



1 West Medical Court
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OSTC is proud to be the first clinic in the Wichita Falls area to offer LiteCure Laser Therapy. This next generation healing modality is up to 3000 times more powerful than conventional lasers.

Laser Therapy is an FDA approved modality that reduces inflammation and ultimately results in pain reduction. Laser Therapy is effective in treating acute pain, chronic conditions, and post-op pain.

Laser therapy treatment is safe, painless, and fast. Deep Tissue Laser Therapy treatments are administered in 5 to 10 minute time segments and typically patients see results after 3 to 5 sessions. Deep Tissue Laser Therapy utilizes your body's own healing powers by stimulating cellular activity. Despite fast treatment times, laser therapy initiates a healing process that continues to actively reduce inflammation for up to 24 hours.

During treatment, you will feel a soothing warmth that identifies the beginning of an 18-24 hour process of modulated cellular activity leading to decreased pain and inflammation.

The Lowdown on Stress Fractures

A stress fracture, also known as a fatigue-induced fracture, consists of one or more small cracks in the bone. It is associated with a pattern of overuse, commonly seen in the lower extremity in athletes.

Causes

Repetitive motion is one the mechanisms that result in a stress fracture. The muscles become fatigued and are unable to absorb ground force, which is transmitted to the bone. This overload results in stress fractures over a period. High impact sporting activities that result in this injury include:

1. Track and field activities
2. Basketball
3. Tennis
4. Gymnastics

Symptoms

The main symptom is pain in the extremities which worsens with activity and subsides with rest.

Diagnosis

As with any bone injury, the confirmatory diagnostic test is an x-ray. In some cases, a CAT scan or MRI is requested if the x-ray is not conclusive.

Treatment

The pain stimulus is the body's natural mechanism to protect itself from severe self-inflicted injury. The rule of thumb for immediate treatment is:

- Rest
- Ice
- Compression
- Elevation

Rest (and limited weight bearing) is an important aspect of stress reduction on the bone and surrounding joints. Shoe inserts also help with shock absorption.



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What does LASER do?

"Laser Treatment" or photobiomodulation causes physiological and biochemical events to occur within the cell which may include the following:

- Analgesia (relief from pain)
- Reduced Inflammation
- Accelerated Tissue Repair/Wound Healing
- Increased Blood Flow
- Reduced Fibrous Tissue Formation
- Improved Nerve Function

How does LASER give pain relief?

- Increases release of beta endorphins
- Increases release of nitric oxide
- Decreases bradykinin levels
- Stabilizes the membrane potential of the nerve cells

What is the cost of LASER treatment?

At OSTC, we believe the LASER treatment can be beneficial to many patients. If you are interested in Laser, and would like to see if this treatment could help you, call OSTC to set up a free consultation with one of our athletic trainers or physical therapists. Your first LASER treatment is complimentary.

additional treatments are \$20/session or \$150 for 10 sessions.

What People are Saying about OSTC:

- All of the staff is always friendly and outgoing and make you feel like an individual, not a number
- Friendly people
- Great staff. Amanda is the best.
- Staff is always very helpful. Jennifer is an awesome therapist and really cares about her patient's well being
- I am impressed with the dynamic between employees. They are always offering help to one another, joking w/ each other, or assisting one another with a patient. I never saw negative drama or anything that would imply anything but a passion for their job, coworkers, and patients.

No Need To Stress - Your Physical Therapist Can Help

Recovery from stress fractures is a gradual process. Bone fragments need time to heal. The primary objective of physical therapy during the healing process is to prevent further injury. Once the healing process is complete, it is even more important to seek the counsel of a physical therapist. The therapist will design an exercise program geared towards gradual, progressive recovery of full function of the bones, muscles, and joints.

Physical therapy is an excellent choice for non-surgical treatment for mild to moderate cases of stress fractures. Some of the techniques used by physical therapists include:

- Cold compress to reduce swelling
- Strengthening the limbs and joints
- Bracing with splints to reduce load on the affected joints
- Ergonomically designed footwear
- Psychosocial rehabilitation for the professional athlete, looking for a speedy, successful and complete recovery

If you or someone you know has, or is at risk for a stress fracture, give us a call. We'll be sure to take the stress away.



Stress Fracture Injury Prevention Tips

If something is tingling, numb or hurting, it is time to stop what you are doing and seek medical attention. If a stress fracture is ignored, the condition can get worse and escalate to a more serious injury. A stress fracture is an early sign of bone destruction, and it must be treated quickly and proactively. It is generally associated with dull, aching pain in a general area. As it progresses, the pain can escalate to sharp, piercing pain in a localized area. Ignoring a stress fracture will lead to further bone deterioration. This can result in long-term consequences ranging from increased recovery time to joint deformity.

If you are participating in ongoing, repetitive activity or a high impact sport, it is important to rest periodically from the task and do the following:

- Massage the limbs and joints
- Stretch the muscles
- Relieve the pressure by reducing weight-bearing on the affected joints

Anti-inflammatory and analgesic medication can help with pain relief. A physician may recommend prescription medication for pain relief and refer patients to physical therapy.



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