



1 West Medical Court
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OSTC Wellness will begin opening at 6am starting March 5, 2018.

This change in opening hours is to help those who wish to get up early and get their workout in before work.

If you are interested in joining OSTC's Wellness program, call OSTC at 940-692-4688 and ask to speak with Brad.



March is National Athletic Training Month - Compassionate Care for All

Definition of athletic training: *"Athletic Trainers (ATs) are health care professionals who collaborate with physicians. The services provided by ATs comprise prevention, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions. ATs work under the direction of physicians, as prescribed by state licensure statutes."* - NATA

OSTC currently employs 7 Athletic Trainers; Sidney Ashton, Steve Bailey, Tana Drennan, Dustin Hostas, Colton Mass, Thomas Patrey and Charlie Post.



The athletic trainers at OSTC wear many different hats. Many of the OSTC athletic trainers provide sports medicine coverage to some of our local high school teams as part of OSTC's community outreach program. Other Athletic Trainers can be found in the clinic seeing patients, managing personnel or performing courtesy evaluations on walk-in patients. They perform countless unseen duties such as maintaining equipment, caring for the pool, writing the newsletter, stocking medical supplies, teaching fitness classes, perform pitching analyses on overhead athletes, fitting braces and orthotics and teaching First-Aid/CPR to OSTC employees and high school coaches.

OSTC finds the knowledge and experience that an AT has to offer to a physical therapy clinic to be invaluable. Athletic Trainers provide immediate care at sporting events, and should an athlete need a physician follow-up, the AT can facilitate that appointment and often times get the athlete seen that day! A recent study showed

that Athletic Trainers are so experienced at assessing injuries that they come to the same conclusion as an orthopedic physician 92% of the time.... And that is without the use of x-rays or MRIs.

If you see one of the Athletic Trainers at OSTC this month, be sure to tell them "Happy Athletic Training Month!"



Everything You Need to Know about Degenerative Disc Disease

Degenerative disc disease, despite the name, is not a disease but a deterioration of the discs of the spine. It occurs over a period of time, resulting in neck or back pain and other musculoskeletal and neurological symptoms. It is common in adults.

Types of degenerative disc disease

1. Cervical: affects the neck and is referred to as cervical degenerative disc disease
2. Lumbar: affects the lower back and is called lumbar degenerative disc disease

The cervical and lumbar regions of the spine are susceptible to damage due to increased movement capabilities. Constant motion over time results in the wear and tear of the discs.

Signs and Symptoms of DDD

Most patients report one or more of the following symptoms.

- Pain is triggered by an activity
- Pain flares up periodically and then settles to a low-grade pain/discomfort
- Sitting or standing for long periods of time worsen the pain
- Activities such as walking may alleviate the pain
- Relief upon changing body position
- Muscle spasms
- Tingling sensations in the extremities

Any activity that triggers pain in the neck or lower back should be ceased immediately. If there is no relief with rest, consult with a physical therapist. Early intervention could save you from further damage to the disc, muscles and ligaments.

A Stronger Spine

Prevention Tips

Poor posture, especially in a sitting position, can cause bone and joint issues over time. If your job is sedentary it is important to:

- Perform stretching exercises at regular intervals.
- Adjust the height of your desk chair and computer to minimize strain on your neck and lower back. (Come to our office for an evaluation and we will identify the most appropriate height for you).
- Invest in footwear to reduce stress on the lower back

Call our office without delay if you are at risk of developing DDD. If you, or someone you know, has been diagnosed with DDD, a physical therapy program, combined with traditional medicine, is critical for recovery.



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What is LASER therapy?

Laser therapy is technically called photobiomodulation therapy. This is the use of light waves to improve tissue repair, reduce pain and inflammation wherever the beam is applied. The light penetrates the body to stimulate repair to the damaged underlying tissue. Laser therapy can be used on a multitude of different musculoskeletal injuries or issues. Therapeutic laser can impact the tissue by improving circulation in the tissue and impacting several anti-inflammatory mediators in a joint; helping to reduce pain.

OSTC has been using the Class IV laser for almost 4 years now. In fact, the therapists at OSTC have seen such amazing benefits and positive results for their patients, that in 2016 OSTC bought a second laser. Laser therapy may be used in conjunction with your physical therapy at OSTC or can be purchased individually.

Conditions that are often treated with laser and see the best benefits are: Tendinitis, Plantar Fascitis, Arthritis Pain, and post surgery pain, though it is used for several other conditions as well.

What People are Saying about OSTC:

- Always received courteous and prompt treatment - entire staff friendly - even if they were not treating me
- Shane is so smart. He always has the perfect solutions to my problems. It just comes natural with him.
- Everyone was wonderful
- First, I am so much better! The exercises helped me regain my mobility. Everyone was so helpful and friendly. I consider all you blessings.
- I had excellent care here from everyone!



Physical therapy interventions include:

- Strengthening
- Postural retraining
- Ergonomic intervention
- Use of modalities including electrical stimulation for muscle reeducation

Physical therapy will improve blood circulation to the affected region and reduce pain by facilitating the release of endorphin (pain relief chemicals naturally produced by the body). The long-term goal is to reestablish range of motion over time and assist in recovery. Call us today to learn more about what physical therapy can do for you.



Management of Degenerative Disc Disease

Physical therapy helps treat the underlying factors such as the instability of the intervertebral joints and the associated inflammation. Your physician may recommend prescription medication to provide relief. Once the pain is reduced, specific exercises and specialized physical therapy techniques are utilized to achieve lasting relief.

Treatment falls into one of the following three categories:

Medical

- Pain control with acetaminophen, prescription medications, narcotics, etc.
- Nonsteroidal anti-inflammatory medication (NSAID, steroid injection etc.)

Surgical (if required)

- Fusion of the discs
- Replacement of the damaged disc with an artificial disc

Conservative (Physical therapy)

- Exercise: Progressive controlled exercises under supervision. These include stretching, strengthening and low-impact aerobics.
- Lifestyle modification: Improved posture and movement patterns reduce stress on the spine. Ergonomically designed chairs can also relieve pressure on the spine.
- Self-care including weight management, treatment of depression, etc.



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