHOTO: FRANCINE ATTARDI)
Physical therapist David Bertone (center) trains soccer stars Hunter and Jason Gorskie.

Soccer Stars Hunter and Jason Gorskie Take Game to College

By Ted Kaiser

MARLBORO— After a brilliant high school soccer career, Hunter and Jason Gorskie have taken their game to the next level. Hunter is the more recent of the two brothers to earn a soccer scholarship. He was highly touted recruit after the 2008 high school season due to his outstanding play on defense at Marlboro High School. Hunter was recruited by many schools, but ultimately chose to head to the west coast to play at Stanford University.

“There were a bunch of factors, but the fact that we could play all year round here because of the weather was a big one,” explains Hunter. “I knew a couple of players going here and the team was going to be very good, so I knew I could be surrounded with good players to better myself. Of course, the school is great and the education is top notch, so all of those factors just combined to be a great situation.”

The Stanford team is off to a 6-2 start and Hunter is already starting at right back on defense. He has not faced too many obstacles in adapting to the college game. Hunter gives a lot of credit to his strength and conditioning work with David Bertone of db Orthopedic Physical Therapy, PC in Lincroft.

“The college game has a lot to do with strength

and everyone is a little bigger and stronger than in club and high school soccer,” says Hunter. “Training helped a lot in terms of agility, winning balls and not getting knocked off balls by opponents.”

While Hunter is just beginning to get a taste of the college scene, his brother Jason has two years under his belt already. Jason was a highly touted recruit in 2006 after a four-year varsity career capped by a 23-point senior season. Eventually, he committed to the University of Pennsylvania where he felt comfortable both athletically and academically. Jason also worked with Mr. Bertone and the soccer-specific work clearly paid off.

“Jason stood out to us right from the start, but has continued to get better and better each time we have seen him,” said Penn Coach Rudy Fuller when he recruited Jason. “He is a big, tall kid who has a silky touch and excellent passing ability. One of his biggest assets is his versatility, as he is comfortable in the central midfield or in the center of the back.”

Jason has worked his way into more playing time as his career has gone. He started three games as a sophomore and has started all seven games this season as a junior with Penn off to a 3-3-2 start.

The Burner: what is it and why is it seen in contact sports?

By David Bertone, PT, OCS

One of the most common nerve injuries seen resulting from trauma to the neck or shoulder is the burner or otherwise termed a stinger. This injury is often caused by a direct blow or stretch injury to the brachial plexus which is the major nerve bundle exiting from the neck that supplies strength and the sensation to the upper extremities. Burners are typically transient in nature and a common symptom is pain radiating down one of the arms after a direct blow. This could also include a combination of numbness, tingling, or muscle weakness.

Burners are typically classified as peripheral nerve injuries and the grade one form is similar to symptoms felt when your hand “falls asleep” due to compression. Grade two or three peripheral nerve injuries can cause permanent nerve damage due to the extreme stretch of the nerve bundle. Luckily, grade three injuries are very rare in most sports. The most common mechanism of injury in a grade one burner occurs during a tackle in which the shoulder girdle is forcefully depressed or the neck is jammed to one side. The third mechanism of injury can occur when the neck is hyper-extended and bent to one side during the tackle. Some studies have shown that the more persistent burners with longer lasting symptoms occur during the hyperextension with side bending of the neck as the mechanism of injury.

Most of the discomfort spontaneously resolves in 1 to 2 minutes. Though symptoms that last longer should be clinically assessed and the player should be rechecked hours and days later to determine residual deficits. Once the initial injury occurs, a thorough clinical assessment is important to rule out more serious injuries such as cervical fractures, dislocations or spinal cord contusions. Bilateral symptoms or pain in both extremities along with motor weakness and spinal tenderness may determine the need for further evaluation and players with those symptoms should never return to the game.

Once an injury occurs, any predisposing factors should be analyzed including postural deficits, limitations in flexibility and strength and the use of protective equipment. A chest out posture is very critical to maintain the position of the head and neck which reduces the predisposing factors of tension on the nerve roots. It is also critical to determine any restriction in

shoulder flexibility and neck mobility which may impact the problems with recurrence. Some of the protective equipment includes the use of a neck roll which limits the excessive motion of the neck during impact, shoulder pad lifting device which is worn underneath the shoulder pads and lastly a cowboy collar which reduces the excessive amounts of neck mobility.

