

# Healing hands in university sports:

## A look at UPEI physiotherapist Janet Rogers



By Scott MacDonald

The fact that UPEI consistently has competitive teams in the AUAA is a testament to the hard work of the players and coaching staff of this university. The fact that UPEI consistently has healthy teams is a testament to the hard work of Janet Rogers.

Currently in her eighth year of working as a physiotherapist at UPEI, Dr. Rogers moved her full-time practice into the UPEI Sports Centre in May of 1990. In that time she has become a maternal figure to the men and women who compose the Panther sports teams; someone who looks after them in times of pain and injury.

A PWC alumna, Rogers did her first year of science at Prince of Wales college

before heading to McGill where she graduated with her BSc, as well as doing all of her training and studies.

After graduation Dr. Rogers wasn't sure of what career choices lay ahead for her; "...there weren't a lot of fields open for females at the time. One of the career options was medicine. Physiotherapy was just starting up, and I had received physiotherapy myself and was interested. I wanted to work in a 'people' field." This combined with her interest in sports, (which she played in high school and university) let her see the need for someone in that field while she was working at a hospital.

Since physiotherapy is an occupation which is always changing, Dr. Rogers has seen the entire field revolutionized in the past twenty years. "Hot packs and ultrasound machines are the only things which have remained constant since I started work. Equipment is constantly being upgraded: machinery like lasers, electro stimulation, and the dynatron strength tester are some of the newer additions."

Last year at the UPEI Athletic banquet, the loudest cheer of the evening was raised when attention was directed towards Janet Rogers, paying tribute to all of the hard work that she has put in at UPEI. One of her preferred reasons for working here is the bond that has developed between her and the various athletes that she tends to. "I love the variety; each team has their own different ideas of what they need and expect.

One of my favorite things about working here is the comradarie that has evolved." The only sour note that physiotherapy brings her is when she can't seem to get results, so it seems

that the good points far outweigh the bad.

In movies about sports (especially college sports), an injured athlete is often seen asking his/her doctor to 'tape me up so I can play'. When asked, Dr. Rogers said that this scenario is far from the truth. "I've never told or encouraged anyone to play when they couldn't. At this level you can only give them advice, whether or not they do play is their choice, you can't baby them at this level."

Joint sprains and muscle pulls are the most often seen injuries that she has to treat. Usually as the result of someone who hasn't warmed up properly, or if they're "...just plain out of shape. Some people are just more injury prone than others, often just because of bad luck." She offers these tips to those who may be attempting to get in shape:

1) Get yourself in shape first before going out to play a sport. Don't go all out the first time you go running or lift weights, a gradual workout will be far better for your body.

2) Stretching is key to prevention. Before any sporting activity it is important to have a good stretch and warmup, and after to cool down properly and stretch out again.

3) Look after the minor aches and pains first before they blossom into something major.

To anyone who needs physiotherapy in the next few months, be assured that Janet Rogers is an individual who will not only care for your injuries, but also about you as a person. As a patient of hers, I know this from first hand experience, and hold her in the highest regard.

## On the sidelines: UPEI/Tradewind intramural watch

By Scott MacDonald

Once again it is show time in intramural basketball as men and women are getting ready to hit the parquet of the UPEI Sports Centre. Last years league saw lots of hoop with a highly successful two division format for the men with both an A League (highly competitive, lots of dunks and trash talking) and B League (semi-competitive, lots of layups and trash talking) fielding a total of 12 teams.

The mens league will see action going on Monday and Tuesday nights from 8:00-11:00. The first court time will be on September 19, with the entry deadline for teams being September 26. There is a (small) \$10.00 individual fee, and a \$50.00 team bond, which will defer the cost of referees and an end of the year awards banquet.

For information contact Ron Annear at the fieldhouse at 566-0715, or you can try to find Curtis Robinson lurking around campus somewhere.

Registration can be left at the Sports Centre front desk.

All female cagers will play in the greater Charlottetown Women's B'Ball League which operates on Sunday nights from 7:00-11:00. Registration for this league takes place on Sunday Sept 18 at 6:00 PM. With an A and B league, it is the perfect chance for both the cutthroat and recreational players to show off their skills, and to get into shape. There is a \$10.00 fee for UPEI students to play. Contact either Janice Robertson at 566-0305, or Ron Annear at 566-0715.

There will also be registration for Men's competitive/co-ed volleyball starting up on Sept 21, with a Sept 28 deadline for all players. Play goes on Wednesday nights from 8:00-10:00 PM. There will be a \$10.00 fee for all participants. All players should register at the front desk of the Field House and/or call Janice or Ron for information.

## UPCOMING GAMES

The mens soccer team plays at ST. FX on Wednesday September 21, and at home against Memorial on Saturday Sept 24 at 4:00 p.m.

The women's soccer team plays at U De Moncton on September 24.

The women's field hockey team under newly named coaches Jennifer Gillan and Patricia Shields play on the 24th and 25th in Halifax against SMU.

### ATTENTION RUGBY PLAYERS

I didn't mean to slight you last week, the sports preview was focused on AUAA sports. Any rugby news should be sent to me (Scott MacDonald) care of the X-Press. Didn't mean to make you feel like second class athletes or anything....

