



Golden Hills

Orthopedic and Sports Physical Therapy

december 2007

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Wishing You a Joyful Holiday Season and a Happy New Year

Our Mission...

To further the prevention, diagnosis and treatment of movement dysfunction in order to enhance the physical health and functional abilities of our patients.

To maximize the patient's potential for regaining full physical health by providing rehabilitation through the use of advancements in physical therapy techniques and state-of-the-art equipment.

To establish a self-management program for the patient through education and a personalized home exercise program for each individual to enable the patient to maintain their physical health at home and at work.

Once again, it's the most magical time of the year!

Amidst the hustle and bustle of the season, all of us at Golden Hills Orthopedic and Sports Physical Therapy would like to wish you, your family and your staff a wonderful holiday and a prosperous New Year. We'd also like to thank you for continuing to refer your patients to our care. The relationship we have with our community of referring physicians is built on trust, good communication and the shared goal of delivering superior patient care. We've had a great year together and look forward to even more shared successes in 2008.

For two years, *Golden Hills Journal* has been your source for physical therapy-related information and resources geared toward supporting your relationship with your patients. Specifically, we aim to provide:

- Tools and resources to help you communicate with your patients about the benefits of physical therapy
- Simple stretches and exercises to help your patients protect and/or recover their strength, flexibility, mobility and overall physical health

- Information about our facility and physical therapy staff to help you make an informed decision about including us as part of an effective patient care plan

With an eye on total patient health, the publication has covered a number of clinical topics in 2007, including:

- Diagnosing and treating hand and wrist injuries (January and February)
- Diagnosing and treating foot and ankle injuries (March and April)
- An introductory overview to exercise training and conditioning (May and June)
- Establishing an effective resistance training and conditioning program (July and August)
- Establishing an effective aerobic training and conditioning program (September and October)

We hope that the information we've presented has been helpful to you in your practice. If you'd like additional copies of any of the newsletters for yourself, your staff or your patients, or if there are other topics you'd like more information on, please **contact us at (408) 274-0888, or therapy@goldenhillspt.com**.

Sports, Recreation and Exercise (SRE) Activities

Sports, recreation and exercise (SRE) activities are an important part of any healthy lifestyle. That being said, SRE activities can carry certain risks the participant should be aware of. In fact, over 4 million SRE-related injuries are reported in the U.S. every year.

In the November issue of *Golden Hills Journal*, we announced that we would be launching a brand new series in 2008 targeting specific SRE activities in each issue.

Our goal with the series is to help you and your patients understand the risks inherent in certain activities as well as the wide range of physical therapy services available to patients for who engage in all types of SRE activities.

For the remainder of the December issue, we will provide a series of general “frequently asked questions” (FAQs) that should help facilitate communication between you and your patients who may have suffered and SRE-related injury. If we can be of further assistance, please do not hesitate to **contact us at (408) 274-0888, or therapy@goldenhillspt.com**.

Frequently Asked Patient Questions

Q: What kinds of pain can indicate an SRE-related injury?

A: Any injury that results in swelling, numbness, intense pain or tenderness, stiffness or loss of flexibility should be taken seriously.

If your pain progressively increases with activity and causes swelling, limping or loss of range of motion, you need to contact your doctor.

Q: How can I tell the difference between normal soreness and an injury that may require medical attention?

A: Soreness is temporary, but chronic pain continues over a greater length of time. For example, it’s not always necessary to see a doctor right away if your shoulder is sore, but you should schedule an appointment if the pain is worsening at any time or if it persists for a week or more. You should also see a doctor if your pain progresses from happening only after playing to happening during sports or if you notice it when you wake up or are doing daily activities.

Q: If I think I may have an injury, what should I do?

A: The most important thing to do when you suspect you are injured is to stop doing whatever sport has caused the injury right away and schedule an appointment with your doctor.

Q: If I’m injured, what treatments will my doctor prescribe?

A: Once the doctor knows the full extent of your injury, he or she usually will start with conservative treatment techniques such as rest and ice to help decrease swelling. Pain relief and anti-inflammatory medicines may be prescribed. Splints, casts and surgery also may be needed, depending on the injury.

One of three things will happen next. Your doctor may recommend that you not play while you heal, that you play and use a protective device (for example, a knee brace or wrist guard), or that you undergo physical therapy rehabilitation.

Q: When can I play again?

A: This depends on your specific injury. There are things you can do while injured to stay fit without making your injury worse—but make sure you check with your doctor and/or physical therapist first.

Q: What can I expect from physical therapy rehabilitation?

A: Rehabilitation may be part of your treatment program and includes an examination of the muscle imbalance systems followed by exercises to improve flexibility, strength and posture. It may also include manual therapy from a physical therapist, including modalities such as ultrasound and EMS.

Q: What can I do to protect myself from getting hurt again?

A: Use protective gear that is appropriate to the specific sport.

When you return to play, you might need some new protective gear, including modified shoes (including inserts or arch supports), tapings, knee and elbow braces, and mouth guards. These devices help support and protect your body from strains, direct blows and possible reinjury.

Be sure to warm up adequately before practice and games. Take it slow when you first get back into your sport and gradually build back up to your preinjury level.

Also, know your limits. If the previously injured part (or any body part) begins to hurt, stop immediately and rest. Don’t delay in seeking medical attention if the pain persists. It’s your body’s way of telling you something is not right.