

STAFF

Dr. Raul Marquez
Orthopedic Surgeon

Dr. Rosario Parra
Anesthesiologist

Carmen Cantu
Front Desk/Reception

Rachel Cantu
Office Manager

Patty Carrion
*Business Office Manager/
Billing*

Vanessa Castaneda
Cashier

Gloria Garcia
*Patient Registration/ Front
Desk*

Justina Gonzalez, *PT Tech*

Alex Guerrero, MA

Eddie Hinojosa
Certified Surgical Tech, CFA

Robert Huerta
Physical Therapist

Jasinto Garcia, *PT Tech*

Delia Lara
PT Receptionist

Deyla Rodriguez
*Workers Compensation,
Billing*

Francisco J. Rodriguez,
PA-C

Jorge Rodriguez,
X-Ray Tech

Jo Ann Rodriguez,
Marketing

Mary Rodriguez, *Data Entry*

Carmen Salas
Medical Staff Supervisor

Juan Vega, *MRI Tech*

Observed Holiday

Closed on
November 25-26, 2010
Thanksgiving

Patient receives Purple Cross

On August 10, U.S. Border Patrol Agent, Anthony Gutierrez, received the Purple Cross. This honor is only bestowed on agents who have been injured in the line of duty. Mr. Gutierrez is one of fewer than 100 agents that have received the Border Patrol Purple Cross since 2001.

While on patrol Mr. Gutierrez was struck by an ATV. His knees were both injured and required surgery and physical therapy. With the help of Dr. Marquez and Robert Huerta, Mr. Gutierrez has recovered well and is back on his feet.

Congratulations Mr. Gutierrez, we are proud to have you as our patient.



Dr. Marquez

Anthony
Gutierrez

Robert
Huerta

Are you sensitive to the change of weather?

"The weather is about to change, I can feel it in my knees!" We've all heard remarks like that from folks that have suffered an injury in the past and claim that they are able to predict the weather with their aches and pains. Maybe you are one of these weather-sensitive people. But what does science tell us about the impact of weather on our health?

Numerous studies have been conducted on the correlation between weather and health. Not all agree that there is one, however, those that do, argue that weather factors such as a drop in barometric pressure and humidity can aggravate existing aches and pains. Their studies explain that the change in barometric pressure can cause blood vessels to constrict decreasing circulation and increase pain. When the level of humidity changes, the level of fluid that lubricates the joints can also change causing pain.

If your winter forecast is for pain there are some simple things to do to help alleviate the aches and pains that come with changes in the weather. Keeping warm helps; dress in layers and keep your hands and feet well covered in the cold. Stay active with weight-bearing exercises to help increase your joint flexibility, strengthen your muscles and increase your bone density. Increase your vitamin D intake with a supplement and as always, drink plenty of fluids.

Maintaining a healthy life style is the best way to be prepared for changes in the weather. If your aches and pains are severe or prevent you from doing your daily activities make sure you visit your doctor.

Halloween Trick

Children eating their Halloween candy before bringing it home? One way to help them from filling up on candy is to treat them to a well balanced and filling dinner before they begin their candy hunt.

Thanksgiving Note

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. -John Fitzgerald Kennedy