



**Orthopaedic &
Sports Therapy
Center**

Professional. Caring. Excellence.

**1 West Medical Court
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SPOTLIGHT Physical Therapist

Juli Weger, DPT
Physical Therapist

Juli is a licensed physical therapist that has been with OSTC since August of 2016. She is from Coppell, Texas and graduated from Whitesboro High School. She obtained her Bachelor's and Master's degrees in Biology from Midwestern State University and her Doctorate of Physical Therapy from Texas Tech University. She is TPI Level I certified and resides in Lakeside City. Juli enjoys riding motorcycles with her parents and playing golf whenever she can.

Juli had previously worked as a physical therapy tech for OSTC; while working here she fell in love with the profession of physical therapy. Her favorite part of being a physical therapist is seeing her patients get better, and her favorite part of working at OSTC is the family unit that has formed amongst all her coworkers.

When asked what she would do if she were not a physical therapist, Juli said she would probably teach custom bootmaking classes.

What People are Saying about OSTC:

- Over the years I have had PT at home and 2 other facilities in Wichita Falls. This experience was by far the best
- All therapists and staff are so friendly and make hard work very fun and enjoyable
- Got my eval same day as I called, staff is extremely nice. Even Brittany helped fill out my initial paperwork
- Clean pleasant experience every time, love being around young energetic people
- I have had an excellent experience. Everyone has been friendly, helpful and encouraging especially Kris my therapist
- I love everything about OSTC

OSTC Christmas Wrapping Party!



The Christmas season is a time for giving at OSTC. Every year the staff at OSTC adopts a family or group of kids to make sure they have a Merry Christmas. Gifts are bought according to what the children or family need and then the staff gathers for a wrapping party. On this day the OSTC staff gathers to wrap all the presents, enjoy each others company, eat good food and listen to Christmas music. For most OSTC employees, it is a joyous day to truly play Santa. We may not get to see the children open their presents on Christmas morning, but we know that without our Wrapping Party, several children would go without on Christmas Day.

This year OSTC will be donating gifts to 10 children. OSTC staff will also be purchasing warm pajamas to donate to Harvest kids of Holliday's Harvest Food Ministry. *Harvest Food Ministry operates entirely through donations that go directly towards supplying the surrounding communities of Holliday, Texas, with monthly supplemental boxes of food.*



Merry Christmas to all from the staff at OSTC!



Pre-Surgery Physical Therapy



Most people think of physical therapy in regard to rehabilitation following surgery, but it's also beneficial for preparing the body to undergo a surgical procedure. It's effective for aiding in quicker recovery times, decreasing the potential for complications, and reducing the care required after surgery - especially in major procedures such as joint [replacements](#).

It's beneficial prior to any surgical procedure and can be particularly advantageous for sports injuries. A sports-related injury requiring surgery will typically be more severe and require specialized care if the patient is to return to full functionality and "prehab" therapy can help.

Pre-surgical physical therapy maximizes a patient's range of motion, strength and control prior to the surgery and helps individuals

regain mobility and control faster and more effectively post-operatively. Between the time an injury occurs and when surgery is scheduled, a substantial amount of atrophy can occur in muscles. Movement patterns can also change as people try to compensate for a loss of motion or balance. Physical therapy is beneficial for preventing both situations.

Pre-Surgical Physical Therapy for Better Recoveries

Your physical therapy program may begin anywhere from a week to several months before your surgery is scheduled, depending upon the type of surgery that's required. It will [encompass](#) strengthening of key muscle groups and the cardiovascular system. At-home exercises may be prescribed.



Your physical therapy will include treatments to improve your balance, coordination, endurance and posture. If you will require a mobility aid (cane, crutches, walker, etc.) following surgery, you'll receive instruction in its proper use, enabling you to be mobile as soon as possible.

If edema is a problem your physical therapist has treatments that can aid in reducing fluid retention and aid the body with detoxification. Multiple therapies are available to help maintain range of motion and reduce stress that includes manual manipulation, soft tissue massage, heat, cold, compression and hydro-therapy, along with LASER therapy and electrical stimulation.

A pre-surgery physical therapy program will be individualized to meet your needs of the specific type of surgery you'll undergo. The therapy program will be carefully crafted to help you maintain flexibility and better physical conditioning for healing.

The stronger you are at the time of surgery and the more you know, the better equipped you'll be both physically and mentally for the rehabilitation stage. Properly prepared, your body will heal faster and be ready to meet the challenges of returning to full functionality.

Six Benefits of Pre-Surgery Physical Therapy

Physical therapy before surgery aids the body in ways ranging from quicker recoveries to better pain management. Pre-surgical physical therapy can help with:

- Better overall [health](#) for quicker recovery
- Improved pain management
- Better response to rehabilitation
- Minimize risk of complications after surgery
- Mitigate the risk of re-injury
- Instruction in mobility aids before they're actually needed

Pre-surgery physical therapy provides patients with an opportunity to become familiar with the equipment, mobility aids and types of rehabilitation methods that will be utilized after their surgery is performed. It's much easier for patients to focus on the things they'll need to know prior to surgery instead of immediately after when they may be feeling overwhelmed.

Exercise is a key component in rehabilitation and pre-surgical physical therapy provides the means to build the strength needed in specific locations of the body to accommodate crutches or a wheelchair. It's especially beneficial for those who have to re-learn how to move normally again after their surgery. Patients who have pre-surgical physical therapy have greater stamina, endurance and resilience for their rehabilitation program.

Nutrition also plays an important role in recoveries. People facing surgery often eat for comfort. At OSTC we have fitness nutritional specialists on staff for a nutritional consultation to help [control weight](#) and minimize inflammatory responses. He/she can also help with dietary advice to prevent constipation that often occurs after surgery.



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