

B.E.S.T. PHYSICAL THERAPY NEWS

B.E.S.T. Physical Therapy

is proud to present a **FREE** lecture given by

Dr. Zachary Vaughn

of Stanford University Sports Medicine:

“Common Hip Problems and Treatments”

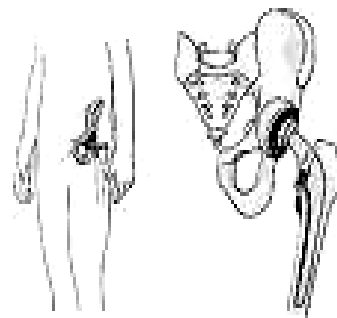
Wednesday, July 21st at 6:30 pm

All attendees will be eligible to win a **CD Player!**

A second lecture will take place in August by Dr. Ecklund of Camino Medical Group regarding common knee injuries.

Both lectures will take place at BEST Physical Therapy in Cupertino.

Call 408-257-2225 to RSVP



Hip injuries have become more and more common. Golfers Greg Norman and Jack Nicklaus have both had hip surgery, and it's not uncommon to see athletes benched by a strained hip.

First, let's talk about the anatomy: the hip is a ball and socket joint where the thigh bone's femoral head (ball) fits into the acetabulum (socket) of the pelvis. The labrum, a ridge of fibrocartilage, helps to deepen the socket adding stability to the joint. Motion is created by the rotation of the ball in the socket, and the joint is stabilized by the muscles of the hip, thigh, lower abdomen, lower back, groin and buttocks.

Hip strains range in severity from a mild level I pull, in which muscles are slightly strained and range of motion isn't compromised, to a severe level III muscle tear that may require surgery. Fractures are primarily the result of a direct blow to the area, or a violent twisting motion, and generally need surgical repair. Ninety percent of the more than 352,000 hip fractures in the United States each year are result of a fall.

Hip injuries frequently occur due to improper warm-up or a lack of muscular endurance, strength or flexibility. Many athletes feel that playing sports serves the purpose of keeping fit. Playing sports requires a level of fitness including strength, flexibility and agility necessary to participate in the sport.

Rules of thumb: Always warm up with a light cardio workout such as 10-15 minutes on the treadmill or stationary bike prior to sports or exercise. Cycling may be preferable with hip injuries, because it doesn't put excessive stress on the hip joints. Stretching should be a part of the daily workout routine for everyone. Muscle tissues have the most blood flow, highest temperature and greatest elasticity immediately after exercise, so it's an optimal time to get an effective stretch. Keep your weight down and your nutritional standards up, as you age bone density tends to naturally decrease.

Congratulations to our therapist Erin Le Blanc, PT, CEAS, CSCS, OCS for completing her Orthopedic Certification through the American Physical Therapy Association!

Welcome to our new therapists: Timothy Earle, MSPT, PA-C received his BA in History, Master's degree in Physical Therapy and his certification as a Physician's Assistant and has been practicing for 15 yrs as a physical therapist.

Karlo Castillo, PT who has been working as an orthopedic physical therapist for three years and enjoys working with sports related injuries!

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