

Bodies in Motion

TOTAL HEALTH CENTER NEWS LETTER

“Expert Care with Caring Hands”

Volume 25

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.

Hip, Hip, Hooray: Reducing Hip Pain



Hip pain can have many causes. One of the most common, especially in the over-50 population, is osteoarthritis. Osteoarthritis occurs when cartilage and, sometimes, underlying bone degenerate within a joint; on occasion bone grows where it should not be, causing painful spurs. Of the more than 100 forms of arthritis, it is the kind that occurs most frequently.

The symptoms of hip osteoarthritis can sometimes be successfully addressed with physical therapy, and we would be happy to work with your physician to design a routine in the attempt to reduce pain.

Strengthening the muscles around the hip—there are almost 20—can help, as can **increasing flexibility and range of motion**, all of which **may help lessen inflammation and the discomfort** it can cause.

Anti-inflammatory drugs taken orally, as well as cortisone injections directed into the hip (guided by ultrasound), are additional pain-relief options for many people, too. And the use of a cane or walker can help as well.

However, in the long term, sometimes a total hip replacement is the best solution. This surgery has been refined over the years so that, generally, it is less invasive than it once was. Recovery, though, is still vigorous—for starters, you are expected to try walking the day of or the day after surgery—and includes weeks of strengthening and flexibility exercises so you and your new hip mesh well together to ultimately give you pain-free mobility. We will help you with postoperative physical therapy to achieve that goal.

If your problem is not osteoarthritis, other possible causes of hip pain

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



THC Physical Therapy

thcincbc@sbcglobal.net

www.thcinc.biz

Facebook: [Clinical Specialists](#)

Recipe of the Month

Pear & Blue Cheese Flatbread

- 2 teaspoons extra-virgin olive oil
 - 3 cups thinly sliced onions
 - 20 ounces prepared whole-wheat pizza dough
 - 1/3 cup chopped walnuts
 - 2 teaspoons balsamic vinegar
 - 2 teaspoons chopped fresh sage
 - Freshly ground pepper, to taste
 - 2 ripe but firm pears, sliced
 - 1/2 cup finely crumbled blue cheese
1. Place oven rack in the lowest position; preheat to 450°F. Coat a large [baking](#) sheet with cooking spray.
 2. Heat oil in a large skillet over medium-high heat. Add onions and cook, stirring occasionally, until starting to brown, about 6 minutes. Reduce heat to low, cover and cook, stirring occasionally, until very soft

include tendonitis, bursitis or synovitis (inflammation, respectively, of a tendon, bursa, or the joint's synovial lining), or tears in hip muscles or the labra (elastic tissue that rims the socket of your hip joint). Any of these problems can be addressed with physical therapy to start, but sometimes surgery is required to eliminate the problem. Fortunately, arthroscopic options can make any of the hip surgeries these conditions might require much more easily borne than they were a decade or two ago.

Getting Children in Shape for Every Sport



Whether your children play soccer or football, getting in shape can help to prevent injuries while maximizing their game. Although it may seem that some sports are safer than others, the most important thing is to get your children prepared.

Youth football is often weight and age matched, which can mean lower injury rates. On the other hand, soccer may only be age matched, increasing the risk of injury. With proper equipment, coaching and fitness, however, your children can safely enjoy both sports.

Preventing and Treating Injury

Good fitness and coaching starts with a physical therapist, who can create a personalized program to support a safe, winning game for any sport. Physical therapists are often associated with injury treatment, but they can also give advice on the prevention of injuries, especially when it comes to the growing bodies of children.

Sports Conditioning for Safety

A physical therapist will provide information on how to **warm up muscles before playing sports**, which helps **reduce the chance of soft tissue injury**. One study found that simple warm-ups made a big difference in reducing injuries among teens playing soccer. These exercises warm up the body's muscles and make them more flexible. A physical therapist can also

teach your children techniques to help prevent injury

help your children get conditioned well in advance of a sports season

offer guidance to help your children pick the most suitable sport for them

Whatever sport your children want to play next season, speak to us, experienced physical therapists. You can enjoy peace of mind knowing your children are prepared for any sport, while your children can enjoy the fitness benefits that keep them playing their best.

and golden, 5 to 8 minutes more.

3. Meanwhile, roll out dough on a lightly floured surface to the size of the baking sheet. Transfer to the baking sheet. Bake until puffed and lightly crisped on the bottom, 8 to 10 minutes. Toast walnuts in a small dry skillet over medium-low heat, stirring, until lightly browned and fragrant, 2 to 3 minutes.
4. Stir vinegar, sage and pepper into the onions. Spread on the crust and top with pears, walnuts and cheese. Bake on the bottom rack until the crust is crispy and golden and the cheese is melted, 11 to 13 minutes. Slice and serve.

Patient Testimonials

Everyone is excellent, friendly, And professional. I am thrilled to have these wonderful services offered so close to home. I would recommend this plan to anyone.
K. Stowell

Very good treatment.
R. Halladay

Thank you so much for the very kind people and help with my therapy. Such a help and good experiences. Keep up the good work.
S. Workman

Everyone was pleasant & helpful.
L. Popovich