



Orthopaedic &
Sports Therapy
Center
Professional. Caring. Excellence.

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Cutting Edge Therapy at OSTC

The Physical Therapists and Athletic Trainers at OSTC take pride in providing the best physical therapy for sports and orthopedic injuries in the Wichita Falls Area. Our therapists are board certified in orthopedic and sports therapy, and attend the top conferences in the nation to bring the best and newest practices back to Wichita Falls.

At OSTC, we strive to maintain the best and newest equipment and therapeutic modalities. Come take a tour of OSTC to see all that we have to offer our physical therapy patients.

The following is a quick glance at the new cutting edge modalities that are offered at OSTC; in the coming weeks we will explore each modality in further detail. If you have questions about any of the following, please contact OSTC.

1. [Light Force Laser Therapy](#)-

A noninvasive modality to help with pain control. Laser therapy is most beneficial when used in conjunction with your physical therapy. Currently, OSTC is the only clinic in the Wichita Falls area with a class IV Light Force Laser. Our therapists have seen how beneficial the Laser Treatments are for our patients, and decided to purchase a second Laser in 2017.

2. [Blood Flow Restriction Training \(BFR\)](#)-

Blood flow restriction (BFR) training is a training strategy that involves the use of cuffs or wraps placed around a limb during exercise. The pressure is increased enough to restrict venous return, while allowing for arterial blood flow. The person is then asked to perform high rep exercises with a very low weight. Blood flow restriction may sound scary, but the risks are no more than general weight lifting. Study after study proves that this training technique is useful in helping athletes and patients gain strength, power, muscle size and reduce muscle atrophy following surgery.

3. [MTrigger™ Personal Biofeedback Device](#)-

MTrigger uses surface EMG pads connected to a portable device to measure the electrical activity produced during a muscle contraction. The electrical activity can be monitored using an Ipad or phone. During your physical therapy session, the Mtrigger device may be used to help patients see their performance in real time and get immediate feedback from their therapists. The mtrigger motivates patients to control interactive biofeedback games and activities, allowing patients to play, train, and track their performance over the course of therapy. Patients can download an app to their phones and keep track of their own progress as well.

4. [Monitored Rehab System, Leg Press and Cube](#)-

OSTC currently has two therapeutic devices that use the monitored rehab system. This system allows the therapist to test and train motor control, strength, proprioception and coordination. Designed to look like "video games," the MRS helps engage the patients while allowing the therapist to set different training protocols. The MRS leg press and cube have allowed OSTC physical therapists to take our sports therapy program to the next level; challenging athletes, and getting them back to the game safer.

5. [Rapid Reboot](#)-

Rapid Reboot is an intermittent pneumatic compression recovery system ideal for post workout recovery. This compression system is used to help athletes from all sports and those patients who spend a tremendous amount of time on their feet. The pneumatic compression can help with removal of lactic acid, swelling, and lymphedema. Though there may be some contra-indications to the use of the Rapid Reboot system, the physical therapists will work closely with your doctor before using this recovery device.

Cause of a Wrist Fracture



Typically, wrist fractures occur due to a fall on an outstretched hand. When the fracture occurs at the end of a bone in the forearm called the radius (at the cortico-cancellous junction), it is called a Colles' Fracture. Dorsal displacement and dorsal angulation are common characteristics of such a fracture. Falling on an outstretched hand can be a consequence of either tripping or losing balance, and it is the body's defense mechanism against falling flat on one's face. While this sort of fracture is not prevalent in younger patients, it is commonly seen in older patients, patients with osteoporosis, and those with any other form of bone disease.

The treatment of a wrist fracture requires the application of a cast to facilitate compression and prevent motion in an effort to promote healing. In some cases, surgical correction may be required. Once pain and swelling is reduced, the objective of the healthcare team changes. The new priority is joint range of motion and restoration of muscle strength. This is where physical therapy plays an important role.

The Care You Need



Physical therapy is important in the full recovery of wrist motion and strength after an injury.

Expect the therapist to start with gentle mobilizations of the wrist and hand to improve joint circulation and encourage motion. As the pain subsides, the therapist will encourage (and supervise) gentle exercises to regain full function.

Your physical therapist will provide the care you need, when you need it. If you are hurt and in pain, there is a good chance that physical therapy can help you. Reach out to us today, and discover why individuals

across the community are experiencing the benefits of what physical therapy can do for you.

How Physical Therapy Can Help

Physical therapy can help in the recovery of wrist fractures in several ways:

1. RICE

The use of Rest, Ice pack application, Compression and Elevation (RICE) is universally applicable immediately after injuries for pain and swelling control.

2. Therapeutic exercises

Muscles tend to lose tone, strength, and mass due to a period of inactivity. Stretching and range of motion exercises can minimize the phenomenon of 'muscle atrophy'.

3. Massage therapy and Mobilizations

Manual therapy from a skilled physical therapist on the joint or on the surgical scar site is very helpful. This helps reduce pain, decrease swelling and improve blood flow to the area to improve healing. The therapist will help you to regain range of motion by performing assisted range of motion and passive range of motion exercises. Though not always comfortable, these exercises are important in regaining complete range of motion after a period of immobilization.

4. Other Modalities

Modalities such as moist heat packs, parafin wax and laser may be used prior to stretching to heat the joint and



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Congratulations to Shane Berend DPT, SCS

Congratulations to Shane for becoming certified as a Kineticore Level 1, Trigger point dry needling and functional dry needling therapist. Shane recently completed this very difficult training course. Trigger point dry needling and functional dry needling are just another tool the therapists at OSTC keep in their "tool box" of knowledge to help our patients live a full and pain free life.

What People are Saying about OSTC:

- Very nice and knowledgeable people!
- Overall a great facility
- Very attentive and friendly
- I am not a gym person but the congenial and well informed staff have changed my out look on gym and PT experience
- Everyone helped me get better and kept a smile on my face to help me feel better and work harder

aid in increasing range of motion. Electrical stimulation may be used to control pain, which involves the application of a tiny electric current on muscle fibers.

5. Balance therapy

If a wrist fracture has occurred in an elderly patient due to loss of balance, then treatment is aimed at improving core strength and balance. At times, aids like a walking stick may also be provided.

Given the importance of the wrist in daily activities, the objective of physical therapy is to help regain full motion of the affected wrist. However, physical therapy can also help reduce swelling, control pain, improve strength, improve balance and regain independence, especially in older patients. Physical therapy helps the healing process. Recovery from wrist fractures can be hampered by unnecessary and extreme motion after removal of the cast. This can be minimized or avoided under the supervision of a licensed physical therapist.

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