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OSTC

Orthopaedic and Sports Therapy Center

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### SPOTLIGHT Personal Trainer

Shadow Stokes, BS, CSCS

Personal Trainer

Originally from Kilgore, TX, Shadow moved to Wichita Falls in 2010 to play football for the Midwestern State Mustangs. There he earned several honors including 1st team All-American, Offensive Lineman of the Year, and 1st team All-Conference. In 2015, he graduated with a degree in Exercise Physiology and soon after began working at OSTC. Like all of the personal trainers at OSTC, Shadow is a Certified Strength and Conditioning Specialist.

Certified Strength and Conditioning Specialists® (CSCS®) are professionals who apply scientific knowledge to train athletes and clients for the primary goal of improving athletic and overall performance. Shadow began his journey to become a CSCS because as an athlete he found he liked learning about the human body and how it works. He also found he had a knack for encouraging and helping others.

Shadow is married to Collin Stokes and together they have an australian shepherd named Magnum. His favorite part of working at OSTC is the "family" vibe we have. Everyone is always pushing and helping each other to be the best we can be."

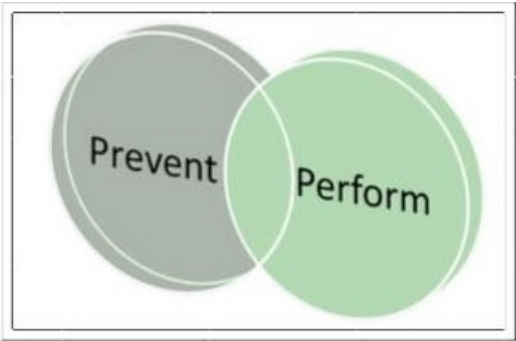
### What People are Saying about OSTC:

- I'm never left alone, I am always asked if I'm ok, y'all make sure I'm doing it right, Everyone ask me how my day has been going, everybody is so nice and helpful.
- Everyone is really nice and funny, it makes the pain a little more bearable
- Office staff and therapists always friendly and provide outstanding service. – Ed Wegmann
- What can I say this place is awesome

### OSTC Baseball Ramp-Up Program

With baseball about 2 months away, it is time to start preparing for a successful and injury free season. *SPOTS ARE LIMITED* (to reserve a spot or for further information call 940-692-4688).

This program is specifically designed for high school athletes. The goals are to progress athletes through exercises that are scientifically proven to increase rotational power, improve rotator cuff and scapular stabilizing strength and to reduce the risk of injury. The Ramp-Up program will also include baseball specific conditioning work into each session.



Baseball Ramp-Up begins Monday **Dec 4, 2017** and ends **Jan 18, 2018**. Athletes will meet **4 times a week for 6 weeks, Monday-Thursday from 6-7pm**. **The cost is \$240**. Spots are limited in order to maintain quality of coaching.

If you have questions or are interested please call OSTC, **940-692-4688**.

### Winter Fitness Secrets

It is true that many people dread going to the typical gym or fitness center. OSTC offers a welcoming alternative. The wellness center at OSTC is designed to help individuals reach their maximum fitness goals in a fun positive environment. The wellness staff are all Certified Strength and Conditioning Specialists who can offer custom training and fitness programs to maintain [health](#) and fitness levels, reduce the risk of injury, and perform more efficiently.

Winter weather impacts physical workouts and affects [mood](#), resulting in conditions that include depression, fatigue and seasonal affective disorder (SAD). Personal trainers have techniques and methods to beat the winter blues, elevate mood, maintain fitness levels and prevent weight gain throughout the season. The personal trainers at OSTC have the experience and expertise to design a fitness program that maintains current fitness levels, prepares individuals for warmer weather and preserves competitive training schedules. The wellness program at OSTC also offers pool classes as an effective alternative to traditional workout programs.



### Personalized Plans and Attention



CSCS personal trainers are biomechanical specialists who can develop personalized programs that factor in past injuries, the specific type of activities in which people are involved, and their ultimate fitness and competitive goals ranging from marathons and team sports to running and bicycling. The CSCS's at OSTC work alongside the physical therapist to help design programs for past physical therapy patients. The transition from physical therapy to personal training becomes seamless when the therapist and trainer work together to design a program that addresses any [health](#) issue.

Members of our OSTC wellness program also have access to their physical therapist once [released](#) from therapy. We have found that this helps patients maintain their exercises and the gains they made while at physical therapy. To help encourage people to take advantage of our wellness program, every physical therapy patient is offered a free month's membership to the wellness program and services we offer.

### Therapies for Fitness

Our fitness techniques address physical and emotional needs during cold winter months when activity and drive are at a low point. Therapeutic massage offered from our on staff massage therapist, loosens muscles, increases performance and elevates mood. Massage therapy increases energy levels, helps [flush toxins](#) from the body and boosts the [immune system](#). It promotes restorative sleep, relieves aches and pains, and improves circulation throughout the body.



Aquatic therapy is an effective resistance training method for those with joint conditions, along with amateur and professional athletes. It's beneficial for losing weight and allows people to perform motions not possible on dry land. We offer multiple exercise programs including one on one personal training, group training, bootcamp, and water aerobics that build pelvic and core strength, stability and balance. We identify areas of weakness that need extra attention and perform functional movement screens that pinpoint movement dysfunctions that reduces efficiency. OSTC offers the means to obtain professional training and guidance to stay fit during winter months, reduce the potential for injuries when activities are resumed in the summer and maintain professional training. Personal training, massage therapy and water aerobics are beneficial for relieving stress, anxiety, depression and seasonal conditions that often comes with winter, enabling individuals to greet summer with enthusiasm.

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