



GOLDEN STATE ORTHOPEDICS & SPINE

BAY AREA ORTHO NEWS, WINTER 2022/23

NEW PROVIDERS

DR CHELSEA HENDOW, DR SEAN GRIFFITHS & DR TRISTAN JUHAN

A very warm welcome to our three new doctors: [Dr Hendow](#) in [Los Gatos](#) and [Capitola](#), [Dr Griffiths](#) in [Walnut Creek](#) and [Oakland](#) and [Dr Juhan](#) in [Santa Clara](#) and [San Francisco](#). To search for an orthopedic specialist on our website by city and specialty, visit [Our Doctors](#) page.

NEW

DOCTORS



Chelsea Hendow MD
ORTHOPEDIC SURGEON

- SPINE
- BACK
- NECK



Sean Griffiths DO
ORTHOPEDIC SURGEON

- HIP
- KNEE
- TOTAL JOINT



Tristan Juhan MD
ORTHOPEDIC SURGEON

- SPORTS MEDICINE
- GENERAL ORTHOPEDICS



NEW LOCATIONS

URGENT CARE CAPITOLA

We now have two [orthopedic urgent care](#) centers, in [Capitola](#) and [Walnut Creek](#), both branded "Orthopedic Express".

THUMBS UP FOR WALK-IN CARE
NO APPOINTMENT NEEDED!

 **ORTHOPEDIC
EXPRESS**

- Sprains/Strains
- Fractures/Dislocations
- Wounds (except facial)
- Musculoskeletal pain
- Same-day injections

SAN RAMON PHYSICAL THERAPY

Our two [San Ramon PT](#) Offices (previously at Norris Canyon Rd and Porter Drive) combined into one fabulous shiny new clinic at [12647 Alcosta Blvd #100, San Ramon](#). This is a spacious and well-equipped 1st floor clinic.

SAN RAMON NEW PT



Learn more about this location [HERE](#).



CLINICAL CORNER



What to Look and Listen For



Clinical Pearl: Knee pain down an incline or when kneeling

Runner's knee, also known as patellofemoral pain syndrome, is an injury caused by overuse of the knee joint.

Patellofemoral pain syndrome occurs when nerves sense pain in the soft tissues and bone around the kneecap. These soft tissues include the tendons, the fat pad beneath the patella and the synovial tissue that lines the knee joint.

Symptoms include pain around the kneecap, swelling and a feeling of grinding in the knee. Pain symptoms may increase when the knee is used, particularly when walking down stairs or on an incline.

[Runner's knee](#) is considered an overuse injury and most often the best way to treat overuse injuries is rest. Participating in alternative activities that don't increase pain is also advisable.

To learn more, or request an educational Lunch & Learn webinar on a topic of your choice with our orthopedic specialists, please email our communications team at:

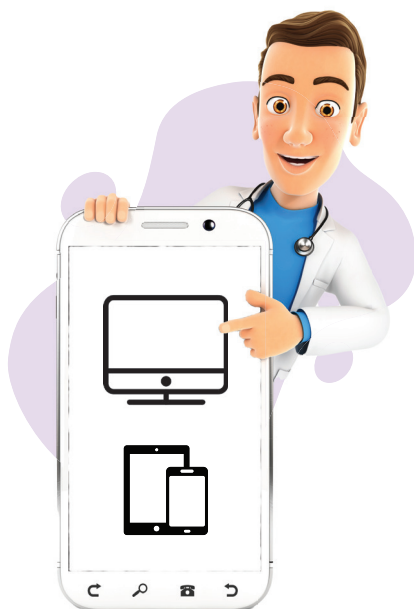


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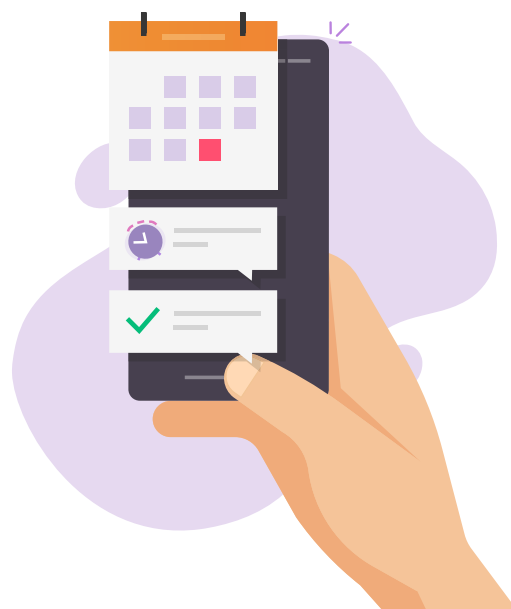
COMING SOON

WHAT WE'RE WORKING ON



PATIENT PORTAL

We have updated our platform. Patients can request a login at their appointment.



SELF-SCHEDULING

We are working on bringing online self-scheduling to all patients as soon as we can.

THANK YOU FOR YOUR REFERRALS!



Patient Contact Centers:

East Bay: [\(925\) 939-8585](tel:(925)939-8585)

South Bay: [\(408\) 412-8100](tel:(408)412-8100)