An expert in sports medicine

By ERIC CHALKHOUSE

SPORTS MEDICINE EXPERT Jacob Benford focuses on three areas of treatment that are unique in Santa Cruz County, helping athletes find a non-surgical way to mend their injuries.

Dr. Benford, who has been prac-
ticing as a sports medicine doctor in the county for more than 90 years, is the team physician for the Santa Cruz Warriors, UC Santa Cruz and Cabrillo College and helps treat high schools.

With Precision Sports Medi-
cine, located on Cabrillo College’s Aptos campus in the Precision Wellness Center, Dr. Benford spe-
cializes in three areas: comprehensive concussion management, orthopedics and musculoskel-
etal ultrasound.

With existing understanding of how to diagnose and manage

conclusions, Precision Sports Medicine works with school ad-
mnistrators, coaches and trainers to discuss the best way for a con-
cussed athlete to return to school and sports. For patients with

prolonged symptoms, Precision Sports Medicine utilizes western

and eastern medicine philosophies for rehabilitation.

Dr. Benford also practices on technologies, a type of imaging.

in medical systems that are not generally in the medical field. FDP uses the patient’s own blood, the platelets are concentrated and then in-

jected into the injured area. Each

platelet in each growth factor.

promoting healing, Dr. Benford

said.

‘‘It utilizes the body’s own

healing properties,’’ he said.

Seno rest therapy is also

available, which can be used to

help chronic conditions.

The third area of expertise

is musculoskeletal ultrasound, which provides an image to eval-

uate a patient in movement to see how muscles, ligaments and ten-

sions are functioning. The process uses no radiation and is gentle,” Dr. Benford said.

‘‘Really good at evaluating some areas of the body,” he said. ‘‘Precision Physical Therapy & Fitness moved into the Cabrillo College Health and Wellness facil-

ity in January in partnership to 2012. The Precision Wellness Cen-

ter opened in August 2012. The 13,000-square-foot facility, part of the overall 2.5 million-square-foot complex, contains equipment for cardio and weight training, treadmills, bench presses, ellipti-

cal machines and more. Exercise, sports training and movement classes are also available.

To make an appointment with Precision Sports Medicine, call 831-295-5858.

GET BACK OUT THERE.

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