



B.E.S.T. PHYSICAL THERAPY NEWS

SOCCKER SEASON IS COMING...IS YOUR CHILD PREPARED?

B.E.S.T. Physical Therapy is proud to present a free lecture given by **Dr. John Kao** of SOAR Medical Group. Dr. Kao will be discussing how to best prepare for soccer playing and avoid injuries commonly sustained during the season.

The lecture will take place **Thursday, March 12, 2009** at **6:30pm** at BEST Physical Therapy in Cupertino, and light refreshments will be offered.



B.E.S.T. Physical Therapy congratulates two of its finest in recent accomplishments:
Kathy Johnson Wesolowski, MSPT, OCS
and Julie Gupta, DPT, OCS
have passed the Orthopedic Specialist Certification

B.E.S.T. Physical Therapy is proud to offer a comprehensive back education class taught by Nancy Block, a licensed physical therapist and certified athletic trainer with over 25 years of experience. For a nominal charge of \$75 dollars, this 2-hour course is personalized to meet the needs of every client and will empower every attendee in self-care and prevention of neck and back injuries by providing the followings:

1. *Proper body mechanics and postural training*
2. *Easy to understand anatomy to explain your symptoms*
3. *Instructions on lifting/pulling/pushing and carrying objects*
4. *Sitting and desk ergonomics*
5. *Activities of daily living suggestions*
6. *Questions and answer session*

Class is offered twice per month on Wednesday evenings and Friday mornings to accommodate busy schedules. Do your back a favor and schedule today!

B.E.S.T. welcomes new employee

Vishal Patel, DPT

Vishal is a 2008 graduate of Samuel Merritt College in Oakland, California. While attaining his doctorate degree, he has gained valuable experience at various inpatient and outpatient settings. His primary interest is in outpatient orthopedics and sports-related rehabilitation. He is very energetic and enjoys helping patients to get back to their activities.

Please join us on Friday, February 27, 2009 from 5-8pm for our **GRAND OPENING CELEBRATION** at the new BEST Physical Therapy clinic in San Jose!

**We are now accepting
appointments at our
Cupertino office on
Saturdays as well!**

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**6155 Almaden Expressway #150
San Jose, CA 95120**

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in Physical Therapy !

B.E.S.T. would also like to
welcome new employee
Vishal Patel, DPT