



B.E.S.T. PHYSICAL THERAPY NEWS

Free Presentations

Dr. Steven Tager, DPM

**“Everything You Ever Wanted to Know About Feet
But Were Afraid to Ask”**

This presentation will allow you to learn more about your feet and learn about common injuries and ailments.

Offered at our: **Cupertino Clinic March 24th at 6:30pm**
Almaden Clinic March 31st at 6:30pm

One attendee from each lecture will be eligible to win either a portable DVD player or MP3 player, and each attendee receives a 10% coupon for Sports Basement!

Upcoming April Presentation

Dr. Peter Contini

“Common Adolescent Injuries and Their Prevention”

Offered at our: **Almaden Clinic April 28th at 6:30 pm**

One attendee will win a two week pass to our Teen Core Class

Call 408-257-2225 to reserve your place now!



We Accept Anthem Blue Cross Again!

Many of you may have heard about the changes in Anthem/Blue Cross insurance coverage in the news. By effectively slashing their reimbursement to health care providers up to 50%, and then increasing their premiums charged to patients by as much as 39%, many physical therapy clinics have decided to stop accepting Blue Cross altogether. BEST has decided to remain in network with Blue Cross in an effort to continue providing superior service to all of our patients and friends!

Did You Know That Feet Are For More Than Just Walking?

Everyday we get out of bed and our painful feet hit the ground. Pain starts early for many of us in those first tentative steps out of bed. Many people know the agony of plantar fasciitis. The plantar fascia is a band of connective tissue across the bottom of our feet. The stresses we put on our feet from daily activities, sports activities, poorly constructed shoes and inappropriate footwear take their toll on our feet and our bodies. There is more to the story of foot pain than that.

As physical therapists we are aware of the importance of our feet to the well being of our bodies as a whole. When we evaluate a patient with pain or injury we start at the feet. We look at the kinetic chain that starts at the foot. The foot position dictates how all the joints above react to the ground. A pronated ankle not only can lead to increased stress on the plantar fascia, it can alter your walking pattern that can put additional stress on your knees, hips, pelvis, and spine. As physical therapists we look at how your body functions from the foot up and treat not only the area of your pain, but strive to correct the cause of your pain, oftentimes your feet.

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