

# Golden Hills

Orthopedic and Sports Physical Therapy

december 2006

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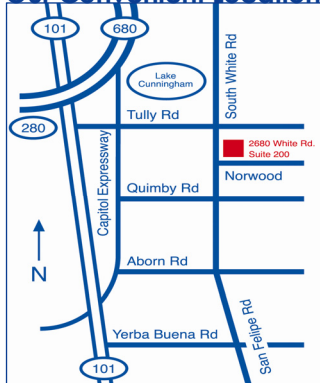
## Our Mission...

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.

## Our Convenient Location



## Happy Holidays from Golden Hills!

With December upon us, we at Golden Hills Orthopedic and Sports Physical Therapy would like to take a moment to wish you, your family and your staff a very happy holiday season and a prosperous New Year. We'd also like to thank you for your support and partnership over the past year. The relationship we have with our community of referring physicians is built on trust, good communication and the shared goal of providing the best possible care to your patients. We've had a great year together and look forward to even more shared successes in the year to come.

The December issue of *Golden Hills News* marks our twelfth consecutive monthly issue. We launched the newsletter in January 2006 with the goal of enhancing our relationship with you by providing:

- 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 newsletter has delved into a number of clinical topics, including:

- The health benefits of exercise
- Mitigating the risk of sports-related injuries in adults and children
- Preventing and treating knee injuries
- Preventing and treating shoulder injuries
- Preventing and treating elbow injuries

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](mailto:therapy@goldenhillspt.com)**.

With the tremendous response we've gotten to the newsletter from our referring physicians, we are planning to continue *Golden Hills News* into 2007. So be on the lookout for more from us in the New Year!

# Why Refer Your Patients to Golden Hills?

Golden Hills is unique among physical therapy clinics because we understand how important your patients are and we share your commitment to providing them with superior care. Each one of our knowledgeable and friendly office staff, as well as our skilled physical therapists, is focused on giving you and your patients nothing less than their absolute best.

Since we founded the clinic in 1992, our approach to physical therapy has proven exceptionally effective. The vast majority of our patients show significant improvement in their conditions and, through patient education, we are able to keep them healthy long after they leave our care.

## About Golden Hills

Golden Hills is owned and operated by Saad E. Shaban, PT (see Therapist Spotlight below).



*From left to right: (Front Row) Robin Shaban, Darlene Valdez; (Back Row) Tesse Agonias, Saad Shaban, PT, Nina DeLaCruz, PTLA, Tammy Diaz*

Golden Hills' physical therapy staff must be licensed in California and undergo extensive continuing education to keep abreast of advancements in physical therapy techniques and technologies. In addition, we always strive to provide the best physical therapy care possible while keeping patient healthcare costs to a minimum.

Golden Hills also features:

- Treatment for pediatric through geriatric patients
- Manual therapy
- Sports therapy
- Hand, ortho and neuro therapy
- Friendly staff members representing diverse cultures
- A high rate of satisfaction among patients, physicians and insurance companies
- A deep commitment to providing you with exceptional service and supporting your patient care plan

We want you to feel confident referring your patients to our care. If there are any questions we can answer for you, or any other services we can provide, please don't hesitate to call us at (408) 274-0888, or write to us at [therapy@goldenhillspt.com](mailto:therapy@goldenhillspt.com).

Remember...we're here to help!

## Therapist Spotlight: Saad E. Shaban, PT, Owner



### Education

- Cairo University  
*Cairo, Egypt*
- Texas Womans University  
*Houston, Texas*

- College d'Etudes Osteopathiques  
*Montreal, Canada*

### Certifications & Associations

- Manual Therapist
- National Physical Therapy Association
- American Physical Therapy Association

- American Physical Therapy Association, California Chapter

### Background

Saad is the founder and owner of Golden Hills Orthopedic and Sports Physical Therapy. He is an active community member and a veteran physical therapist. He attends and teaches continuing education seminars on a regular basis, and personally trains all of our physical therapy staff.

While pursuing his degree in physical therapy at Texas Womans University, Saad worked as a team

physical therapist for the Houston Oilers, which was one of the most enjoyable experiences of his career.

Saad has been in private practice in the Bay Area since 1986. Since then, he has rigorously studied many areas in the physical therapy field, and has expanded his education and training in osteopathy.

On a personal note, Saad, his wife Robin and their three girls have lived in California since 1984. Saad enjoys his family, football, walking, biking, gardening and reading.