



OPT Expands!!!

To meet the demands of the growing population and to continue our primary focus of providing patients with the highest quality of care possible, Orthopedic Physical Therapy of Garland has expanded its services into the North Garland, Plano and Richardson area. The convenient new clinic is located within the new Baylor Medical Plaza building at Telecom Road and North President George Bush Freeway.

OPT will continue to provide exceptional services with a professional staff that offers individual treatment plans for the most effective and efficient outcome.

OPT offers the most up-to-date rehabilitation for all orthopedic injuries including sport and work related injuries, as well as personal injuries and conditions.

OPT can help restore function, improve mobility, relieve pain, and prevent or limit permanent physical disabilities of patients with injuries or disease. We have a highly skilled staff comfortable with all musculoskeletal problems. You will be evaluated and a personal program established for you, and active participation in your recovery is vital for maximum results.

The new site is also contracted with most insurance plans including Medicare, Workers' Compensation, Blue Cross/Blue Shield, United Healthcare and many more.

We look forward to serving you in our pristine new clinic!



OPT North is in the new Baylor Medical Plaza

Do you know your Bone Density?

Osteoporosis is a debilitating disease that causes bones to become fragile and more likely to break. Millions of Americans are at risk with women four times more likely to develop the disease than men. But how do you find out what your bone density is? Dual X-ray absorptometry (DXA) is the preferred technique for measuring bone density. It is a relatively easy test to perform and the amount

of radiation exposure is very low. The DXA can help determine the thickness of your bones. In people with osteoporosis, it is five times more likely for a spinal fracture to occur.

The National Osteoporosis Foundation has recommended that testing be performed on all postmenopausal women under the age of 65 who have risk factors and that ALL women

over the age of 65 be tested. It is important to have a baseline test to compare future tests to as well.

If you fit any of the above categories and are interested in establishing your baseline bone density, please ask your physician to recommend the test for you. OPT currently performs this quick and painless test on site.

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What is Physical Therapy?

Chances are, you have already heard of Physical Therapy (PT). You might have heard from a friend how PT helped get rid of their back pain, or you might know someone who needed PT after an injury. You might even have been treated by a physical therapist yourself. But have you ever wondered about physical therapists—who we are and what we do? Read on.

Although the use of certain techniques of PT goes back to ancient times, the modern profession developed in the 20th century, in the wake of World War I. The very first American PTs were mostly women, called “reconstruction aides”, trained to work with soldiers returning from the war.

Today’s PT is a direct descendant of these brave women. PTs now work in a variety of settings, with patients of all age groups. In today’s healthcare system, PTs are the experts in musculoskeletal and neuromuscular problems that affect people’s abilities to move and function the way they want and function as well as they want in their daily lives.

When do YOU need a Physical Therapist?

(Most Common Reasons)

Low Back Pain

Neck Pain

Shoulder, Arm, Wrist or Hand Pain

Knee, Ankle or Foot Problems

Carpal Tunnel Syndrome

Sprains and Muscle Strains

Arthritis

Cardiac Rehabilitation

Rehab after Serious Injury

Chronic Respiratory Problems

Stroke Rehab

Balance Problems

Newborns with Disabilities

Pre/Post Natal Programs

Hip Fractures

Incontinence

Osteoporosis

Fitness and Wellness Education

Because people of all ages, from the newborn to the very aged, have the need to move and function, PTs work with patients across the lifespan. Also, PTs do not confine their talents to people who are ill. A large part of a PTs program is directed at preventing injury and loss of movement. PTs may work in industrial settings, with athletes at all levels and with individuals or fitness facilities.

Since PTs are required to understand a vast array of problems that can affect movement, function and health, all PTs must have a degree in physical therapy from an accredited university. This degree takes a minimum of six years to obtain. All PTs are also required to take a national examination and be licensed by the state in which they practice and renew their license every two years with proof of 30 hours of continuing education.

The cornerstone of PT treatments are therapeutic exercise and functional training. In addition to “hands-on” care, PTs also educate patients on how to manage their symptoms independently and perform certain exercises on a home basis.

For more information, see www.apta.org

October is National Physical Therapy Month!!!

Each year in October, the American Physical Therapy Association and physical therapists across the nation celebrate PT Month.

This year the theme is:

“Physical Therapy:
Your Health.
Our Hands.”

The theme truly reflects PT as a “hands on” profession.

