



**Orthopaedic &
Sports Therapy
Center**

Professional. Caring. Excellence.

**1 West Medical Court
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OSTC would like to take a second to send a shout out to all the bike riders who rode in the Hotter than Hell Bike Ride. We are especially proud of the OSTC bike riding team. The OSTC bike team consist of employees, their family members, friends are past patients.

Lucas Vietenheimer and Steve Bailey rode in the 100 mile race.

Charlie Post rode the mountain bike ride and the 25 mile ride.

Other OSTC riders included Belinda "B" Wingo, Corey Samudosky, Corey's mother Terrilynn Nowicki, Pat Finnell, Diana Dearmond, Lacy Coltharp and her son, Caden.

To celebrate their accomplishment, OSTC employees and their families created a cheering section to meet the riders as they finished their rides.



Benefits of Plyometric Exercises

Also known as jump training, plyometric exercises have gained new popularity in recent years and individuals are seeking the assistance of physical therapists in performing the movements. Plyometrics utilize explosive movements to build muscle



and increase power. Originally developed as a training technique for Olympic athletes, it's now being used by a wide range of individuals who are in search of attaining a new level of physical prowess.

Those seeking to employ the techniques of plyometrics would do well to seek the experience and expertise of a physical therapist. Many individuals assume that plyometric is no more difficult than the jumping they did as a child, but it places a severe amount of stress on the neuromuscular and musculoskeletal system. It shouldn't be attempted without the guidance of a physical therapist.

The technique was first used in Germany during the 1970s. Athletes in track and field events were the focus of the new training method, but others quickly discovered the benefits across all sports. Dallas Cowboy coach, Tom Landry, was one of the first to employ the method with spectacular effects.

Minor changes have been made to the technique over the years for greater effectiveness, but it still uses dynamic resistance to rapidly stretch and contract muscles. Plyometrics increase strength in the leg muscles and reduces the impact on joints. It's even safe for children and adolescents when performed under the guidance of a physical therapist who can assess the patient's level of ability and create a customized program.



Controversial Method

Despite its effectiveness, plyometrics generated significant controversy, primarily due to injuries sustained by those who attempted to use the technique without the necessary knowledge of the body and how it works. Plyometrics have been proven effective for strengthening the core, along with the back and hips.



Plyometrics has three phases. The first is rapid movements that build muscle strength and the second is a very short rest period, followed by explosive muscle movement. The sequence is repeated as quickly as possible. It improves communication between the brain and the neuromuscular system for greater strength, speed, agility and power.

Depending upon the ability and fitness level of the individual, plyometric exercises can range from very-low intensity sessions to intense programs for experienced athletes. However, not everyone can engage in plyometrics. People with bone or joint problems and those who are in poor physical condition shouldn't attempt the technique.

Quality over Quantity



Plyometrics emphasizes quality instead of quantity and training should only be conducted with the aid and supervision of a physical therapist to avoid serious injury. Our therapist will instruct individuals on the proper body form and positioning, landing techniques and weight distribution when landing.

The technique has the ability to substantially improve vertical jumps and explosive movements within a variety of athletic events and competitions. Our therapists demonstrate how to reduce the impact on joints and the potential for ligament injuries.

Safe for all ages when conducted under the auspices of our highly trained therapists, plyometric exercise is an effective means of improving physical fitness and enhancing sports performance. Plyometrics can be combined with weight training and other therapies to accommodate a variety of patient goals.

Sportsmetrics-Combining Plyometric and Strength Training

OSTC is the ONLY facility in the North Texas area with a certified Sportsmetrics Trainer. Physical Therapist, Jennifer Cantwell is a certified Sportsmetrics trainer. What is Sportsmetrics? Sportsmetrics is a scientifically proven program to help reduce the occurrence of non-contact ACL injuries. At OSTC, we use this program with almost all of our athletes before they are ready to return to play; it is also implemented into our summer Athlete's Advantage program.

Sportsmetrics combines dynamic warm-up, strength training and plyometric (jump training) into a strategic program that teaches the athlete to preposition the entire body safely when jumping landing. The selection and progression of these exercises are designed for neuromuscular retraining proceeding from simple jumping drills to multi-directional, single-foot hops and plyometrics with an emphasis on quick turnover. A solid foundation of strength, coordination and overall physical conditioning is required for athletes to attain their highest potential in their sport-specific skills.

Sportsmetrics can help reduce the risk of injury and increase competitive athletic performance! OSTC has worked with several local sports teams to help incorporate sportsmetrics into their programs. As a result, these teams have seen a dramatic reduction in ACL injuries and have seen an increase in their athletes' performance.



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Jennifer Cantwell, MPT, SCS Physical Therapist

Jennifer Cantwell is a licensed Physical Therapist that has been with OSTC since 2005. Jennifer has specialized training in orthopedic and sports rehabilitation. She is part of the sports medicine team for Henrietta High School and previously served as the Physical Therapist for the Wichita Falls Wildcats Hockey Team.

After graduating from Notre Dame High School, Jennifer earned her Bachelor of Science from Midwestern State University and her Master of Physical Therapy at Texas Tech University. She is board certified by the American Board of Physical Therapy Specialists as a Clinical Specialist in Sports Physical Therapy.

Jennifer is Kineticore Level 1 certified in trigger point dry needling and functional dry needling. She also completed her Sportsmetrics certification in 2012. Jennifer currently lives in Wichita Falls with her husband, Clint and her children, Ross and Ty. She enjoys cycling and running in her spare time.

Massage therapist, Jackie Malone is coming Back!!

Jackie is coming back from maternity leave and is now accepting appointments for September. Please call the schedulers at the front desk to get your massage on the books today!



OSTC website

www.ostcwf.com

