



June 5, 2014

"[The Normandy invasion] was based on a deep-seated faith in the power of the air forces in overwhelming numbers to intervene in the land battle, ... making it possible for a small force of land troops to invade a continent."

Gen. Dwight D. Eisenhower  
Supreme Commander of the Allied Forces in Europe, 1942-45  
34<sup>th</sup> President of the United States  
(1890-1969)

Think you know all about  
sports injuries?  
Take the  
[test](#)  
and find out.

## Don't Let Sports Injuries Dampen Summer Fun

As we begin the 101 critical days of summer, stretching between Memorial Day and Labor Day, many of us think about summer sports, breaking out the bats and gloves, taking out the bikes, or getting involved with other team or individual sports we haven't participated in since last fall.

While each sport comes with its own risks, according to the Consumer Products Safety Commission's national electronic injury surveillance system, there are a few factors that everyone should be aware of, regardless of the sport.

The most common sports injuries tend to include sprains and strains, often resulting from improperly fitting shoes, uneven terrain and playing surfaces, and repetitive stress. Then there's the issue of heat and dehydration that can range from simple thirst to the extreme of a heat stroke. Pay close attention to not only the thermometer, but also the humidity and heat index as well. The combination can send what looks like a hot day into a triple-digit danger level.

Believe it or not, the number one sports injury in the U.S. isn't from the game of baseball or other typical summer activities, but from the pickup basketball game, with nearly 570,000 injuries a year. These injuries include ankle sprains, jammed fingers, knee injuries, foot fractures and deep thigh bruising.

While many on-court injuries are caused by aggressive play and the simple physics principle that declares "for every action there's an equal and opposite reaction," there are some things we can do to minimize injuries.

Besides helping pass the PT test, being in top shape also helps prevent injuries. Aerobics, as well as strength and agility training, can go a long way in eliminating or reducing injuries. But be mindful that more isn't always better. Over-training can be as harmful as under-training, according to sports medicine experts. Listen to your body. Decrease or stop training if you begin to develop soreness or pain in your muscles or joints.

The second most injury-prone summer activity is biking, accounting for close to 560,000 injuries annually. According to the American Association of Orthopedic Surgeons, common biking injuries include tendinitis, plantar fasciitis, abrasions, fractures, sprains, strains and concussions. While no one can totally eliminate the possibility of a biking accident, wearing a well-fitting helmet and concentrating on your environment increase the chances of returning safely from a biking trek.

Avoiding sports injuries is nearly impossible, but common a common sense approach to summer fun—staying hydrated, using appropriate and well-fitting gear, and being in shape—increases your odds.

### ► TRENDING...

"You are the first to mark the true end of an era," said the Honorable Pamela L. Spratlen, the U.S. ambassador to the Kyrgyz Republic, observing the [inactivation ceremony](#) for the 376<sup>th</sup> Air Expeditionary Wing at the Transit Center at Manas, Kyrgyzstan, during the first Air Force-led base closure in Operation Enduring Freedom.

## ► RESOURCES

Website access to the following resources can be gained by clicking on the name.

[AF.mil](#)

[Airman magazine](#)

[Military OneSource/HomeFront](#)

[Air Force Personnel Center](#)

[Air Reserve Personnel Center](#)

[Department of Defense News](#)

[Department of Veterans Affairs](#)

[TRICARE](#)

[U.S. Government Website](#)

[Air Force Association  
Scholarships](#)

[Air Force Safety Center](#)

[Civil Service Employment  
Opportunities](#)

[NAF Employment  
Opportunities](#)

[Air Force Bands/Outreach](#)

## ► CURRENT ISSUES

[Commission seeks service members' compensation preferences](#)

Over the next few months, the Military Compensation and Retirement Modernization Commission will survey active-duty, National Guard and reserve service members to better understand their compensation and benefits preferences and values.

## ► PERSONNEL ISSUES

[Permissive TDY allowed for voluntary force management separation](#)

Whether separating voluntarily or involuntarily, Airmen should check their separation orders remarks block to find out if they are eligible for Permissive TDY.

[AF posts FY14/15 voluntary force management program updates](#)

Updated personnel system delivery memos for enlisted and officer personnel have been posted.

## ► ENVIRONMENT, SPACE, TECHNOLOGY

['Final Frontier' now complex domain for space safety culture](#)

The Air Force's Space Safety Division recently obtained full authority to develop space safety policy, guidance and initiatives to improve space situational awareness for this shared global domain.

## ► THIS WEEK IN AIR FORCE HISTORY

**June 5, 1981**- The KC-10 completed qualification testing at Edwards AFB, Calif.

**June 6, 1975** - The last 16 B-52s at U-Tapao AB, Thailand, began their redeployment to the US.

**June 6, 1944** – **OPERATION OVERLORD.** Allied aircraft flew approximately 15,000 interdiction, close air support and airlift sorties in support of the D-Day invasion.

**June 7, 1966** - The first successful launch of an Orbiting Geophysical Laboratory took place when OGO III went into orbit to perform 21 experiments, a record number for a U.S. scientific spacecraft.

**June 8, 1911** - The Connecticut State Air Regulation passed and became the first state air law.

**June 9, 1967** – The first O-2A Forward Air Controller aircraft arrived in Vietnam.

**June 10, 1989** – Capt. Jacquelyn S. Parker became the first female pilot to graduate the Air Force Test Pilot School at Edwards AFB.

**June 11, 1993**- AC-130 Spectre gunships joined a U.N. raid on Somali warlord forces to retaliate for a June 5 attack on U.N. forces in Mogadishu.

For more information on Air Force heritage, visit <http://www.airforcehistory.af.mil>

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