



**Orthopaedic &
Sports Therapy
Center**

Professional. Caring. Excellence.

1 West Medical Court
Wichita Falls, TX 76310
(940) 692-4688



Specialty Cycling Sports Massage offered at OSTC

Hotter-N-Hell Hundred, one of the oldest and largest cycling events in the nation will be held in Wichita Falls August 23-26. "HHH" consist of 4 days of events with the famous 100-mile endurance ride on Saturday, Aug 25 2018.

At OSTC, many of our employees have been preparing and training to ride in the HHH, but Jackie Malone, OSTC's massage therapist, has been preparing to help cyclists perform at their highest level. Jackie offers two types of specialty sports massage for cyclist; pre and post event massage.

The pre-event massage works to wake and warm the athlete before getting on the bike. This massage will help the cyclist to feel looser and less sore when they start riding. It is best to schedule a pre-event massage the week or two before the cycling event, while allowing at least 1 day of recovery before the actual race. A pre-event massage focuses on stretching and warming the ligaments and tendons of the limbs. Relaxed muscles allow for more blood flow to the muscles, tendons and ligaments, which in turn helps reduce the risk of injury during the race.

Post event massage is best if scheduled in the days following the competition. This type of massage helps to reduce soreness, and tension in the muscle while maintaining flexibility. After a ride, post event massage can speed the removal of waste from the body and help the cyclist to recover sooner. Not to mention, a post event massage is relaxing, both mentally and physically.

If you are preparing for the Hotter-N-Hell Hundred, call OSTC to schedule your Specialty Cycling Sports Massage today! Spots for both Pre and Post Event Massages will fill up quickly, so it is best to secure your massage as soon as possible.

OSTC Specialty Cycling Sports Massage Pricing

\$45/ 30 min

\$75/ 1 hour



The Role of Physical Therapy on the Hip

Snapping hip syndrome, also called dancers' hip, is a snapping sensation or popping sound heard in the hip while walking, flexing or extending the limbs. This condition can cause discomfort and pain. The good news is that sometimes this painful condition can be resolved with physical therapy.

If you have "snapping hip syndrom" or any hip pain, consult your physician or orthopedic surgeon. They can prescribe diagnostic imagining to help diagnose what is causing your pain, and then make the decision to send you to physical therapy.

Causes

There are several different causes of snapping hip syndrome. These include, but are not limited to:

- 1. Extra-articular (outside the joint structure) causes. This occurs on the lateral (outside) or medial (inside) aspect of the knee.
- 2. Intra-articular (inside the joint) causes. This occurs when there is a tear or presence of loose bodies inside the joint. This can cause effusion (fluid) buildup. This causes the snapping hip syndrome.

Symptoms

- Discomfort in the hip
- Stiffness
- Pain
- Snapping or popping of the hip with some movements

Diagnosis and Treatment

A careful clinical examination and manipulation of the hip joints is completed by an orthopedic surgeon. Some of the diagnostic tools that might be utilized include:

- Ultrasound
- Magnetic Resonance Imaging (MRI)
- X-ray



Snapping You Back Into Action!

Physical therapy provides exciting possibilities to promote strengthening, healing and rehabilitation of the hip and lower limbs. Here are some of the options in the arsenal of the physical therapist:

- LASER therapy to heal connective tissue (tendons and ligaments).
- Manual therapy that includes stretching and massage.
- Resistance training to build the muscle strength.
- Cold compress for acute injuries and heat to relax muscular spasms.
- Functional electrical stimulation to restore strength in the muscles.



The sooner your doctor assesses the injury and initiates treatment with a physical therapist, the better the outcome. Often times patients will be given a home exercise program by their physical therapist to help with their recovery time. Some home remedies that the physical therapist may suggest include:

- Active stretching
- Passive stretching
- Strengthening exercises
- Light aerobics

Don't let snapping hiping syndrome (or any hip condition) hold you back from freedom of movement. Call us today, and we will help you *snap* back into action as quickly as possible.

Treatment of Snapping Hip Syndrome

The treatment of snapping hip syndrome involves a combination of physical therapy, traditional medicine, and at times, surgery.



Physical Therapy: The use of 'Hydration, Ibuprofen, Rest, Ice, Compression, Elevation' (also known as **HI-RICE**) provides the patient with temporary relief in the acute stages. It is best to consult with a physician before taking any medication to rule out allergies and associated side effects. Expert supervision by the physical therapist is essential for gradual healing of the affected regions.

Traditional Medicine: A physician may recommend prescription medications for pain relief and reduction of inflammation. Corticosteroids injections are commonly prescribed. Talk to your

physician about which medication is best for you.

Surgical Interventions: If a structural anomaly is causing the problem, surgery may be needed. In general, surgery is the last resort, when traditional medicine and physical therapy have failed. After surgery, physical therapy plays a critical role in the restoration of strength and flexibility.

If you believe you have snapping hip syndrome, and HI-RICE does not help, reach out to your physical therapist.



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Orthopaedic and Sports
Therapy Center

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Top of Texas Speed and Agility Camp

Camp starts July 31st!! This two-week camp is designed to give your athletes the WINNING EDGE!

Designed by OSTC's Wellness Director and Head Strength and Conditioning Specialist, Brad Ezzell CSCS, CSAS, FMS, PN-1.

Athletes will work on *fundamentals of footwork, proper body awareness, and core strength*. They will also focus on *sport conditioning* to prepare athletes for the up coming football season.

When: July 31-August 9
Meet Tues and Thursday 5-6pm

Where: OSTC

Who: Top of Texas Athletes

What People are Saying about OSTC:

- I appreciate the folks at OSTC.
- It is my regular exercise facility my experience has been excellent.
- My therapist, Kris, is excellent as well I like all personnel, but Angela is a great tech.
- I don't think I would ever get over surgery without OSTC and your staff

Email: therapy@ostcwf.com
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