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OSTC Provides Athletic Training Coverage to Oil Bowl



The 81st Annual Maskat Shrine Oil Bowl Charity Football Game was held at Memorial Stadium on Saturday July 16 2018. The Oil Bowl game started in 1938 and is one of the most prestigious post-season all star games in the United States.

Since its beginning, all proceeds from the game are donated to charities for children suffering from orthopedic or burn injuries. In 2012, the Shriners Hospital for Children became the official charity of the Oil Bowl Games. The motto of the famous charity game has always been, "Strong legs run so weak legs may walk".

All the fun and hardwork begins for the athletic trainers on the Tuesday before the big game. This year OSTC had two staff athletic trainers and one student intern serve on the Oil Bowl Sports Medicine Staff. Steve Bailey, Thomas Patrey and Bryson Young, a senior student at Sam Houston State University, worked with the players on both the East and West teams. This year was Steve Bailey's 50th year to work the Oil Bowl.

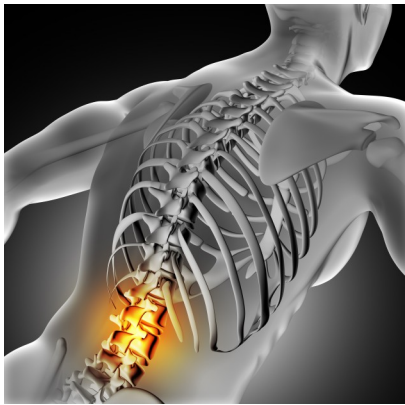
Over the past 50 years, Steve has had the opportunity to work with many high school football players at the annual game, some of whom have gone on to play in the NFL. Steve even recalls a time when the players would have to practice for two weeks prior to the big game, now the athletes only practice for three days prior to the game.

Steve Bailey is already making plans to attend next years game!! OSTC is proud to have such a great athletic trainer as part of our staff.

CONGRATULATIONS ON 50 YEARS!



Benefits of Physical Therapy on Spine



The spinal column supports the body and provides the structural framework for muscles and bones in the trunk region. It is a bony framework that protects the spinal cord, which serves as a channel of communication between the brain and the rest of the body. It serves as an anchor for a network of muscles that surround the trunk and help in movement and stability of the trunk region.

Every time we pull, push, twist, bend and stretch the spine or lift a heavy object, we challenge the muscles surrounding the spinal column. Controlled exercise, under the supervision of a physical therapist, challenges these muscles and helps improve posture and 'core strength'.

The strength and stability of these muscles is critical to the functioning of vital organs in the trunk region, including the stomach (digestion), lungs (breathing) and liver (detoxification).

An Evaluation is the First Step



An initial assessment by the physical therapist will help identify the cause and extent of injury. Combined with diagnostic testing, physical therapy can help with pain relief and increase range of motion in the acute stage.

As the patient improves, the therapist may decide to use different modality treatments such as laser, ultrasound wave treatment and mild electric stimulation. As the pain reduces, the therapist prescribes a progressive, supervised exercise program. The entire plan of care promotes healing, reduces pain and improves function.

There are several things that physical therapy can do for you. Decreased pain, improved strength and mobility and a higher quality of life are just a few examples of the benefits of physical therapy. The strength and stability of your spinal muscles is one of the most important aspects of your well being, and we encourage you to schedule an appointment with us. You might be surprised with the things you discover after an initial evaluation.

We appreciate the opportunity to serve you, and we look forward to working with you.

Response to Injury

We live in an age in which technology allows individuals to achieve more, while becoming increasingly sedentary. Lack of exercise and poor strength in the abdominal and lower back muscles can lead to a chain reaction of problems over a period of time.

Initial symptoms include aches and pains after long periods of sitting. Poor posture and wrong movement patterns can lead to pain and stiffness in the upper and lower back. A vicious cycle of weakness and pain can increase the possibility of injuries like herniated discs. There are times when individuals experience sharp pain when bending forward, twisting, laughing and sneezing.

When an injury occurs, the first thing to avoid is further motion, since this can increase the severity of the injury. Symptoms such as tingling, numbness and muscle weakness may indicate involvement of the nerves, and medical advice should be sought immediately. The traditional approach of rest, ice, compression and elevation (RICE) is important during the early stage of injury. A physician may request additional tests to identify the extent of injury, and may recommend prescription medication to reduce pain and inflammation.



{VIDEO}

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Orthopaedic and Sports
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2018 Coaches' Training was a HUGE Success

OSTC athletic trainers and physical therapist hosted the 14th Annual Coaches Clinic. 75 coaches and sponsors from local high schools met Tuesday morning at OSTC to learn CPR/AED and concussion protocol.

This is always a fun day for the staff at OSTC, and we hope the coaches/sponsors enjoy this day as much as we do.

OSTC's Sports Medicine program strives to be the best in the North Texas area. The athletic trainers and physical therapists that work with a local team love being a member of the team! Soon we will all be gearing up for Volleybal games and good old Texas Friday night Football games.

OSTC would like to wish a good luck to ALL the local sports teams, and a little extra to the Holliday Eagles, Henrietta Bearcats, Burkburnette Bulldogs, Christ Academy Warriors, and Notre Dame Knights.

What People are Saying about OSTC:

- I have received excellent care here. Plan to learn more about the Wellness Program
- Excellent staff always have a smile on their face and friendly
- Great place- nice people, very caring. They know their stuff!!
- I am impressed with results

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