

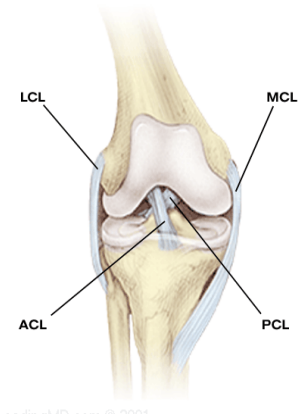
...committed to help you stay *Active!*

www.drraulmarquez.com

At OSC we want to strengthen our patient-physician relationship by educating our patients on the services we offer. Through education patients become collaborators in their treatment and allow us to maximize their well being. Over the coming months we'll provide you with valuable information on how our muscles, bones, and joints function and the types of treatments and surgical services we offer. Together we will work to help you get you back to your active lifestyle.

Understanding Knee Ligaments & Their Function

Thanks to a variety of supporting elements, your knee provides you with a wide range of movements. Among these elements are 4 rope-like bands of tough tissue known as *ligaments*. These ligaments include the lateral collateral (LCL), medial collateral (MCL), anterior cruciate (ACL), and the posterior cruciate (PCL). They connect the bones that meet at the knee, (femur, cap, and tibia), and stabilize the joint. All four ligaments work in harmony with muscle and cartilage to help with pivoting and other rotational movements.



The collateral ligaments are located outside the knee joint. The LCL runs vertically along the outside of your knee and controls sideways motion. Its counterpart, the MCL runs along the inside of your knee joint connecting the femur to the tibia and limits your knee's sideways motion.

The cruciate ligaments are located in the center of the knee joint forming a cross. The ACL and the PCL are the major stabilizing ligaments of the knee. They prevent the femur and the tibia from sliding backward or forward on one another. These ligaments are also the most often injured. A tear usually occurs when ligaments are overextended or from a sudden change in direction such as a sudden stop and twisting motion of the knee.

Athletes who play sports such as basketball, football, volleyball, soccer and tennis are most prone to this type of injury. However, a motor vehicle accident, wear and tear or repeated trauma to the knee may also tear the ligaments.

Fortunately, in many cases, rest and therapy can help you return to normal activity as quickly as possible. When surgery is necessary, arthroscopic reconstruction is the most common procedure. A thin needle-shaped arthroscope is inserted into the joint through a tiny incision. To repair a torn ligament, healthy tissue from your knee is removed and used to replace the torn ligament. Your body's own rejuvenating powers will grow new blood vessels and tissue to complete the healing process. Full recovery may take up to six months.

Selected Reference. The St. John Companies. Knee Ligament Surgery, The repair and Recovery of Your Knee. 2000; Cat.No. SJ-KLS:2-4.

LOVE YOUR HEART February is American Heart Health Month

To raise awareness in our community the OSC staff will participate in The National Wear Red Day on February 4, 2011. Won't you join us?



Learn and Live

According to the American Heart Association, heart disease is the leading cause of death in the United States. It is the number one killer of women, taking the life of one in three each year. Fortunately, these statistics can change. Eighty percent of cardiac incidents can be prevented based on the choices we make. On our mission to help build awareness we begin by encouraging our staff and community to *love their hearts* by choosing to maintain a healthy diet along with exercise. Together we can stamp out heart disease! For more information on heart disease visit the American Heart Association at americanheart.org.



Dr. Raul Marquez and Dr. Rosario Parra will sponsor this years USTA Men's Futures of McAllen Tennis Tournament. Tournament will be held at the McAllen Country Club Tennis Center beginning Wednesday, March 3. Come enjoy watching these exceptional athletes.

Wild Card Tournament : Match Play begins Wednesday, March 3, -- Friday, March 4, 2011.

Qualifying Tournament : Match Play begins Sat., March 5, -- Mon., March 7, 2011.

Main Draw: Match Play begins Tues., March 8. -- Sun., March 13, 2011.

For more information or to purchase tickets contact the McAllen Country Club Tennis Center at (956) 682- 3459.

Staff

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Email your questions or comments to oscm@drraulmarquez.com