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OSTC Says Farewell and Good Luck to Two Members of the OSTC Family



OSTC staff is filled with mixed emotions as we say goodbye to two long-term employees. Elizabeth Wamble will be leaving OSTC to pursue her career as a PTA at Seymour Hospital and Sonny Stevenson will be moving to a new location per her husband's military assignment.

We are all so proud and happy for Elizabeth Wamble, who recently graduated from Weatherford College's PTA program. Liz is originally from Byers, TX and has worked at OSTC for 7 years. Liz might be quiet and reserved, but her presence at OSTC will be deeply missed. We all wish her the best of luck as she moves forward to pursue her dreams and goals.

Sonny has been "the momma" of the physical therapy techs since she came to OSTC 4 years ago. She is an integral part of making this company run smoothly. At home, Sonny is a mom to 3 beautiful children; Ian, Shilo and Ethan, and wife to Master Sergeant Avionic Specialist, Fred Stevenson. All the staff at OSTC would like to wish Sonny and her family all the best as they move to their new assignment.

On May 24, all staff members of OSTC joined together for pizza and cake to celebrate the accomplishments of these two women and to wish them good luck as they move forward in their lives. Over the years, we have shared many laughs, smiles and tears with our work family. We will all miss Sonny and Liz!



Physical Therapy: A Vital Tool in Recovery of Knee and Ankle Injuries.



Knee and ankle injuries are common for people of all ages. They tend to occur during day-to-day activities such as walking, climbing stairs and running. In most cases, people tend to ignore the pain and just 'carry on', leading to more injury and pain. Rest and medication help reduce pain. However, the residual effects of knee and ankle injuries (loss of strength and mobility) are best treated with physical therapy.

The knee joint is a complex, weight-bearing structure and the ankle, in particular, is protected by ligaments on the inside, outside and the front. Sudden twisting movements can lead to tendon and ligament tears, and in some cases, fractures. Also, a myriad of injuries including strains, sprains, plantar fasciitis, fractures, meniscal tears and ligament tears can lead to impaired mobility and severe pain. These conditions can make it difficult, if not impossible for the individual to walk until the injury heals.

Depending on the severity of the injury, surgery may be required. With or without surgery, physical therapy plays a vital role in recovery from knee and ankle injuries.

Time to Take a Stand!



Physical therapists use sound, scientifically proven principles of human anatomy, physiology, movement and psychology to help patients lead healthy, pain-free lives.

The therapist will conduct an initial evaluation followed by several progress notes to document progress over time. A comprehensive analysis establishes a 'clinical baseline' and identifies muscle imbalances, causes of pain and joint alignments. This is the foundation for short and long-term

goals designed to help individuals recover completely. In fact, physical therapy can address every aspect of recovery including:

- Gait
- Biomechanical aspects like spine/hip/foot alignments
- Lower back strength
- Pain levels
- Functional capability

At OSTC our physical therapists, will get you back on your feet as soon as possible. Call us today to learn more. You deserve the right kind of care. It's time to take a stand. Let's do it together. We are here to help.



Time to Heal

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Sale prices are only available for purchases made June 1st -June 15th

What People are Saying about OSTC:

- Keep up the great work Fantastic experience.
- All staff has been exceptional, much improvement thanks to the OSTC staff
- Love it here!
- Wonderful and friendly staff I loved how many of the techs remembered me and would follow up with me the next time they saw me!

Due to the sensitive, weight-bearing nature of the hip and knee joint, it is critical to allow sufficient time for the healing process. In most cases, physical therapy can begin immediately following hip or knee surgery.

Following knee/hip surgery patients can experience any of the following:

- Weaker muscles
- Tighter ligaments
- Reduced blood flow
- Scar tissue formation
- Joint restrictions

Pain and discomfort is also experienced during movement and weight bearing.

Physical therapy will increase strength and mobility to prepare the knee and hip for active, daily life. Exercises and techniques used by physical therapists include, but are not limited to:

- Modalities such as ice, LASER, heat, or e-stim may be used to control pain
- Therapeutic exercises to strengthen the muscles in the hip, knee, and ankle
- Manual techniques to increase mobility of underlying joints, improve blood circulation and break down scar tissue (when indicated)
- Balance exercises to improve posture and biomechanics while sitting, standing and walking
- Weight control, as needed, to reduce weight bearing stress on the hip, knee and ankle
- Identification of appropriate assistive devices and footwear to facilitate mobility.



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