



Professional. Caring. Excellence.

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ATHLETE'S ADVANTAGE-Giving you the edge in competition



Are you ready to have your best season ever? OSTC's Athlete's Advantage Summer Program is your chance to gain that competitive edge. OSTC's Athlete's Advantage is specialized programs based on sport, goals and age. Our programs are designed and run by experts- including Strength and Conditioning Specialists and [Certified](#) Athletic Trainers. Athlete's Advantage Summer Program includes training in agility, speed, strength, power, endurance, flexibility and jump training. Athletes will be tested and given scores documenting improvements made through the program. Our specialists will work to correct form and coach proper technique in an effort to prevent injuries. Athletes will be able to take the strength and skills they gain from our program and

improve the quality of their performance on the field or court.

The Athlete's Advantage program at OSTC incorporates scientifically proven methods to decrease the risk of injury and increase power.

We show you exactly how to improve your game – giving you the edge you need to rise above the competition. OSTC Strength and Conditioning Specialists are signing up individual athletes and teams now. Call OSTC to get a spot! Ask about our Team discount! Team spots will fill up fast! 940-692-4688



How to Make Kids Healthy and Happy



Getting your child involved in sports is an excellent way to encourage exercise and prevent childhood obesity. This is a proud feeling for every parent, and the expectation is that the child will have fun, gain confidence and interact with other children in the process.

To determine what your child will enjoy participating in, help him / her decide by accompanying the child to different games and a variety of sports. The more sports and environments the child is made aware of, the higher the probability that the child will be able to pick a sport and enjoy it.

If your child does not like athletic activities, take the opportunity to spend more time with your child and encourage physical activity with regular walks, swimming, tossing a ball around, or simply kicking a ball back and forth. Be creative and mix it up so your child does not get bored.

The Right Physical Therapist For Your Child



Although physical therapy can help children in the recovery process following an [injury](#), there is a lot more that the therapist can do. As a parent, you can expect the physical therapist to use a variety of techniques to strengthen muscles and improve joint mobility. The therapist will make the exercises fun and interesting, and your child won't realize that he or she is 'being treated.' As a parent, you should encourage your child to participate and 'play along' with the treatment. The physical therapist may use play techniques including crawling, playing follow the leader, facilitating balance and coordination activities using beams, balls and other objects.

Your child will look forward to the 'play sessions' and be an active participant in the recovery process. If your child (or another child that you know) is recovering from an injury, give us an opportunity to help the child return to normal as quickly as possible. Give us a call today at 940-692-4688

Importance of Safety First

Unfortunately, children can get injured while playing sports. When this happens, consult a physician immediately. In most cases, the physician may recommend the services of a physical therapist with extensive training in anatomy and physiology. The therapist will work closely with the physician to help your child recover as quickly as possible.

Specially trained in anatomy and physiology, a physical therapist will design a delicate, yet effective exercise program to help restore muscle balance and improve mobility in your child. The therapist will be aware of the child's limitations and will do everything possible to facilitate recovery as quickly as possible. Children tend to get restless during recovery, and a physical therapist will patiently work with the child to achieve compliance during the recovery process.

Physical therapy helps to heal, strengthen, and improve motion by treating your child's injured area with a variety of exercise techniques that incorporate fun and playful activities. With physical therapy, you can expect your child to recover quickly and resume athletic activity.



Valentine's Day Deals for Massage!

Get the perfect gift for your perfect someone!

Grab a massage gift card or a massage package from OSTC.

1 Hour Massage \$50.00

5 - 1 Hour Massages \$225.00

10 - 1 Hour Massages \$400.00

Sale prices are only available for purchases made Jan 29th thru Feb 14th

For details on purchasing gift cards come by or call OSTC today!

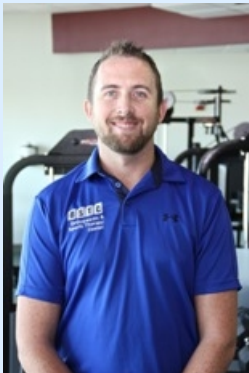
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Spotlight Trainer: Brad Ezzell CSCS PN-1, CSAS, FMS

Brad Ezzell is the Director of Wellness and Sports Performance at OSTC. Brad is originally from Holliday TX and went to college at Texas Tech where he earned is Bachelor degree in Exercise Science. He has been with OSTC since 2004 and has continued studying and increasing his knowledge of Exercise Science. Brad is a Certified Strength and Conditioning Specialist and Certified Speed Agility Specialist, he is also certified in Functional Movement Screening and Precision Nutrition PN-1.

Brad says his favorite part of being a Strength Coach is seeing people set and accomplish goals and helping clients reach personal milestones.

Recently Brad went to the International Youth Conditioning Association National Summit, there he studied how to better prepare the younger kids for sports and functional development. As the Director of Wellness and Sports Performance, Brad oversees OSTC's summer sports program, Athlete's Advantage. This program is specifically designed to help young athletes gain strength, speed and power while reducing the risk of injury.

What People are Saying about OSTC:

- The staff here is outstanding – so nice and professional – supportive of me and of each other
- Everything was done very well
- Everything I have encountered with OSTC has been outstanding. So glad I came here
- Excellent facility! Outstanding therapists and staff
- Front desk ladies are nice
- Great job – great place

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