



# B.E.S.T. PHYSICAL THERAPY NEWS

## ***WINTER IS OVER AND IT'S TIME TO GET BACK INTO SHAPE!***

**B.E.S.T. Physical Therapy** is proud to present a  
**FREE** lecture titled

**“Health Consequences of Excessive Weight”**

given by

*Dr. Manjul C. Patwardhan, MD*

Dr. Patwardhan is a board certified Family Medicine Physician and Specialist in Obesity Medicine and will be discussing weight gain issues and how to maintain a healthy weight.

The lecture will take place **Tuesday, June 2, 2009 at 6:30pm** at BEST Physical Therapy in Cupertino.



Do you have chronic pain/tightness from an old injury? B.E.S.T. Physical Therapy now offers **ASTYM** treatment for soft tissue dysfunctions such as scar tissue and fibrosis.

We have two certified clinicians at our clinic that utilize specialized tools to non-invasively locate and treat painful tissue. This approach induces the body to respond by initiating the healing cascade. To complement this, a customized stretching and exercise program is prescribed to promote optimal healing and collagen remodeling. This changes the dysfunctional tissue and helps regain healthier tissue in its place. **ASTYM** treatment often works on tough cases such as joint replacements, tendon repairs and mastectomies where other treatments haven't been fully successful and allows injured athletes to return to their sport.

### *B.E.S.T. Physical Therapy now offers the **TRX suspension system** of exercise.*

*This system actually utilizes one's own bodyweight and gravity to develop strength, balance, flexibility and joint stability simultaneously. This powerful suspension strap helps you build a strong core that will prevent injuries, improve posture and increase overall strength while you exercise. Because all body movements are powered by the torso, the abdominals and the back muscles need to work together to support the spine during everyday activities and sports. The TRX builds core strength with every exercise by creating an element of instability that stimulates your core. Unlike traditional weight training that tends to follow one plane of movement, this device encourages multiplanar training which integrates all of your motions and mimics real life movement to encourage muscular balance for your body. It's a great way to increase movement performance for both the professional athlete as well as the weekend warrior!*

**We are now offering  
Saturday appointments at  
our  
Cupertino office!**

**1601 S. De Anza Blvd #111  
Cupertino, CA 95014  
Phone: 408-257-2225**

**6155 Almaden Expressway #150  
San Jose, CA 95120  
Phone: 408-268-2225**

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