



1 West Medical Court
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10/30/2017

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OSTC
Orthopaedic and Sports
Therapy Center

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940-692-4688

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SPOTLIGHT Physical Therapy Assistant (PTA)

Charlie Post PTA, LAT, ATC, CSCS

Physical Therapy Assistant

Charlie Post, originally from Archer City TX, has called OSTC home for the past 14 years. He earned his Bachelor of Science and Masters Degree in Kinesiology from Midwestern State University. Charlie loves sports, especially the Cowboys. His love of sports led him to a career as a Certified/Licensed Athletic Trainer, where he worked with athletes for sixteen years. Recently, Charlie went back to school to be a Physical Therapy Assistant, and now works in the clinic with athletes to help get them back to optimal condition.

Charlie's favorite part about working at OSTC is the fun and friendly family environment. He loves interacting with patients and seeing his patients recover from their injuries. Recently, Charlie attended a continuing education course for the treatment of the shoulder and knee.

At home Charlie hangs out with his wife Jeni, two daughters, Rylee and Reagen and his dog, Dixie.

What People are Saying about OSTC:

Brittany was extremely helpful and helped me complete my whole initial paperwork.

Got my eval same day as I called, staff is extremely nice.

Clean, pleasant experience every time, love being around the young energetic people.

I have had an excellent experience. Everyone has been friendly, helpful and encouraging especially Kris my therapist.

When I have felt unwell have always been nice about it and rescheduled.

Meeting the Requests of our Patients



At OSTC, we take great pride in providing our patients and clients with the best physical therapy in the Wichita Falls area. In an effort to make sure we are meeting the needs and wants of our clients, we have a suggestion box available at the front desk area. We also ask for your feedback once a month on our patient surveys. These suggestions and comments are taken very seriously and are an important way to help us help you. Our staff holds weekly meetings to discuss all the positive things we are doing and all the things we can improve upon to serve you better.

This year we are proud to announce the addition of automatic front doors, new treadmills and new ellipticals. OSTC has also hired more therapy technicians to better provide one-on-one care to our physical therapy patients.

Thank you OSTC friends and family for helping to make us Texoma's Best Physical Therapy Clinic. We strive to exceed all of your expectations.



How to Protect and Strengthen the Knee (and Foot)

Knee and foot 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 foot injuries (loss of strength and mobility) are best treated with physical therapy.

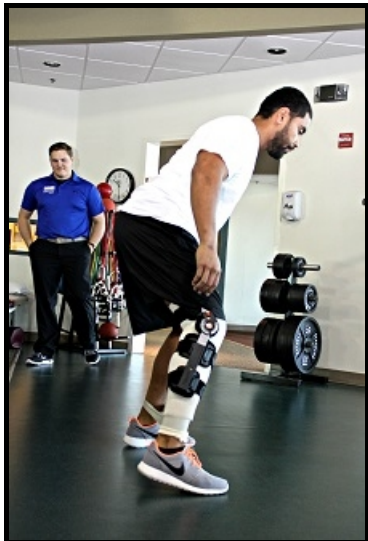
The knee joint is a complex, weight-bearing structure and the ankle, in particular, is protected by ligaments on the inside, outside and the front. Sudden twisting movements can lead to tendon and ligament tears, and in some cases, fractures. Also, a myriad of injuries including strains, sprains, plantar 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.



Healing in the Early Stages

Due to the sensitive, weight-bearing nature of the hip and knee joint, it is critical to allow sufficient time for the healing process. Physical therapy can begin almost immediately following an injury or surgery to the lower extremity. Early physical therapy intervention can speed the recovery process by helping decrease pain and swelling, and increase range of motion. As the body heals, patients may experience some side effects from their injury/surgery such as: weaker muscles, tighter ligaments, reduced blood flow, scar tissue formation and joint restrictions. Physical therapy can help reduce the chances of these side effects.



Pain and discomfort is experienced during movement and weight bearing. Physical therapy will increase strength and mobility to prepare the knee and ankle for active, daily life. Exercises and techniques used by physical therapists include, but are not limited to:

- 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.

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' that identifies muscle imbalances, causes of pain and joint mal-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

As your physical therapist, we 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.



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