



Orthopaedic & Sports Therapy Center  
Professional. Caring. Excellence.

1 West Medical Court  
Wichita Falls, TX 76310  
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### Congratulations to Krystal!

OSTC would like to send a big CONGRATULATIONS to our very own Krystal Francique! Krystal just graduated from Midwestern State University with a Master of Science in Radiological Science (MSRS).

MSU was the first educational institution in the United States to offer a discipline-specific graduate degree. Today, the MSRS program at MSU remains a leader in imaging and radiologic sciences education and offers different areas of concentration. Krystal's degree focus was on the administration and educational track.



Krystal is originally from Grenada in the Caribbean. She came to Wichita Falls to further her education in Radiological Sciences. In 2013, she earned her associate's degree in Radiology and began working at OSTC. Krystal continued to pursue her educational goals while working at OSTC; she earned her Bachelor of Science in Radiological Studies and now her Master's degree. I think we all agree, earning two degrees while working is no easy tasks, but Krystal remained focused on her goal.

The OSTC family is so proud of Krystal and her accomplishments. Seretha Elkins says, "Krystal is a true asset to the company, not only does she bring a high level of knowledge as a radiological technologist, she also brings enthusiasm and management skills."

When Krystal is not busy studying or working, Krystal enjoys spending quality time with her friends and family.

### The Definitive Bone Strengthening Protocol



Osteoporosis is a condition in which the amount of calcium and minerals in the bone decreases, leading to a reduction in bone density. As a result, bones become fragile and prone to fractures. A fracture can occur from a minor fall or simple actions like sneezing or bumping into furniture.

Treatment involves calcium supplements and prescription medication. Physical therapy plays an important role in maintaining quality of life for patients with osteoporosis, and for good reason. Muscles and tendons can be strengthened to provide

a protective effect for bones. Although it cannot be cured, the rate of progression of osteoporosis can be decreased with physical therapy and medication.

### New Horizons Await You



If you have been diagnosed with osteoporosis, don't despair. Millions of individuals with this condition live healthy, productive lives. As long as you work with a physical therapist and take the right precautions, you can experience a renewed awareness of movement and function.

Physical therapy can improve balance, increase strength and reduce the incidence of falls. Ask your physical therapist for precautions about movement, lifting, and injury prevention. In the unfortunate event that you do experience a fracture, your physical therapist is uniquely qualified to help you in the recovery process. The use of assistive walking devices (cane, walker) may be suggested by your therapist.

Don't allow fear of injury to hold you back. Talk to a physical therapist and learn about the differences between safe and unsafe exercise. A new world of freedom and independence awaits you. We are here to help you improve your life with the benefits of physical therapy.

### Living with Osteoporosis

Here are important factors to consider when living with osteoporosis:

#### 1. Dietary measures

A diet rich in calcium and vitamin D provides the body with important minerals that form the building blocks of bones.

#### 2. Weight bearing exercises

Always seek approval from a physician before starting any exercise program, especially if have been diagnosed with osteoporosis. Simple exercises like walking and climbing up a flight of stairs are beneficial. A physical therapist will prescribe an exercise program tailored to the needs of the patient.

#### 3. Muscle strengthening exercises

Supervised weight training helps improve muscle strength. A physical therapist may recommend the use of tools such as elastic bands, free weights and exercise equipment. Patients are also encouraged to use their own body weight to perform a number of exercises.

#### 4. Core stabilization exercises

These exercises improve posture and balance. They help in the prevention of falls, injuries and fractures. Yoga and Pilates are examples of exercise used to improve posture and balance. All exercises should be done under the supervision of a licensed physical therapist.



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### What People are Saying about OSTC:

- Staff friendly and knowledgeable
- Your staff is fabulous. Even when I whine and cry they are understanding and encourage me
- Very nice place to do your therapy would recommend to others
- All staff members I've met have been exceedingly sweet and knowledgeable

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