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Orthopaedic and Sports
Therapy Center
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SPOTLIGHT Physical Therapy Assistant (PTA)

Kris Tucker PTA

Physical Therapy Assistant

Kris Tucker is a Wichita Falls native and graduated from Holliday High school. Kris has been a part of the OSTC family since the doors opened in 2002. He started his career here as a PT tech while going to school at Midwestern State University, but is now a Physical Therapy Assistant. Kris's favorite part of working at OSTC is the family atmosphere and how everyone works together as a team to provide the best care possible for the patients. He enjoys working with patients of all ages to help return them to their optimal level of function. Recently, Kris attended a continuing education course for the treatment of the shoulder and knee. At this course, he studied various case studies that highlighted new research for proper exercises for the shoulder and knee.

When asked what Kris would do if he weren't a Physical Therapy Assistant, he stated he would probably be a high school or college coach. That's not surprising since his brother is a coach at Holliday!

What People are Saying about OSTC:

Everyone has gone above and beyond. Everone has been awesome. I'm very happy to be here!

The facility and services are great. The staff is great too!

All at OSTC were extremely professional and knowledgeable. Ladies at front desk were pleasant and very helpful and accommodating. Therapists were excellent at explaining the process.

Awesome facility and with a wonderful staff.

I love the staff and feel they excel in helping in my recovery-painful was mad pleasureable!

The Smell of Turkey and Playoffs are in the Air.

OSTC is proud that this season, two of the schools covered by the OSTC sports medicine staff is advancing to round two of the playoffs. Congratulations to all who made the playoffs and especially to Iowa Park High School and Holliday High School for advancing and good luck in the next round. There will be more than turkeys flying in the air next week as the Holliday Eagles take on Edgewood High School and the Iowa Park Hawks play Seminole High School.

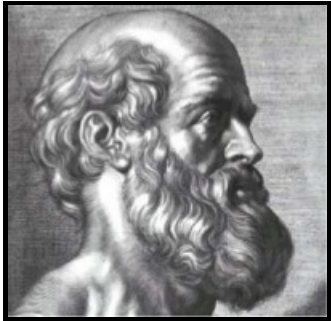


OSTC Family Celebrates Thanksgiving

OSTC employees showed off their cooking and eating skills this past Thursday at a company pot-luck Thanksgiving feast. Delicious food was enjoyed by all and the staff had a chance to sit down and enjoy each other's company. During the hectic days leading up the the holiday season, it is always nice to sit back and have a few laughs with our OSTC family. A huge thank you to all who provided a home cooked dish.



A Little Physical Therapy Background



The use of physical therapy to alleviate pain and obtain restful sleep has a history reaching into antiquity. Hippocrates is believed to have been the first physical therapy practitioner. He developed treatments [for gout](#), arthritic joints, and advocated manual therapy, massage and hydrotherapy treatments - all of which are still used today. The treatments he pioneered were later adopted by early Olympians.

There are more than 150 conditions that cause inflammation and pain to joints and the body's neurological system, along with current and prior injuries that can result in pain long after the initial injury has healed. Conditions run the gamut from [rheumatoid](#) arthritis and [osteoarthritis](#) to [migraine headaches](#) and fibromyalgia.

More than 116 million individuals suffer with pain from accidents, injuries and chronic conditions that result in sleep disturbances, lack of mobility, and curtail lifestyles. A physical therapist can assist patients understand the underlying cause of their pain and how it affects their body. Patients will learn new ways of performing everyday tasks for ease and convenience, along with ergonomic and adaptive strategies to lessen stress and pain on the body.

Personalized Physical Therapy Program



One of the most important strategies for relieving your pain is a customized exercise program. Your physical therapist will create a program that factors in your strengths, areas that need improvement, any chronic conditions, and your fitness level.

Physical therapy will help ease pain, allow you to move better, and promotes restorative sleep necessary for the body to repair and rejuvenate itself. It's beneficial for preventing and mitigating the severity of recurrences and relapses. At your initial evaluation your physical therapist will discuss your areas of concern and your goals. They will also evaluate your gait (the way you walk), range of motion, strength, posture and alignment. Then your therapist will create a personalized physical therapy program tailored to your needs, abilities and goals.

Your physical therapist may incorporate a number of complementary techniques into your treatment. Exercise can include aerobic movements, range of motion exercises and strengthening exercises. Manual manipulation is available if your movement is limited or you're unable to participate in a traditional exercise program. The individualized plan will be adjusted to accommodate your progress.

Heat and cryogenic therapies may be utilized, along with ultrasound, electrical stimulation, LASER and dry needling. Water-based therapy is particularly beneficial if you have mobility limitations. You'll be buoyed by the water, thereby reducing the effects of weight and gravity on your body by approximately one-third. It's a gentle form of resistance training that can prepare you for more strenuous activities.

Your treatment may include therapeutic massage to ease pain, increase circulation, and maintain movement and flexibility. It stimulates the immune system, aids in detoxifying the body, stimulating the immune system, and relieves stress and inflammation.

Your physical therapy will alleviate pain during the day and promote restful sleep during the night. You don't have to suffer with pain and sleepless nights when relief through physical therapy is so close at hand.

7 Ways Physical Therapy Can Help

Physical therapy treatments can be applied to any part of the body. The methods employed by a physical therapist will focus on relieving pain and inflammation, obtaining the restful sleep you need, and help you retain mobility.

Physical therapy will help you:



- Relieve pain
- Sleep better
- Increase stability, endurance and balance
- Improve flexibility and mobility
- Strengthen the body
- Improve neurological function
- Aid in preventing disability

Physical therapy treatments work with the body’s own healing abilities to release endorphins, the body’s natural pain relieving chemical. It’s one of the reasons that physical therapy is so effective. Treatments are equally beneficial for residual pain from a previous injury or surgery.



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