



Orthopaedic &
Sports Therapy
Center
Professional. Caring. Excellence.

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Coaches' Clinic is Tuesday June 18

OSTC athletic trainers and physical therapists are gearing up to host the 15th Annual Coaches Clinic. Last year, over 75 coaches and sponsors from local high schools met to learn CPR/AED and concussion protocol from the sports medicine team at OSTC. 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.

This year the event will be Tuesday, June 18th 2019. We are looking forward to another fun day of education, good food and maybe a pedicure or round of golf.

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.

Physical Therapy Can Help Address Breast Cancer Patients Recover Quickly



Physical therapy can play a role in the treatment of breast cancer. Depending on the severity of the disease, extensive chemotherapy and sometimes surgery may be required. Following treatment, patients feel drained and worn out. This can lower the patient's quality of life by significantly affecting day-to-day function.

Physical therapy helps with pain management, range of motion and muscle function. In fact, the American Cancer Society strongly recommends a structured exercise program and physical therapists are uniquely qualified to assess the need for, plan and implement such a program.

The Road to Recovery



Ask your doctor if exercise is right for you, and if the answer is yes, request a referral to a physical therapist.

Your physical therapist will teach you a gentle, progressive exercise program and will encourage you to work within your pain limits. Wear lose, comfortable clothes as you do some gentle exercises. Never push yourself to the point of pain. Always take long, deep breaths, and never hold your breath while exercising. In the first few weeks of recovery, always exercise under the supervision of a physical therapist.

Physical therapy plays an important role in the road to recovery for patients with breast cancer. Give us a chance to help you, and we'll show you everything we can do to change your life.

Post Surgery and Long term Care

Broadly speaking, the role of the physical therapist in breast cancer can be divided into two parts: input immediately after surgery, and long term care input.

1. Immediately after surgery

Breast cancer surgery not only involves removal of the affected breast tissue, but can also include the nearby lymph nodes and some blood vessels as well.

Exercise facilitates healing and helps restore function in the affected side. As soon as pain subsides, the physical therapist can help increase range of motion and encourage muscle contractions. Physical therapists will prescribe and teach certain stretching and strengthening exercises for surrounding joints like the shoulder and elbow to maintain mobility and muscle function.

Breathing exercises allow for increased expansion of lungs and movements of joints in and around the rib cage. Postural precautions (not sleeping on the side of the operation for a few days for example) are also provided by the physical therapist.

The prevention of swelling in the lymph nodes (lymphedema) reduces levels of fatigue, helping patients to remain active.

2. Long term treatment

A physical therapist can help patients regain confidence, improve lung capacity, move without pain, remain physically active and live happy, healthy and productive lives. This is achieved using a combination of exercise therapy, manual techniques and home exercise programs.

Patients may also be asked to participate in group exercise activities involving other cancer patients. A social environment is a good way to promote rehabilitation and allow the patient to recover in a relaxed and comfortable environment.



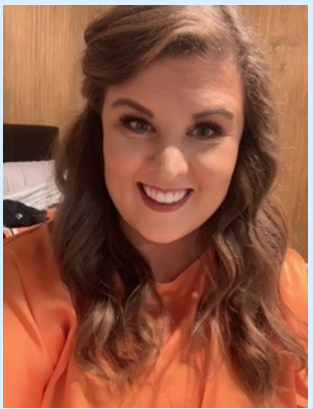
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New Athletic Trainer at OSTC!

OSTC is proud to announce the newest member of the sports medicine staff; athletic trainer, Lauren Estridge. Lauren graduated from OSU in 2013 earning her BS in Athletic Training. She went on to earn her Master's degree in Kinesiology from the University of Texas at Tyler in May 2015. Lauren then served as the head athletic trainer at Shephard High School for the past 4 years.

Originally from Norman, Oklahoma, Lauren is excited to move to Wichita Falls, which allows her to work in Texas but still remain close to her family. She will be working with the Burkburnette Bulldogs, and once again wearing orange and black!

Lauren enjoys reading, golfing and bowling in her spare time, She is also a "foodie," she enjoys preparing, cooking and eating food. (I am sure many people will take her up on her culinary creations!)

Welcome to the OSTC family, Lauren!!

What People are Saying about OSTC:

- I enjoyed coming to OSTC and I learned a lot about how to cope with my disease and how to improve my body. Everyone was so nice.
- OSTC is a 5 star unit top to bottom, all staff are very kind & caring
- OSTC should be paying me as a marketing rep because I highly recommend them to everyone!
- Front office staff is awesome they are always so cheerful
- Clean and pleasant experience every time, love being around young energetic people

OSTC website

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