



Orthopaedic & Sports Therapy Center
Professional. Caring. Excellence.

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OSTC Elves are at it Again!



Helping Santa with his gift giving has become an annual tradition for the employees at OSTC. Every year, before Christmas, the OSTC "elves" gather presents for a family in need. The gifts are bought by different employees and stored away until "Gift Wrapping Day." On this day, OSTC provides lunch and all the elves hang out and wrap gifts while watching a classic Christmas movie. This year we chose to watch *How the Grinch Stole Christmas*.

There is nothing "Grinchy" about this time though! OSTCEmployees enjoy the teamwork involved in wrapping the gifts and just taking a time out from our busy day to enjoy good food and good laughs with our OSTC

family.

Its little things like this that make working at OSTC special. One of our key beliefs at OSTC is doing the right thing for the right reason, and what is more perfect than giving back at Christmas time.

All the OSTC elves would like to wish a Merry Christmas to all of our fellow employees, families, patients and wellness members. Thank you for your support and for making the Season Bright!



REINVENT YOURSELF WITH PHYSICAL THERAPY IN 2019



The science of healthcare is constantly evolving. Treatments are improving, and advances in science now allow individuals to live longer.

Physical therapy has seen significant changes, and is now considered an accepted form of treatment for several conditions.

Physical therapy can help reduce pain, improve mobility and help patients to live happier, healthier lives. Physical therapists help improve quality of life through optimization of movement.

As the new year unfolds, we hope to get the opportunity to inspire you, and your family to enjoy the benefits of an active, pain-free lifestyle.

WHAT PHYSICAL THERAPY CAN DO FOR YOU

1. Physical therapy reduces injury Your therapist can provide you with a structured, progressive exercise program to reduce injuries with a combination of warm-up routines, stretching and movement techniques. This will allow you to participate in the types of activity you enjoy, without the risk of pain and injury.

2. Physical therapy helps improve strength and balance A progressive exercise program improves muscle strength and promotes balance and stabilization. Elderly patients in particular are at a risk for falls as a likely consequence of poor balance.

3. Physical therapy helps diabetes and heart disease Diabetes and heart disease are global health concerns associated with several complications. Concerns include impaired blood circulation, nerve conduction problems and muscle weakness. Contrary to popular belief, physical therapy plays an important role in the treatment of conditions like heart disease and diabetes. A well designed exercise program under the supervision of a physical therapist can improve blood flow, nerve conduction and muscle strength in a safe and progressive manner.

5. Physical therapy helps improve posture Every physical movement on a daily basis involves muscle contractions, joint motion and posture alignments. In a world where we spend more time sitting than ever before, postural problems are abundant. If you spend time hunched over your desk with your neck thrust forward and shoulders slouched, consider a postural evaluation with a physical therapist. A physical therapist can correct muscle imbalances, relieve joint tightness and also help



2019 USHERS IN A NEW AGE OF PHYSICAL THERAPY

The key to a healthy life is movement and function. Limitation in mobility and function impacts the quality of life. This can limit the individual's ability to be an active participant in society. The good news is that the benefits of physical therapy are far-reaching. This makes therapy one of the most sought after treatment for patients with a variety of illnesses.

The year 2019 brings renewed confidence from the medical (and patient) community on the benefits of exercise and function. Licensed physical therapists adhere to strict professional standards, collaborate with other healthcare professionals and come up with innovative treatments to help you live your life with abundance and energy.

Start the year right by contacting us to learn more about what we can do for you. Give your body the gift of good health in the New Year



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Celebrating OSTC Success Stories!

This month we are celebrating the success of two of our physical therapy technicians. Most of the pt techs at OSTC are college students who are studying to become future health providers, and these two are one step closer to making that dream come true.

Ana Lopez graduated from Midwestern State University with a Master's degree in Exercise Physiology and has applied to Physical Therapy School. Congratulations Ana!

Cory Witherspoon was accepted in to the Physical Therapy Assitant program at Murray State Coilege in Oklahoma. Congrats to you Cory!

We are so proud of you two and cant wait to see what you do in the future-love your OSTC Family.

What People are Saying about OSTC:

- Everything I have encountered with OSTC has been outstanding. So glad I came here
- Excellent facility! Outstanding therapists and staff
- Front desk ladies are nice • Great job – great place
- Very convenient • Everyone is very nice – calls you by name! Very personable
- The staff here is outstanding – so nice and professional – supportive of me and of each other

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