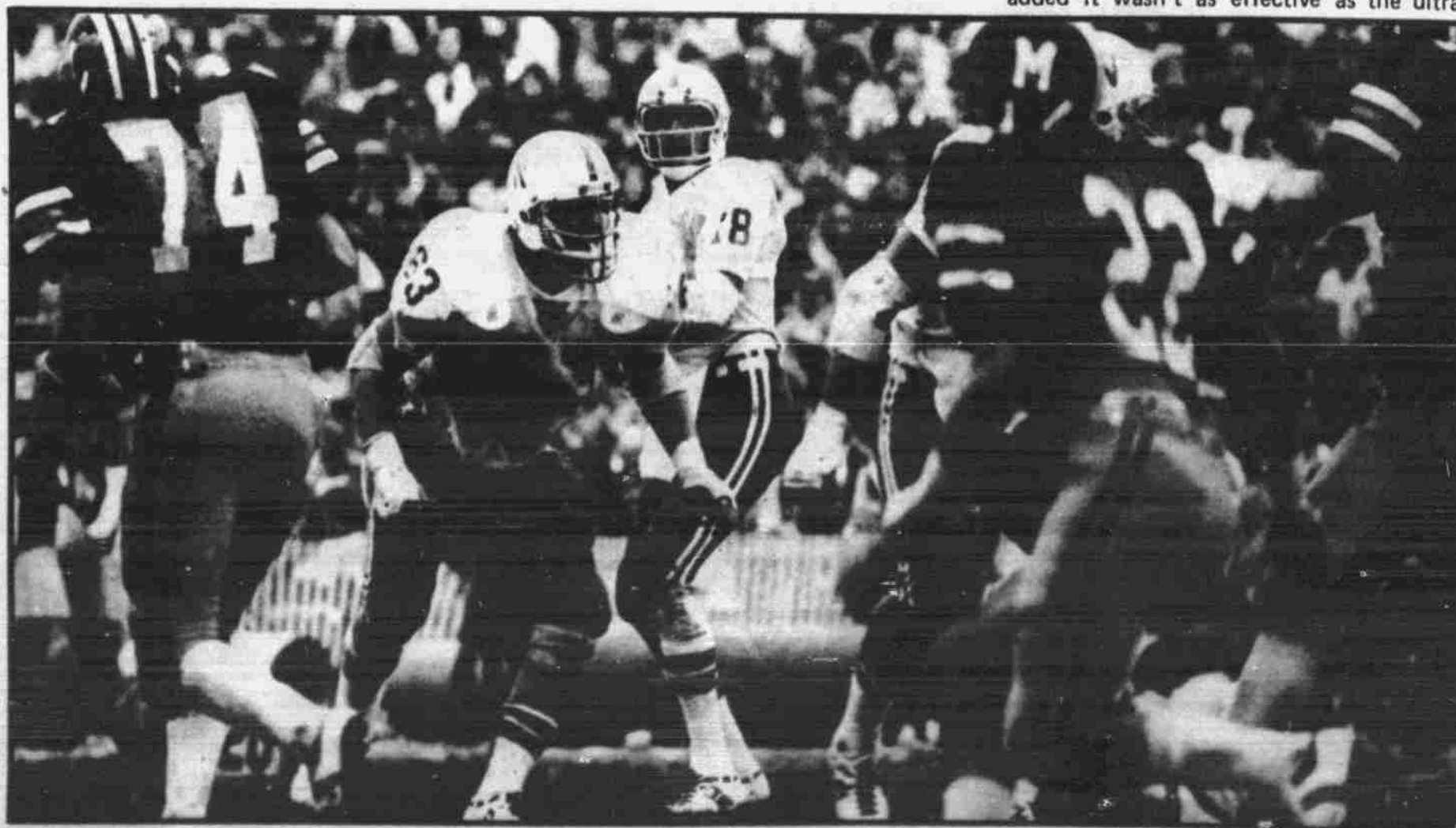


Tom Sorley (12), given good pass protection here by tackle Stan Waldemore (62) and fullback Dodie Donnell (45), probably will sit out today with bruised ribs.



Randy Garcia (18) has completed 45.6 per cent of his passes this year for 544 yards and three touchdowns.

Modern machines keep Huskers in good shape

By Jim Kay

With all the injuries suffered by Nebraska in last week's win over Missouri, UNL Head Coach Tom Osborne must be rolling his eyes when looking at his walking wounded.

But if Osborne were to talk to student trainer Mark Heinz, he may feel a bit more comforted.

Heinz, one of 11 student trainers working under head trainers George Sullivan and Jerry Weber, said UNL's training facilities are among the finest in the country.

"With this equipment we can cut an athlete's rehabilitation time considerably," Heinz said. Two of the newer pieces acquired by the Athletic Dept. are the Cybek and the Orthatron.

"With the Cybek we can take an athlete and pinpoint exactly where he's injured," Heinz said. "If an athlete has a knee strain and hasn't made any progress after other physical therapy treatment, it will tell us what the problem is, if there is one. We can also tell the percentage of his strength where the injury is."

He said the machines give the trainers more control in the athlete's rehabilitation.

"It's great for ankles, shoulders and knees," he said. "Before with knee injuries all we could do was get him out to do leg work and work on the weights. Now we can tell his range of motion and things like that."

Hamstring injuries are not as big a problem as in the past because of the ultrasound machine, Heinz said.

"The ultrasound works on the same principle as the microwave oven," he said. "We put a transfer gel on the injured area. High frequency sound waves from the machine go onto the skin where the gel is and can go clear to the bone. It heats the injured tissues. It could be dangerous, but it really works well."

Heinz said another machine good for muscle pulls is the hydroculator. But he added it wasn't as effective as the ultra-

sound and is good for heat penetration of only one-fourth to three-eighths inch.

"The trainers utilize a number of different size whirlpools," Heinz said, "some with hot water and some with cold. And some are for knees and others for ankles. The contrast bath uses both hot and cold water to create fluid action and get fluid in the body moving. That's good for reducing swelling."

He said hand and finger injuries are usually treated in a paraffin bath, "which is literally melted wax."

Though the Huskers were banged up last Saturday, most injuries are avoided because of preventive taping, according to Heinz.

"The players are taped every day," he said. "Taping for practice, which starts at 3, usually gets hot and heavy around 1. We do ankles, knees and shoulders then, and have about a 20-minute session for hands after the player meetings."

Heinz said different tapes are used for the preventive taping.

"We use a combination of elastic and white tape," he said, "except for those who have a history of injury problems. We use straight white tape on them. For shoulders and knees we use elastic tape."

Cost for the daily taping is high, Heinz said.

"Our taping bill for varsity and freshman programs is about \$500 a day," he said. "We just got a shipment of 100 cases of white tape in, and we're expecting 300 cases of elastic. We'll probably use about 1,000 cases all together (for football) and 1,500 to 2,000 cases of all varieties for all sports."

Heinz said the Huskers spent about \$40,000 on tape between the final season game and the Sugar Bowl contest in 1974.

Not all the players need to be taped, he added. "Isaiah Hipp is never taped," he said. "Some guys just never have any problems."

Heinz is in his fourth year as a student trainer. He said he spent his first three years working in the freshman program.

"George and Jerry work from about 7 a.m. to about 7 every night," he said. "We (the student trainers) usually work from 1 to 6, which is a fair day's work."

FIRST DOWN

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