Examination is crucial for returned to contact sports. This must include complete resolution of symptoms, pain-free and full range of motion of neck and shoulder and full return of strength if deficits were present. Burners can recur frequently as one study published in 1992 demonstrated an 87% increase in recurrence among college football players that were followed and examined. A previous history of burners must be relayed to the treating physician, athletic trainer or physical therapist to help in determining the extent of injury.

Football players would benefit from a preseason screening of their flexibility, shoulder and neck mobility and postural control. In addition, their baseline strength of neck and upper extremity muscles should be examined to determine underlying deficits. This can be performed by a licensed physical therapist or athletic trainer and should be made an essential part of the preseason physical examination.

Mr. Bertone is a licensed physical therapist and Board Certified Orthopedic Clinical Specialist by the American Board of Physical Therapy Specialties. His solo practice, db Orthopedic Physical Therapy, PC is located in Lincroft, New Jersey. Mr. Bertone can be reached at 732-747-1262 or via e-mail at dbertone@dborthopt.com.

Mr. Bertone is a licensed physical therapist and Board Certified Orthopedic Clinical Specialist by the American Board of Physical Therapy Specialties. His solo practice, db Orthopedic Physical Therapy, PC is located in Lincroft, New Jersey. Mr. Bertone can be reached at 732-747-1262 or via e-mail at dbertone@dborthopt.com.

Girls Class B South

Favorite –

Monsignor Donovan

This could be the closest divisional race in the Shore Conference with perhaps as many as four teams having a shot at the crown. The edge has to go to defending champion Monsignor Donovan. They went undefeated in the division a year ago and sit just one game out of first place currently. Katie DeTuro has suffered a bit of a slow start this year with only three goals and one assist so far, but she led the Shore Conference in scoring in 2008. DeTuro will attend Notre Dame next fall on scholarship. Sophomore Amanda Guilli has been a pleasant surprise for the Griffins matching DeTuro's statistics through last week.



(PHOTO: STEPHAN LOWY)
Point Boro's Kelsey Haycock (13) takes a shot on goal.

Contenders – Point Boro, Jackson Liberty and Central

Who isn't a contender in this division? Currently Point Boro leads the pack and could put a stamp on things when they visit Donovan on

October 15th. Junior Kelsey Haycock is running wild through the Shore with 18 goals and seven assists already. Those totals lead the Shore Conference by an astounding 20 points over the next point's leader. Haycock is not the only threat on the Panthers as freshman Kerry Hughes and Claire Baxter have enjoyed good seasons. Keep an Eye On – Watch out for Jackson Liberty and Central to become factors in the divisional race. Jackson Liberty has quietly gone 5-1 to start the season behind five goals each by Cassidy Benintente and Sam Lyon. Meanwhile, Central is 4-2 including forwards Kessie Powers and Casey Loverde.

“Choosing the right Physical Therapist is important for your recovery.”

DAVID BERTONE, PT, OCS

*Board Certified Orthopedic Clinical Specialist
Diplomate, American Board of Physical Therapy Specialties*

- 20 years of experience in the area of Orthopedic and Sports Rehabilitation
- Numerous high school and college athletes returned to sports faster
- Sports Performance Enhancement Program
- Santa Monica Plyometric Program
- GRAVITY Fitness System

db Orthopedic Physical Therapy, PC

732 Newman Springs Road, Suite 300 Lincroft, NJ 07738
732-747-1262
www.dborthopt.com



RED BANK RADIOLOGISTS

For all of your diagnostic imaging needs

state of the art
Digital Mammography
Shorter Exam Time
Flexible, Ergonomic & Curved Paddles
Comfortable Design
Wheelchair Accessible
Easy & Relaxed Patient Positioning
CAD Technology
increases the detection rate of breast cancer

Radiology
X-ray
Upper GI Series
Barium Enemas & IVP's
HSG with your fertility specialists

200 White Road • Little Silver • NJ
732.741.9595
Six Riverview Plaza • Red Bank • NJ
732.747.1429
www.redbankradiology.com