

Bodies in Motion

TOTAL HEALTH CENTER NEWS LETTER

“Expert Care with Caring Hands”

Volume 18

Call us at (269) 968-0888
Mon to Thurs 7am-7pm
Fridays 7am-4pm

Total Health Center is a full service physical/occupational therapy clinic where expert patient care is our first priority. We treat a full range of orthopedic and neurologic conditions. Our clinic has therapists with advanced training and specialist certifications. Our goal is to help you, the patient, reach your full potential.

Keep Fit Through the Winter Months

Cold winter temperatures in many parts of the country make it a challenge to keep fit during these months. People who run or walk outside may find regular exercise difficult. Now is a good time to schedule a visit with our office to benefit from a winter exercise program that complements your schedule and fitness goals.

Given the limited daylight and unpredictable weather, it might be a good time to think about **joining a fitness facility** for a few months. This opens up a

world of exercise opportunities, including access to

full-body strength training with free weights and machines

cardiovascular equipment, such as the treadmill or elliptical trainer

fitness classes

On your own, you can walk the mall, wear a pedometer to count the steps you take each day, rent an exercise

DVD or borrow one from the library, engage in active housework or join an indoor sports league (basketball, indoor soccer, volleyball or swimming). If you prefer not to join a gym, have limited time during the day or do better with a specific program, we can suggest alternative forms of exercise you can perform at home:

strength training with handheld dumbbells, barbells, olympic plates or kettlebells, or weights strapped onto your ankle or wrist

elastic bands that increase resistance as you continue through your range of motion

running up and down the stairs for 10 minutes several times a day

investing in one piece of equipment for total body conditioning

With festive holidays and shorter days, it can be all too easy to eat more and exercise less. Our support can keep you motivated and on track each week. For those who plan to continue with outdoor running or sports, we can ensure that you do so safely.



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Healthy Recipe of the Month

California Burger

3 tbsp ketchup
2 tbsp mayonnaise
2 tsp sweet pickle relish
1 tsp Dijon mustard
1 lb. ground sirloin
1/8 tsp salt
1/8 tsp pepper
Cooking spray
4 (1oz) slices reduced-fat lower sodium swiss cheese
4 green leaf lettuce leaves
4 hamburger buns
4 slices red onion
8 slices tomato
1/2 ripe peeled avocado, cut into 1/8 inch slices
8 bread and butter pickle chips
Combine first 4 ingredients in a bowl.
Divide beef into 4 equal portions shaping into 1/2 inch patty. Press a nickel-sized indentation in the center of each patty;

Once the milder spring months come along, we can assess your progress in terms of fitness. Then, we can revamp your program to incorporate outdoor activities and other forms of exercise to ensure that you continue to achieve your fitness goals.

That Groin Pain May Be Your Hip

Both male and female competitive athletes often develop an unexplained pain in the groin. This pain occurs most often when the athlete pivots or twists and can be intense enough to end a career. Recent research suggests that this groin pain may actually arise from damage to the hip joint.

The hip is a **ball and socket joint**. The ball, or head of the femur, fits into a socket called the acetabulum. Both ball and socket are lined with cartilage so that the joint can move smoothly. Any abnormality in the shape of the femur or the acetabulum can wear away the cartilage, creating a painful condition in the hip called **femoroacetabular impingement (FAI)**.



There are two types of FAI.

Cam impingement occurs if the head of the femur is not completely round.

As the joint moves, irregularities in the femur head bite into the labrum or lining of the acetabulum, wearing it away.

Pincer impingement occurs if the

front edge of the acetabulum extends too far. When the hip moves, the labrum is crushed against the neck of the femur.

FAI can be difficult to diagnose because other muscles and joints attempt to compensate for damage to the hip joint. As a result, pain may appear to come from the lower back, groin or gluteal muscles.

People are born with the bone abnormalities that cause FAI. Nonathletes usually will not develop impingement symptoms until middle age or older. But athletes who perform repeated movements and put high loads on the hip can develop pain from FAI in their teens and 20s.

Surgery is the most frequent treatment for FAI, and it is usually successful. Some studies have shown that more than 75% of competitive athletes who have arthroscopic surgery for FAI are able to return to their sport.

Following surgery, **physical therapy is essential to prevent scar tissue formation, restore range of motion and develop strength in the hip.**

When you plan surgery for FAI, our experienced physical therapists can work with your surgeon to develop a rehabilitation program aimed at getting you back to athletic competition.

sprinkle patties evenly with salt, pepper. Heat large skillet or grill pan over medium-high heat. Coat pan with cooking spray. Add patties to pan; cook 3 min on each side. Top each patty with 1 cheese slice; cook 2 minutes or until desired degree of doneness. Place 1 leaf lettuce on bottom half of each bun; top with 1 patty, 1 onion slice, 2 tomato slices, 2 avocado slices, 2 pickle chips, 1 ½ tbsp. sauce and top ½ of bun
389 calories, 38 g protein

Patient Testimonials

Great Staff! Knowledgeable and share their knowledge allowing me to participate in my recovery. Great!

The service and friendliness has been great. I like that I am able to make appts that fit into my schedule.

I've been very happy. It is helping! Judy

Great place with great people and service.

Excellence does not require comments – only praise!! John

Everything has been great. I got the relief that I needed for my pain. Helena

Everyone here is great. If I'm having an extremely bad day they will not push me to do what I can't. Kathleen