

November 2012 Newsletter



Happy Thanksgiving from
Guilford Orthopaedic and Sports Medicine Center!

Our office will be closed Thursday and Friday November 22-23.
We will be open Saturday November 24 for clinic. We hope
everyone has a fulfilling Thanksgiving.



Dr. Dalldorf shares how to keep your knees healthy

Keeping your knees healthy would involve at least three things in my mind. First, you should try to maintain flexibility. This doesn't just mean stretching before and after sports but all during the day. As you've probably noticed we get tighter as we grow up and it's really important to keep, especially your hamstrings stretched as tightness there can lead to all sorts of knee cap problems and back issues. Second, you need to manage how much stress you put on your knees. Most important there would be keeping your weight in an acceptable range. In addition, you shouldn't perform high impact exercise exclusively. Running is often fine but running exclusively is probably isn't the best idea. Mix it up with things that aren't generally as high impact like biking or swimming. Third, you should listen to your knees. If you are doing something like lunges or squats or running that hurts your knees you should listen and back off and try something else. If your knee swells and hurts do the usual rest, ice, compression and elevation. If your knee continues to talk to you for more than a few weeks you should probably listen to it and go see a doctor. I know about 25 good doctors in SOS who would love to listen to you and your knees. Stay active my friends.

Santa Claus is coming to town!

Have you been Naughty or Nice? Guilford Orthopaedics is giving you a chance to talk it over with Santa on Thursday December 6, 2012. Santa Claus and his helper will be at the office between 6-8pm. There will be a chance to win a \$50 Toys-R-us giftcard for one boy and one girl. We will also be taking pictures with Santa Claus and his helper that will be emailed to those who wish to receive them. In addition, Guilford Orthopaedic and Sports Medicine Center will be passing out gift bags.

All of this fun is FREE, so bring your family and friends and remember Santa is watching.



Guilford Orthopaedics strives to ensure the best experience and availability to ALL our patients!



We are open Saturdays from 9am until 1pm.

Be sure to call 336-275-3325 to schedule your appointment.

If after hours please visit our Urgent Care located at 201 E Wendover Avenue Greensboro, NC 27401 or call 336-235-BONE(2663) they are open M-F 5:30pm until 9pm and Sat. 10am until 2pm.