October is not only an important month for the physical therapy profession, but also an important month for events that raise awareness of health conditions like breast cancer, brain injury, and Down syndrome. Many raise awareness and funds by hosting walkathons. This year, we focus PT Month on informative walking tips for these events and a healthy general walking program for all!



Physical Therapy:
Your Health. Our Hands.

American Physical Therapy Association
National Physical Therapy Month • October 2005

Timeless Tips: Walking for Exercise

Walking for exercise is a great way to get moving, increase your cardiac health, decrease your weight and positively affect your fitness. Here are a few tips.

Keep your feet on solid ground! You should be aware of uneven surfaces or changes in the surface when walking. Uneven surfaces can cause falls and are safety hazards. The best surfaces are flat, firm, and not too hard, such as grass, wood chip paths, dirt paths and cinder tracks.

If the shoe fits... Remember all shoes are not the same. When you start a walking program, you should buy shoes that are meant for walking. The heel should be made

from a foam material, to absorb shock. Always try on both shoes before buying them, using the size of your larger foot as a guide. Shop late in the day to accommodate for swelling. Always have your feet measured while stand-



Proper shoes can make all the difference!!

ing, and wear athletic socks when trying on for a proper fit.

Walking Logs: A great way to maintain goals and schedules. (ask your therapist for a free starter log sample!)

Location, Location, Location!

Where you choose to walk can affect your commitment to a walking plan. Choose an environment that will maintain your interest throughout the walk.

Tracks: best place for monitoring distance without a pedometer

Shopping Malls: great for safety and climate control. Many have walking groups already in place.

Outdoor Trails: You can enjoy nature while working out! These are best used with partners or groups to avoid personal danger.

What's Happening?

Wedding Bells!!

Debra Booth's son
Craig marries on
October 14, 2005.

Bouncing Baby Boy!

Delilah Davis, great-
grandmother, again,
baby coming December
30th!

If you have any special events or news, please let one of the staff know and we can include it in the next issue!!!

Staff News

Birthdays:

Bre Creech September 12

Shelly Polnick December 13

Ashley Soto December 30

Welcome:

Gavin Cornwell and Ashley Soto, our new techs!



Congratulations:

To Bre on her promotion to
Patient Coordinator!!

2241 Peggy Lane, Suite C
Garland, Texas 75042

Phone: 972.272.9643
Fax: 972.272.9682
www.osmcg.com

AND

7150 N. George Bush Fwy, Suite 100
Garland, Texas 75044

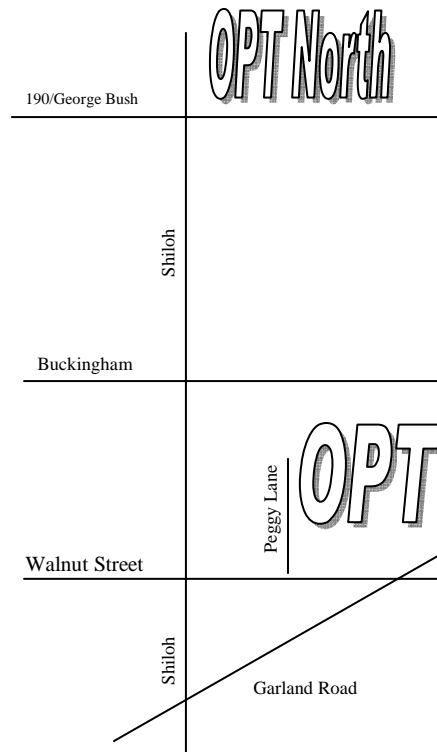
Phone: 972.496.7565
Fax: 972.496.9003
www.osmcg.com



OPT's Main Gym at Peggy Lane Clinic

Services:

- Upper Extremity
- Lower Extremity
- Spine
- Pre and Post Surgery
- Traumatic Injury
- Joint Replacement
- Sprain/Strain
- Tendinitis/Bursitis
- Dislocations
- Carpal Tunnel Syndrome
- Plantar Fasciitis
- Osteoporosis
- Back Pain with Pregnancy



Patients of
Orthopedic Physical Therapy
are seen by appointment.

New Patients are seen within
24 hours upon receipt of
any necessary referrals.

OPT Hours:

- Mon through Wed 7:15am to 6:00 pm
- Thursday 8:00am to 5:00pm
- Friday 7:15am to 1:00pm

OPT North Hours:

- Mon and Wed 9:30 am to 5:00pm
- Thursday 8:00am to 5:00pm