



Orthopaedic & Sports Therapy Center
Professional. Caring. Excellence.

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TEAM OSTC takes on the Hotter-N-Hell Hundred



OSTC employees, friend and family teamed up to ride in the Hotter-N-Hell Hundred on Aug. 25th. Many members from TEAM OSTC completed the 50 mile ride. Steve Bailey completed 75 miles. Lucas Vietenheimer and Ana Lopez took on the big challenge of finishing the entire ride at 100 miles.

Team OSTC trained together for many months, sharing in lots of muscle soreness, sweat, and laughs. They are already pumped to ride again next year!

If you are interested in riding with Team OSTC, contact us! We love to ride with our friends, family, patients, and wellness members.



Children, Sports and Exercise

Getting your child involved in sports is an excellent way to encourage exercise and prevent childhood obesity. This is a proud feeling for every parent, and the expectation is that the child will have fun, gain confidence and interact with other children in the process.

To determine what your child will enjoy participating in, help him / her decide by accompanying the child to different games and a variety of sports. The more sports and environments the child is made aware of, the higher the probability that the child will be able to pick a sport and enjoy it. It is important to make sure that the child's sporting activity is age appropriate.

In general, toddlers (aged 2-5) are too young to comprehend most organized activities and the importance of 'rules'. They need unstructured play that allows them to develop movement skills, attention span and social maturity. From the age of 8 and above, children can participate in team sports and group exercise. If your child does not like athletic activities, take the opportunity to spend more time with your child and encourage physical activity with regular walks, swimming, tossing a ball around, or simply kicking a ball back and forth. Be creative and mix it up so your child does not get bored.

Importance of Safety First

Unfortunately, children can get injured while playing sports. In such cases, seek a physician immediately to rule out any serious damage. In most cases, a physical therapist or athletic trainer is able to help your child in the recovery process by working closely with the physician.

Specially trained in anatomy and physiology, a physical therapist will design a delicate, yet effective exercise program to help restore muscle balance and improve mobility in your child. The therapist will be aware of the child's limitations and will do everything possible to facilitate recovery as quickly as possible. Children tend to get restless during the recovery process, and a physical therapist will patiently work with the child to achieve compliance during the recovery process.

Physical therapy helps to heal, strengthen, and improve motion by treating your child's injured area with a variety of exercise techniques that incorporate fun and playful activities. Expect to see your child recover faster than you ever imagined.

The Right Physical Therapist For Your Child

Although physical therapy can help children in the recovery process following an injury, there is a lot more that the therapist can do. As a parent, you can expect the physical therapist to use a variety of techniques to strengthen muscles and improve joint mobility.

The therapist will make the exercises fun and interesting, and your child won't realize that he or she is "being treated." As a parent, you should encourage your child to participate and 'play along' with the treatment. The physical therapist may use play techniques including crawling, playing follow the leader, facilitating balance and coordination activities using beams, balls and other objects.

After an injury, a physical therapist will help your child recover and regain full potential, allowing that little bundle of joy to experience the pleasure of sport and grow physically and emotionally in the process. When you find the right therapist, your child will look forward to the 'play sessions' and they will enjoy the recovery process. If your child is recovering from an injury, give us an opportunity to help the child recover as quickly as possible. Give OSTC a call today.

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Tana Drennan,
Certified Pre and Post
Natal Fitness
Specialist

Tana Drennan is an athletic trainer and certified strength and conditioning specialist at OSTC. After experiencing 3 pregnancies and realizing that many women, including herself, are unsure of how to work out while pregnant, Tana started researching prenatal exercising. She became even more interested when she learned that many OB/GYNs were not up to date on the current research regarding pregnancy and fitness.

Tana decided to specialize in the area of prenatal and post natal exercise. She studied for months, and recently passed her certification exam from the AFPA, American Fitness Professional Associates.

She is now a Certified Pre and Post Natal Fitness Specialist.

If you are pregnant, recently had a baby or know someone who is please contact Tana Drennan at OSTC to set up an appointment to discuss your fitness plan.

What People are
Saying about OSTC:

- Very professional, Great staff who is knowledgeable and friendly
- Very professional facility and I really like it
- I was a little anxious about starting therapy after fracturing my fingers. The therapist immediately set me at ease, it has been a great experience, so glad I came here for my therapy.
- All around good experience, I feel I have been helped in all ways, they have taken out time with me to show their interest.
- I enjoy coming here. Great bunch of kids out here.
- I love this place, laser is awesome.

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