



Professional. Caring. Excellence.

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



OSTC Wishes Good Luck to All the Track and Field ATHletes

District track is this week! A time when all the running and training done at track practice is finally paying off.

Athletes in District 8-3A will meet the first Monday and Thursday in April to decide who will go on to the Area Meet. District 6-4A Track meet will be April 4 and 5 in Graham.

OSTC would like to wish good luck to all schools participating in the District Track Meets and can't wait to see the athletes at Area!

Be sure to come visit us at the OSTC Sports Medicine Trailer and get your District Track Shirt!



Advances on Physical Therapy: Devices

For most individuals, the probability that an assistive device may be needed seems very unlikely. Walking, and basic movements like getting out of bed, in and out of a car and climbing up the stairs are some of things we take for granted. As one gets older, muscles and joints tend to degenerate, resulting in aches and pains.

The fact is, you may need to use a cane / walker or other assistive devices at some point in your life. Age-related pathologies like osteoarthritis or sudden traumatic injuries can lead to difficulty with daily tasks.

Physical therapy is an important part of the rehabilitation process. Physical therapists advocate the use of assistive devices as part of their treatment especially when patients experience decrease in mobility and restricted function.

Assisted walking devices help patients perform daily activities in a pain free manner, and also improve mobility. Assisted walking devices include, but are not limited to, canes, walkers, and crutches. Physical therapists often prescribe such devices following a detailed assessment of the patient's deficits and requirements.

We Walk the Walk... With You



The choice of an assistive device is often determined by the physical therapist following a detailed initial evaluation.

Individuals who demonstrate weakness with one side the body may be prescribed a single point cane. For individuals with weakness in both their lower limbs or those who have suffered from some form of injury, crutches or a walker are generally recommended.

Physical therapists play an important role in helping patients stay mobile and maintain independence. There is a lot that your physical therapist can do for you.

With the right treatment approach involving exercise and manual therapy, there is a possibility that you may regain full function without the need for an assistive device. That's how life changing physical therapy can be for you. Contact us today to learn more. We look forward to the opportunity to work with you.

Tips on How to Use Assisted Walking Devices



Here are important tips on how to get the most benefit out of the use of assisted walking devices:

Crutches

Crutches are used by individuals who need stability and support in the lower body. When using crutches, ensure that they are of the right length and they comfortably sit under the armpit. Sufficient upper body strength is important for balance. Your physical therapist will identify the best walking pattern for you, and will train you to use the crutch correctly.

Walkers

Walkers are generally used by individuals with balance impairments. Elderly patients often use walkers to reduce the risk of falls. The key to using a walker is to ensure that it is of the right height and that the patient does not stoop down too much to support himself or herself. Most walkers have an adjustable height option. Some walkers allow adjustments for patients to climb stairs as well. The key is to hold firmly and to lean forward slightly while using a walker.

Cane

A cane also helps individuals struggling with balance. A 'quad cane' has four anchor points and provides a high level of stability. In general, the cane is held on the dominant, stronger arm to support the opposite side, but your physical therapist will make that determination. A cane is generally used in conjunction with the movement of the opposite affected leg.

Assistive devices serve many purposes, and are not restricted to locomotion alone. They assist the individual to perform day-to-day activities in an efficient manner. For example, an assistive device called a grabber helps patients pick up any objects on the floor. In the bathrooms, a grab bar on the wall can be helpful in assisting patients to stand up from a seated position.

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Spotlight Therapy: MTrigger Personal Bio Feedback 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.

OSTC currently has 3 MTrigger devices. These units are used in house for physical therapy and often sent home with patients to help maximize a patient's home exercise program. The physical therapist at OSTC love the MTrigger because it can objectively measure muscular deficits. Patients love the MTrigger device because it is easy to use, completely painfree, and provides a visual representation of their progress.

What People are Saying about OSTC:

- Everything is great!
- Appreciated being known by first name. Made experience more comfortable
- I am very happy with the service at OSTC and have enjoyed my experience as far as service
- OSTC has an incredible reputation in WF 100% satisfied
- Everyone is always happy to help you improve
- Staff was willing to change my appointment times to fit with my work schedule

Email: therapy@ostcwf.com

Phone: 940-692-4688

Web: <http://www.ostcwf.com>

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Orthopaedic and Sports Therapy Center #1West Medical CT Wichita Falls TX 76310 Phone: 940-692-4688