



Orthopaedic & Sports Therapy Center  
Professional. Caring. Excellence.

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### Summer means the start of Athletes' Advantage

As the school year is winding down, the wellness staff at OSTC is gearing up for Athlete's Advantage. Athlete's Advantage is a six-week strength and conditioning camp specifically designed for middle school and high school athletes. Athletes will be grouped in sessions depending on their sport and age level; each session will be tailored to fit the needs of that particular sport. For example, volleyball players will focus on increasing vertical jump height, footwork, injury prevention, shoulder strength and core stability. Overall, athletes will work on agility, speed, strength, power, endurance, flexibility, and jump training. Our specialists will work to correct form and coach technique to prevent injuries.



Athlete's advantage has been a tradition at OSTC since the doors opened in 2001. Historically, our summer camp program has helped elevate a number of athletes to collegiate level performances. We will have summer camp groups available from 5th grade through college. Athletes will be tested and given scores documenting improvements made during the camp.

If you or your athlete are interested in joining OSTC's Athletes' Advantage Summer Camp, contact Brad Ezzell, (Program Director) at [brade@ostcwf.com](mailto:brade@ostcwf.com) or 940-692-4688

### Role of Physical Therapy on Heart Health



The impact of heart disease is significant, since it affects the quality of life. According to the Centers for Disease Control and Prevention (CDC), cardiovascular disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day.

The good news is that lifestyle changes can make a difference. Your physical therapist can play an

important role in improving your heart health. Don't wait until your physician tells you it's time to exercise, take some pre-emptive action. Call our office today and ask us to craft a "heart healthy" exercise program. Even if you have never exercised before, we'll improve the health of your heart with a safe, progressive exercise program. Expect to work closely with us, and together as a team, we'll improve the way your heart functions.

If you currently suffer from heart related issues, your physical therapist can help you regain an active lifestyle by working on three specific areas:

- Mobility issues
- Healthy eating and lifestyle changes
- Physical activities geared towards your specific abilities and goals

### The ABCS of a Healthy Heart



Although exercise is an important part of heart disease prevention, it is important to remember the **ABCS** of a healthy heart. Consult your physician for more information on these four key factors:

**A** - an **A**spirin a day can help keep your heart healthy. Ask your physician if low dose aspirin is a good idea for you.

**B** - know your **B**lood pressure numbers. If your blood pressure remains high for a period of time, you may be at risk for heart disease. Ask your physician for more information.

**C** - know your **C**holesterol levels - your body has 'good' cholesterol and 'bad' cholesterol. The ratio between these numbers is an important determinant of heart health.

**S** - there's no question **S**moking is detrimental to the heart! Smoking has a detrimental effect on other organs including your lungs and has been proven to cause cancer.

As your physical therapists, we are committed to helping you live a healthy lifestyle brimming with energy and abundance. A strong, healthy heart is the first step, and we want to help you. Don't wait, just give us a call today and ask us for more information. You owe it to your heart.

### The Heart - An Amazing Organ

The average heart rate of an average adult is 72 beats per minute. If you live to be 80 years old, your heart could beat almost 3 billion times. The heart is an amazing organ that keeps beating involuntarily and powers blood circulation for the entire body. Here are some important considerations for heart health.

- **Understand the impact of lifestyle** - While genetics play a part in heart disease, lifestyle choices have a significant impact. Smoking, overeating, eating unhealthy food and a sedentary lifestyle are factors that must be improved, especially when heart disease runs in the family.
- **Eat healthy** - Minimize the consumption of sodium and trans fats. Eat healthy fruits and vegetables daily (try frozen versions when fresh produce is not in season as they hold the most nutrients).
- **Join heart healthy programs** - Several programs can help you achieve a heart healthy lifestyle. In September 2011, the CDC launched a national initiative called *A Million Hearts* that includes a list of partners (federal and private sector) committed to keeping people heart healthy. Among those participating are the American Heart Association, the YMCA, Walgreens, and numerous health insurance companies. You may want to consider challenging your family and friends to take the Million Hearts™ pledge (or taking the pledge yourself) at [www.millionhearts.hhs.gov](http://www.millionhearts.hhs.gov)
- **Keep Moving** - Being active doesn't mean having to run on a treadmill or attend a workout class. Simple things like taking a daily walk, taking the stairs instead of the elevator, parking farther away from your destination and walking to it can make a difference. Just keep moving!



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### OSTC Scholarship Recipients

OSTC would like to congratulate the 2019 scholarship recipients! This year OSTC created two scholarship opportunities to help senior students in the Wichita Falls area.

The winner of the *First Annual MVP Scholarship* is **Alexis James** of Holliday High School. "Lexi" has been a member of the Lady Eagle tennis, basketball and volleyball teams. She is also a member yearbook, TAFE officer, and a member of the 180 church group.

This year OSTC decided to award two deserving applicants for the *Set Back to Come Back Scholarship*. We are proud to award both **Jett Johnson** of Holliday High School and **Kalico Burkes** of Henrietta High School.

This scholarship is unique in that is awarded to a senior student who suffered and injury while playing highschool athletics and over came that setback with a major comeback.

Jett is not only a leader on the field but also in his communittee, he is a member of the Eagle football and basketball teams as well as student council, TAFE and the National Honor Society. He has recieved many awards for his outstanding accomplishments in athletics and acedemics.

Kalico, brings great leadership skills to her classmates at Henrietta. She has been the Student Council President for 4 years, captain of the basketball and softball team as well as a member of FFA and 4H.

CONGRATULATIONS TO THESE THREE OUTSTANDING ATHLETES!

### What People are Saying about OSTC:

- Everybody in the clinic is friendly and professional. They make healing fun!
- Great care and attention
- Very happy with this facility and staff. Amber is always helpful and a joy to see. Lucas always makes PT go by faster/ more entertaining
- My care has been excellent from beginning
- Everything excellent
- Really like the laser therapy. It feels good and helped my healing
- I have received more and better treatment here than any other rehab place. The therapists and techs are wonderful

### OSTC website

[www.ostcwf.com](http://www.ostcwf.com)

### Mother's Day Massage Special

Mother's Day is just around the corner but there is no need to look any further for the perfect gift. OSTC is offering a special discounted deal for massage packages for the most important person in your life. Come in or call today! This special won't last long!



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