



Orthopaedic &
Sports Therapy
Center

Professional. Caring. Excellence.

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Tips from OSTC on How to Get the Most From Your Time in Therapy.

We get it, physical therapy can be a scary intimidating place, especially when you don't know what to expect. To help you get the most enjoyment and benefit from your time in physical therapy, the employees at OSTC have compiled a list of their helpful tips.

We hope that knowing what to expect from your therapy at OSTC, will help ease some of the anxiety as you start down this journey to a new healthier you.

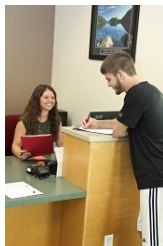
First Day Tips:



Your first session with your physical therapist is called the initial evaluation. Your physical therapist will spend time learning about your condition, and how your condition is affecting your life. Your therapist will then take specific measurements of the impairments that may be causing your problem and put together a patient-specific treatment plan.

1. Show Up Early- It is suggested by the front desk staff at OSTC, that new patients show up about 30 minutes early to their initial evaluation. This will give you time to complete all paperwork and discuss insurance details with our patient care coordinators. If you have already completed the paperwork, it is advisable to show up at least 15 min. early to tie up any loose ends before your sessions begin.

2. Wear Appropriate Clothing- Your first day may require a lot of movement, with that in mind, be sure to wear comfortable-loose fitting clothing that allows for unrestricted movement. Also, your clothing should allow for access to your affected body part. If you are being treated for a shoulder injury, wear a tank top; if you are being treated for a knee injury, shorts are always a good option. OSTC has locker rooms available for you to change clothes, and the front desk staff can issue you a locker to store your belongings.

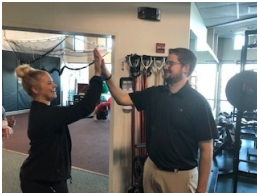


Tips for Physical Therapy:



1. Wear Appropriate Clothing and Shoes- Yes, just like your first day, you will be expected to do quite a bit of moving. The physical therapy techs at OSTC, listed this as their number 1 tip for patients. The techs noted that patients who were uncomfortable in their clothing seemed to be uncomfortable throughout their entire session.

2. Prepare Your Body for Physical Therapy- Your body is healing at this time and it is important that you provide it with the appropriate fuel. Eat a well-balanced meal (protein, complex carbohydrates and fats) 2-3 hours prior to your physical therapy session. It is also super important that you hydrate before and after a physical therapy session. We encourage our patients to bring a water bottle with them to maintain hydration while working out.



3. Get to Know the OSTC Staff- Most people attend physical therapy 2-3 days a week and are often here for 1-2 hours per session. Let's face it, that is a lot of time to spend with someone a week! OSTC past patients suggest getting to know your physical therapist and the pt techs that work with you. At OSTC, we want you to feel like family when you walk through the doors, we love our patients and enjoy helping them through this rough time in their life.

4. Don't Cheat Yourself- Don't skip appointments!", "Do the homework!", and "Make every rep count!" All good sayings you will hear at OSTC. It is important that you are an active member of your rehabilitation program, this means being accountable for showing up to your scheduled appointments and making the most of the exercises while you are here and at home.

We realize that if you are hurting you are going to want to skip therapy, but this maybe the most important day to come and talk to your therapist. Your therapist has many tools to help reduce your pain level and an increase in pain may lead to a change in your treatment plan.

Homework, or Home Exercise Programs (HEP), are sent home with most of our patients. Patients who adhere to their HEP report higher success rates with their physical therapy. Make every exercise repetition count by doing them as perfectly as possible.

A physical therapy technician will be with you throughout your entire session and will guide you to do the exercises with perfect form. Completing the exercises with near perfect form is more important than simply getting through your set as quickly as possible. Challenge yourself to be as perfect as possible and avoid distractions; such as your cell phone. We understand that it may be tempting to work on your cell phone or return text messages, but we encourage you to dedicate your time at OSTC to your physical therapy.



5. Communicate, Communicate, Communicate- You and your therapist are a team working towards the goal of making you feel better and move better. It is vital that you let your physical therapist know of any changes you may be experiencing throughout your therapy sessions. Effective physical therapy is a delicate balance of increasing muscular strength and decreasing pain. The therapists at OSTC encourage you to ask questions, and will provide you with a detailed plan for your rehabilitation program.



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inspire

2019 Goal for OSTC Staff

January 7 2019, all of the OSTC employees met to discuss how to improve physical therapy for our patients at OSTC.

At OSTC, we pride ourselves on being the best in Orthopedic and Sports Therapy. To maintain this high level of expertise, the physical therapist and athletic trainers attend some of the top conferences around the world to learn from leading experts in this field.

This year, we are challenging all employees at OSTC to find a way to Inspire the patients and coworkers they encounter everyday.

Inspire each other to smile more, help each other, have integrity, show initiative, and simply make OSTC the best physical therapy center in the state of Texas!

Let us know how we Inspire you!

What People are Saying about OSTC:

- Always greeted by name when I walk in the door. The whole staff is friendly and helpful and everyone gets along well with each other
- Everyone was great. They all were very professional
- The staff is very professional and interested in me as a person and in my condition
- Staff friendly and knowledgeable
- Your staff is fabulous. Even when I whine and cry they are understanding and encourage me
- Very nice place to do your therapy would recommend to others
- All staff members I've met have been exceedingly sweet and knowledgeable

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