



Physical Therapy Central

Chickasha Choctaw Newcastle
 Norman Oklahoma City
 Pauls Valley Stillwater

*Let us get you...
 Back to WORK, Back to PLAY
 Back to LIFE*

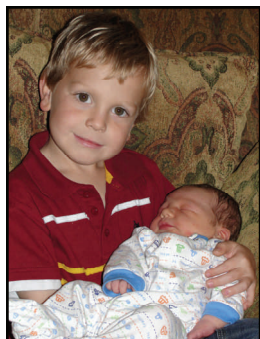
To find a clinic near you, visit our website to access phone numbers, maps and professional bios of the staff.

December 2009
www.ptcentral.org

Icy Falls: Below are a few suggestions to help reduce icy falls. The likelihood of taking a fall on a sidewalk or driveway increases proportionally with the amount of freezing rain and ice.



1. Wear boots, not dress or tennis shoes.
 2. Take shorter steps and slow down.
 3. Use salt to melt the ice.
 4. Hold on to hand rails.
- See [video](#), if only we could have this much fun.



Dear Dale and Staff,
 I just wanted to let you know that I had my baby last Saturday, and my back and hips feel great. It was a smooth delivery and I expect to make a speedy recovery without the need for further therapy.

Thank you so much for your help during those last weeks of pregnancy. It made the experience much more enjoyable and painless. Thanks again, April

Balance Test

Remove the shoes and place the hands on the hips, then position the non-supporting foot against the inside knee of the supporting leg. The subject is given one minute to practice the balance. The subject raises the heel to balance on the ball of the foot. The stopwatch is started as the heel is raised from the floor. The stopwatch is



stopped if any of the follow occur:

- the hand (s) come off the hips
 - the supporting foot swivels or moves (hops) in any direction
 - the non-supporting foot loses contact with the knee.
- the heel of the supporting foot touches the floor.

Scoring: The total time in seconds is recorded. The score is the best of three attempts.

- Excellent - > 50 seconds
- Good - 40-50 seconds
- Average - 25-39 seconds
- Fair -10-24 seconds
- Poor -< 10 seconds

Falls is the number one cause of bone fractures in people older than 60 years old. Your balance score can predict your "fall risk." The lower your balance score, the more likely it will be that you will fall.

[Read More: Tests of Balance, Prevent Falls](#)

Physical Therapy Corner

Diabetes Health Center: If nothing is done, the number of Americans with diabetes will nearly double in the next 25 years and spending on the disease will nearly triple. An aging population with a dramatic rise in obesity has created a perfect storm for diabetes in the U.S. Your physical therapist can help you begin an exercise program to improve your health. To ignore the problem is not a good plan. [Read More.](#)



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Clinic Hours

7:30 am - 5:30 pm Mon - Friday



Shape Up America!

Healthy Weight for Life



How do I know that I am weak

Muscle Strength and Endurance Test: No single test will give you an exact measure of your strength. This test will give you some feedback about your strength and endurance.

Position your self in a push-up position. Count each time you do a push up, stop the test when you can't do any more push-ups. Enter your score and get results [HERE](#). Enter the information and click continue to assessment tests, take the strength test.

If you don't like your results, visit the [improvement center](#).



What is Physical Therapy?

The goal of physical therapy is to help restore freedom of movement and high levels of function. Physical therapy may help you avoid surgery and/or pain.

Your Physical Therapist Can Help You With:

- Arthritis
- Back Pain
- Knee Pain
- Osteoporosis
- Overuse Injuries
- Shoulder Pain
- Stroke
- Sprains, strains, and fractures
- [And much more...read on...](#)

Your physical therapist is your partner throughout your journey to restoring and maintaining motion so that you can function at your personal best.



Need a Holiday Gift Idea

Consider adopting an Angel from the Angel Tree. Physical Therapy Central has adopted seven families this Christmas. Angel gift tags will be located on the Christmas tree in the clinics. Children's names and gift wishes are hung on clinics' Christmas trees; volunteers select angels and purchase gifts for the families. Physical Therapy Central will deliver the gifts to the families. Read More [Angel Tree](#)

Keep up with all the happenings at Physical Therapy Central.

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