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OSTC Biking Team takes on the Dehydrator



The Dehydrator is a bike ride held in Duncan Oklahoma, with distances ranging from 10-80 miles. Participants ride through rolling hills, plains and areas of Stephens County, including a stretch across the Waurika Lake Dam. The Dehydrator is ranked as one of the top rides in Oklahoma.

On July 28, several members of OSTC's bike riding team set out at 5am to make the drive to Duncan Oklahoma. Some of the riders participated in the 25 mile ride, while others went on to do the big 80!

The bike riding team used this ride as a way to continue training for the famous Hotter-N-Hell Hundred that will take place at the end of August here in Wichita

Falls.

Staying physically active and healthy is not just something we talk about at OSTC, it is something we encourage and support each other to do! OSTC we are proud of y'all!



25 Mile Club



Chronic Joint and Muscle Pain Management

All of us have experienced pain and discomfort in the muscles and joints at some point, especially with age. In most cases, the use of over the counter medications, hot/cold packs and rest help resolve the problem.

Muscle and joint pain can be extremely troublesome to say the least. Some cases start with mild discomfort while others can become so severe that simple things like sitting, standing and walking become extremely painful, limiting day to day activities.

Although physical therapy can improve any condition involving muscle and joint pain, certain conditions make ongoing ongoing physical therapy a necessity. These include:

- Osteoarthritis
- Rheumatoid arthritis
- Peripheral neuropathy and neuropathic pain
- Fibromyalgia



A Scientific, Proven Solution

Physical therapy is a proven solution to chronic muscle and joint problems. This condition can affect individuals of all ages, and has the potential to impact every aspect of life.

Patients require emotional and physical support since the condition can become severely limiting in nature. Patients may experience anxiety, depression, and potential disability as the condition advances.

The good news is - we can teach you what to do, and we are here to help you. Physical therapists dedicate their lives to helping individuals get better, stronger and live life without pain. We want you to experience the full benefits of strength and mobility. We strive to achieve life changing improvements in all our clients. Nothing makes us happier. We want to see that smile on your face when you walk out of our clinic. It's why we do what we do.

Physical therapy can empower patients with chronic joint/muscle pain and improve the quality of life. Let us show you what we can do for you. To get started, call us today to discover how we can help you deal with chronic joint and muscle pain.



Step by Step Improvement



For people suffering from chronic pain and discomfort, physical therapy improves quality of life. Physical therapists design treatment plans to increase range of motion, flexibility and strength, while reducing pain in the muscles and joints.

Relieving pain in the muscles and joints is the primary goal. A carefully designed exercise program helps improve blood flow to the affected areas.

The first thing a physical therapist will do is to help you understand your limits, so you don't hurt yourself by doing too much too soon. Physical therapists use a variety of procedures

and modalities to relieve chronic pain in the muscles and the joints. This also helps patients to safely increase strength and mobility while reducing pain.

Procedures include therapeutic exercise, manual therapy and neuromuscular reeducation. Modalities include electrical stimulation, ultrasound and hot / cold therapy. The therapist will use his / her clinical judgement to identify, design and implement the right protocol based on the needs of the patient.

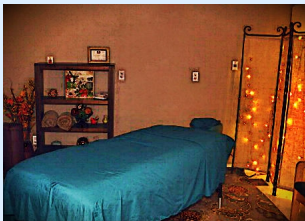
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Massages can Help
HHH Riders

Hotter-N-Hell Hundred, one of the oldest and largest cycling events in the nation will be held in Wichita Falls August 23-26. "HHH" consist of 4 days of events with the famous 100-mile endurance ride on Saturday, Aug 25 2018.

At OSTC, many of our employees have been preparing and training to ride in the HHH, but Jackie Malone, OSTC's massage therapist, has been preparing to help cyclists perform at their highest level. Jackie offers two types of specialty sports massage for cyclist; pre and post event massage.

If you are preparing for the Hotter-N-Hell Hundred, call OSTC to schedule your Specialty Cycling Sports Massage today! Spots for both Pre and Post Event Massages will fill up quickly, so it is best to secure your massage as soon as possible. OSTC Specialty Cycling Sports Massage Pricing \$45/ 30 min \$75/ 1 hour

What People are
Saying about OSTC:

- Very professional, Great staff who is knowledgeable and friendly
- Very professional facility and I really like it
- I was a little anxious about starting therapy after fracturing my fingers. The therapist immediately set me at ease, it has been a great experience, so glad I came here for my therapy.
- All around good experience, I feel I have been helped in all ways, they have taken out time with me to show their interest.
- I enjoy coming here. Great bunch of kids out here.
- I love this place, laser is awesome.

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