



Orthopaedic & Sports Therapy Center
Professional. Caring. Excellence.

1 West Medical Court
Wichita Falls, TX 76310
(940) 692-4688



District Track is HERE!



OSTC specializes in the care of orthopedic and sports injuries. As part of our commitment to athletes everywhere and the schools we cover, OSTC has a Sports Medicine Mobile Trailer. "The Trailer," as we like to call it at OSTC, will be at the upcoming district and area track meets.

The Sports Medicine Mobile Trailer is staffed by highly trained and experienced athletic trainers and physical therapists. It is also field with helpful modalities, such as; e-stim, hot-packs, ultrasound, and cold packs. OSTC also brings a licensed massage therapist to the district and area track meets to help

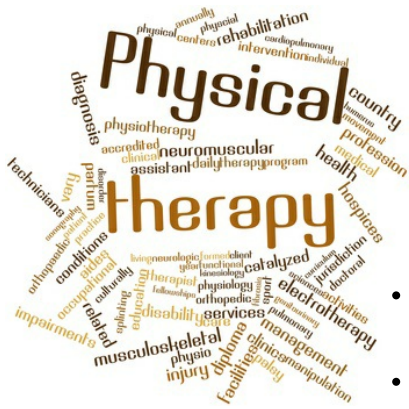
with pre and post event massages when needed.

The Trailer may be small but it carries almost everything an athlete could need to get ready for their big event.

OSTC also sells district track shirts out of The Trailer. Be sure to come buy a shirt before they sell out, or you can just swing by to just say "hi" to your favorite physical therapist or athletic trainer!

Good luck to all those competing at District Track!

Choose Life, Choose Physical Therapy



Did you know that YOU have the right to choose your physical therapist? When you get a physical therapy referral from your physician, you can visit any provider you like. It's common for the physician's office to recommend a provider if the office is familiar with or has an affiliation with that provider. The choice is yours. You can either visit the provider recommended by your physician, or any other provider that you feel comfortable with.

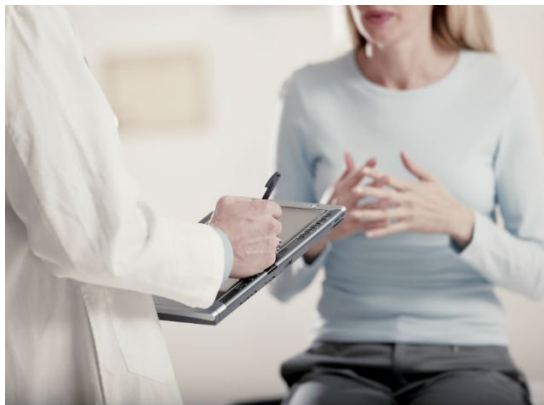
Did you know?

- Most states allow the patient to see a physical therapist without a physician's referral. If you don't know whether you need a referral, don't worry. Just call our office and we'll get the answer for you.
- Some insurance policies may require a visit to your primary care physician before attending physical therapy or may require you to use

'preferred providers' only. This is also something we can look into for you when you give us a call.

- Your physician may advise you to visit their own in-office physical therapy facility or one that is run by a large hospital. You can do so, or research and use an independent physical therapist in private practice - the choice is yours.
- You are not obligated to go to any particular physical therapy office / clinic; even if your surgeon or physician suggests that office.
- The American Physical Therapy Association (APTA) requires it's members to abide by the Association's Code of Ethics. This ensures that they are committed to providing competent and compassionate care.

First Visit - What To Expect



Your first visit to your physical therapist office will include a detailed initial evaluation. This evaluation will help the therapist to identify your problems using special testing procedures.

Once your physical therapist has evaluated your condition, they will be able to design a plan of care that specifically meets your needs. If you have certain concerns or goals, make them known at this time so your therapist understands what you are expecting from your visits. As a part of the program design, expect a treatment timeline with realistic goals. This timeline may be changed as you progress, depending on how well your body responds to treatment.

Along with regular visits to your therapist's clinic, you will most likely receive a home exercise plan (HEP) in which you will be given specific exercises to do at home in between your regular office visits. This will help facilitate faster recovery, so stick with the program at home!

Always speak openly with your therapist if you have any concerns or limitations. As your physical therapists, we will work with you closely and help you recover as quickly as possible. We hope to get the opportunity to work with you.

Choosing The Right Physical Therapist For You

As a consumer, you have the opportunity to research your physical therapy provider before you make a decision. After all, you want to feel comfortable with your decision. Here are a few guidelines to keep in mind when choosing your physical therapist:

- Any physical therapist you choose should be licensed by the state he / she is practicing in.
- Physical therapist assistants (PTAs) should always be supervised by a licensed physical therapist.
- Make sure the clinic participates with your specific insurance company and plan. Ask them and they will find out for you.
- There are times when you may find a physical therapist who specializes in a skill that is related to your particular needs / condition that may not participate with your insurance. To ensure that your needs are best met, you may consider paying out of pocket for these specialized skills.
- Find out if your physical therapy clinic submits insurance claims on your behalf. If not, then you will have to submit your own claims.
- Your insurance company should be able to verify how many visits they allot for your particular problem and be able to tell you what your co-pay is. In most cases, the physical therapy clinic can also verify this information for you. You should also ask whether or not you have met your insurance deductible amount.
- Ask the physical therapist's clinic to help you determine what you will be responsible for financially.



What People are Saying about OSTC:

- Everybody in the clinic is friendly and professional. They make healing fun!
- Great care and attention
- Very happy with this facility and staff. Amber is always helpful and a joy to see. Lucas always makes PT go by faster/ more entertaining
- My care has been excellent from beginning
- Everything excellent
- Really like the laser therapy. It feels good and helped my healing
- I have received more and better treatment here than any other rehab place. The therapists and techs are wonderful



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March is National Athletic Training Month!

What is Athletic Training?

- Athletic training encompasses the prevention, examination, diagnosis, treatment and rehabilitation of emergent, acute or chronic injuries and medical conditions.
- Athletic training is recognized by the American Medical Association (AMA), Health Resources Services Administration (HRSA) and the Department of Health and Human Services (HHS) as an allied health care profession.

Who are Athletic Trainers?

- Athletic trainers (ATs) are highly qualified, multi-skilled health care professionals who collaborate with physicians to provide preventative services, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions.
- Athletic trainers work under the direction of a physician as prescribed by state licensure statutes.
- Athletic trainers must graduate from an accredited baccalaureate or master's program, and 70% of ATs have a master's degree.

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