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### It's Time for Texas Football Two-A-Days

This is a friendly reminder from the Sports Medicine Team at OSTC to start acclimating to the Texas Heat!

*Exertional Heat Illness is the leading cause of preventable death in high school athletics.*

Several different factors influence heat illness:

- Highest incidence is among football players
- Higher risk in high school athletes vs. college
- Athlete hydration level
- Access to cool area or shade
- Previous illness (25% of athletes had pre-existing GI or Respiratory Illness)
- Previous Heat Illness
- LACK OF ACCLIMATION



It is suggested, that athletes **start heat acclimation 3 weeks** prior to the start of season. Heat acclimation occurs when "repeated exercise-heat exposures are sufficient enough to invoke profuse sweating and elevation of whole-body temperatures." To accomplish this athletes should exercise in the heat hard enough to produce heavy sweating, **athletes should be exposed daily for about 90 min.**



Other factors that may help reduce the incidence of heat illness are:

- Proper clothing-clothing should be light in weight and color
- Avoid sugary, caffeinated or alcoholic drinks—these actually cause you to lose more body fluid. Also avoid very cold drinks, because they can cause stomach cramps.
- Good Nutrition- Eat healthy meals throughout the day. Avoid fried foods or fast foods.

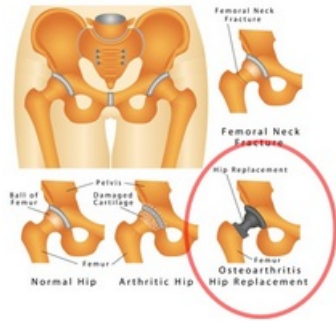
### PRE AND POST-OPERATIVE PHYSICAL THERAPY FOR TOTAL HIP REPLACEMENT



**Total hip replacement (THR)** is a surgical procedure to replace a damaged hip joint with a new artificial/prosthetic implant. Physical therapy is essential before and after surgery in order to minimize complications. Therapy also reduces recovery time and restores hip joint function as quickly as possible.

#### Musculo-skeletal conditions that may require THR:

An impaired hip joint can result in pain and motion restriction for daily activities like sitting, standing, walking and commuting. Some of the conditions that could potentially damage the hip joint include:



- Trauma
- Tumors
- Osteoarthritis
- Rheumatoid arthritis
- Osteonecrosis

Signs and symptoms include moderate to severe hip pain and joint stiffness. Since the hip is a weight bearing joint, pain and discomfort in this region can interfere with the ability to walk and result in gait imbalances.

This can trigger several biomechanical adjustments in the lower body and lead to low back pain, knee pain and ankle pain. Over a period, this can cause several limitations in function. It is important to consult with a physician and detect hip joint abnormalities as soon as possible to prevent long-term damage.

### BENEFITS OF PHYSICAL THERAPY

In the event of a scheduled THR surgery, physical therapy can speed up healing and rehabilitation of the hip joint before and after surgery.

#### Before surgery

A baseline measurement of the strength and flexibility is performed. The patient is educated about precautions to take prior to the surgery and positions / movements to avoid after surgery. Objects and furniture may need to be re-arranged to make sure important objects are within reach.

#### After surgery

Several procedures and modalities can be used by the physical therapist to facilitate recovery after surgery. These include:

- Ultrasound to heal connective tissue (tendons and ligaments).
- Manipulative therapy that includes stretching and massage.
- Resistance training to build muscle strength.
- Cold compress and heat to relax muscle spasms.
- Low-level laser use for muscle and connective tissue injuries.
- Functional electrical stimulation to restore muscle strength.



### THE IMPORTANCE OF THE INITIAL EVALUATION

Your physical therapist understands that when it comes to your recovery, every little detail matters. That is the reason your therapist will conduct a detailed initial evaluation. This includes objective measurements of the strength, flexibility, and mobility of the hip joints.

The physical therapist will identify functional limitations of the patient and establish a gap between the prior level of function and intended level of function. Once the physical therapist determines this gap and analyzes diagnostic tests like X-rays and MRI scans, an effective treatment program can be created.



This consists of specific procedures and modalities. Treatment for mild hip problems is generally conservative. It includes medications and physical therapy. Physical therapy can also help before and after THR surgery.

After a brief period of hospitalization, the patient may need several weeks, potentially months of physical therapy to achieve full recovery. If you or someone you know is complaining of hip pain, call our office today. We will do everything we can to help.

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**Dr. Brandon Perez,  
Orthopedic Surgeon,  
Adult Joint  
Reconstruction**

Dr Perez is the **only** fellowship trained Adult Joint Reconstruction surgeon practicing between Dallas and Oklahoma City.

If you or a loved one is in need of a total hip replacement, Dr. Perez is the orthopedic surgeon you need! He is highly trained in Adult Joint Reconstruction. What does this mean to you? Not only did Dr. Brandon Perez complete his education as an orthopedic surgeon, he also studied advanced techniques in hip, knee, and shoulder replacement surgery. Working with faculty recognized as leaders in the field of Joint Replacement Surgery, Dr Perez acquired the skills necessary to perform the most complex joint reconstruction procedures in both primary and revision settings.

Techniques learned in fellowship and integrated into his practice include advanced non-operative treatment of arthritis, robot assisted surgery, computer navigated surgery, minimally invasive joint replacement surgery, and cutting edge post-operative pain management and rehabilitation.

#### What People are Saying about OSTC:

- Very professional, Great staff who is knowledgeable and friendly
- Very professional facility and I really like it, I was a little anxious about starting therapy after fracturing my fingers. The therapist immediately set me at ease, it has been a great experience, so glad I came here for my therapy.
- All around good experience, I feel I have been helped in all ways
- They have taken time with me to show their interest. I enjoy coming here. Great bunch of kids out here.
- Very friendly. I love this place, laser is awesome.

#### OSTC website

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