



**Orthopaedic &
Sports Therapy
Center**

Professional. Caring. Excellence.

**1 West Medical Court
Wichita Falls, TX 76310
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Meet our Patient Care Coordinator Team, aka the “Front Desk Girls.” These ladies are the first people you will meet at OSTC and they greet everyone with the best smiles in Wichita Falls! What most people don’t know is that in addition to greeting and checking patients in, they are also responsible for coordinating your physical therapy at OSTC. They check with insurance companies, talk to doctors’ offices, schedule therapy sessions, answer phones and basically coordinate every part of your treatment at OSTC. Let’s take a moment to meet these hard-working patient care coordinators and thank them for all they do to keep OSTC running smoothly!

First up, is Kiera Worthy. She is originally from Wichita Falls, but graduated from Lawton Ike High school in Lawton, Ok. Kiera has 2 children, a 9-year-old girl and a 5-year-old boy. She celebrated her 1-year anniversary at OSTC back in October, and says her favorite thing about working at OSTC is interacting with the patients and she loves the people she gets to work with every day. As Christmas time is approaching, Kiera is looking forward to spending some time with her father and grandparents down in Houston.

Amber Jett will celebrate her 1-year anniversary at OSTC on January 29th. Before working at OSTC, Amber was a manager at Old Navy for 3 years. She is also a local girl who grew up in Holliday and now lives in Holliday with her husband and 5-year-old son. When asked what her favorite part about working at OSTC is, she replied, “The people I work with, they have quickly become like family to me! And our patients are all amazing too!” Amber will be spending this Holiday Season in Holliday TX, with her family and loved ones.

The newest member of the Team is Melody Goatley. She is also a local girl and graduated from Wichita Falls Rider High School. Melody, “Mel” has only been at OSTC for one month but is already apart of the OSTC family. She states that she loves the environment, the patient care coordinator team and management staff at OSTC. Mel comes to us from Dillard’s where she was the ladies’ department manager. She is very fashionable, so if you need some fashion tips...you know who to ask (she gets questions from the staff all the time). Mel is excited to spend time with her family over the Holidays. This includes her mother and step-father, brother, sister in law, 3 nephews and a niece. Oh, and her two cats! Thank you patient care coordinator team, for all you do!

Where Does Physical Therapy Stand on Foot Drop Treatment



Foot drop syndrome is a neuromuscular disorder characterized by weak muscles in the front of the lower leg. This can result in partial or total loss of control over the foot. This affects the ability to lift the foot at the ankle.

Damage to the nerve fibers that allow the flexing of the ankle and toes can cause several problems. For example, the toes point towards the floor when the foot is lifted up from the ground. When patients attempt to walk, they tend to drag the foot along the ground. They further compensate by lifting the knee higher than usual.

Foot drop can often be the sign of a major underlying complication, rather than a 'simple' inability to raise the foot. It can be caused by a nerve injury, spinal or brain disorder or muscle disorder. Foot drop can affect one foot or both feet and can be temporary or permanent, depending on the cause.

Physical therapy plays an important role in the management of foot drop. It allows patients to experience better mobility, which leads to an improved

quality of life.

The Road to Recovery



Foot drop can be rather debilitating for patients and can affect mobility to a great degree. While there are several causes of foot drop, physical therapy is the most effective treatment option.

Long-term outcomes vary but many patients can regain significant function and mobility following a physical therapy plan of care.

As your trusted healthcare professionals with several years of experience in treating muscular and neurological conditions, we promise to take good care of you. Together, we will walk the road to recovery.

Don't hesitate, reach out to us today and give us the opportunity to show you how physical therapy can change your life.

Exercise Goes a Long Way...

Exercise Therapy

Exercise is the primary treatment for patients with foot drop. Strengthening exercises of the muscles within the foot and the lower limbs help maintain muscle tone. Such exercises will help strengthen and stretch the foot while returning mobility to the ankle.

Stretching exercises are an excellent treatment for foot drop. Physical therapists will advise patients to sit on the floor, place a towel around the foot, hold onto both ends and gently pull the towel towards them. This helps stretch the muscles of the calf and foot.

Other exercises include leg flexes and toe curls. Several sets and repetitions are required to stimulate the muscles sufficiently.

Electrical Stimulation

In some patients with foot drop, physical therapists may advise a treatment regime that includes electrical stimulations of the nerves and muscle fibers. This helps generate electrical impulses within the muscles and can, to an extent, help increase the tone and the contractility.

Gait Training

Gait signifies the way a person walks. A gait abnormality is a deviation from normal walking.

Gait training is recommended for those patients with significant gait problems. This treatment helps a patient walk more efficiently and improve stability by incorporating different strength and balance exercises.

At times, gait training requires the use of walkers, canes and parallel bars to safeguard the patient.

A gait belt is an assistive device used to help a patient maintain balance during training.

Braces and Splints

For individuals with limited control over their foot muscles, an "Ankle-Foot-Orthosis (AFO)" is used to help improve gait. AFO are L-shaped braces designed to support the function of the ankle and foot by keeping them perpendicular (at an angle of 90 degrees). This helps to keep the foot off of the ground while walking.



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Get Up, Get Fit!
Starting back up!

Calling all Ladies!! OSTC's fitcamp, Get Up Get Fit, is starting back in 2019! Come workout Monday-Thursday mornings, from 5:30am-6:15am. These morning workouts will help motivate you and get you in shape for 2019!

First day of class will be Jan 7

Last day of class is Jan 31

Cost is \$100 f

Join Tana Drennan, M.Ed., LAT, ATC, CSCS and workout bright and early before your body knows you are awake.

Call today to to reserve your spot!

What People are
Saying about OSTC:

- All good!
- Everyone at OSTC are so helpful and friendly. Especially the staff in front. Always smiling and awesome in helping in every way!
- I was helped very well
- Everyone is friendly and very well trained
- These folks are awesome. The staff is great
- Amazing place. Feels like family
- The front desk folks were always fantastic!

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