

# February 2013 Newsletter

**Guilford Orthopaedic and Sports Medicine Center**  
A Division of Southeastern Orthopaedic Specialists, P.A.  
"We work to keep you playing"

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Guilford Orthopaedic would like to wish you a Happy Valentines Day! Our office will be closed for Saturday clinic on February 9, 2013 and will reopen Monday with regular business hours.

## Approaching the NC Special Olympics Polar Plunge!!

We are closing in on our goal of \$2,500, but we still need your help in these last few weeks before we take the Plunge! Be sure and enjoy our baked goods, coffee, and hot chocolate for a \$1.00 donation when your in our office. Don't forget to pick up your coffee mugs and tumbler cups for a \$7.00 donation! We invite you to join us at the 13th Annual Polar Plunge on February 23, 2013, gates open at 10:30 a.m. You too can take the plunge for a \$50 donation when you register between 10:30 a.m. -noon. If your too chicken to plunge, please come and enjoy the music, face painting, costume contest and much more! Admission is FREE! For all of those who are willing to take the plunge Logan's Roadhouse will be providing lunch for all jumpers. We hope to see you there!!



## Dr. Rowan shares tips on maintaining healthy hips to avoid injuries leading to a hip replacement



The hip is a "ball and socket" joint with many large muscle groups crossing and stabilizing the joint. Hip injuries come in all shapes and sizes, including strains and sprains of muscles and tendons; bursitis; as well as primary joint problems such as osteoarthritis, synovitis, impingement, and labral tears. Here are some general tips for maintaining good hip health, whether attempting to prevent or overcome injury.



- **Walking aids (for instance, walking sticks, hiking sticks, trekking poles):** Force across the hip joint during walking and jogging has been estimated to be between three and six times one's body weight. This is due to the muscle forces of the abductor muscles, which pull the hip into the joint during these activities. Weight loss is an obvious way to off-load tired hips, but a simpler tool is a walking aid. The use of a single walking stick, cane, or pole, in the opposite hand from the hip with pain, can reduce the force across the hip joint up to 50 percent. Clearly, whether your hips hurt or not, reducing the force on your cartilage during hiking activities makes good sense for the long-term health of your joint.
- **Stretching:** Unfortunately, in today's world, we spend much of our time sitting. Because of this trend, the structures in the front of the hip are typically the first to get tight. This includes the hip flexor muscle, the rectus, and the joint capsule itself. If you only have time to stretch one area around the hip, I'd recommend focusing on the hip flexors. Standing with your legs together, first move one leg backwards into a deep lunge. Your front leg should be bent about 90 degrees and be approximately level with your hips. Raise your arms over your head and use your core muscles to reach tall and stabilize yourself. This should stretch the hip flexor of the back leg. Hold for at least 10 seconds and repeat three to four times.
- **Strengthening:** When weakness occurs around the hip, it occurs first in the muscles in the back and side of the hip (the abductors or gluteal muscles). These muscles can be effectively strengthening with side-lying abduction exercises (lying on your side, lift your leg away from your body). Do three sets of 10 without weights (to begin with).
- **Nutrition:** Bone health is important as we age. Getting enough calcium and vitamin D is critical for maintaining bone mass in our hips. The recommended amount of calcium and vitamin D supplementation is different depending on your age.

**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./Sun. 10am until 2pm.