



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.

February 2010
www.ptcentral.org

Preventing Slips and Falls

The ice and snow prompted me to return to the topic of fall prevention. The only way to prevent a fall on the ice is to not walk on the snow and ice. Going out to get your mail can be very dangerous when there is ice and snow on the ground. Slips and falls account for 1.8 million trips to the emergency room annually. It is a sad statistic, but one in five older adults who suffer a hip fracture will die within one year. Falls are the most common cause of traumatic brain injury. Falls are 100% preventable. Here are some tips for winter fall prevention.

1. Keep your steps and walk ways free of ice and snow. You can use snow shovels or a commercial product to melt ice.
2. Your elderly neighbors will need help, so be a good neighbor and shovel off their driveway.
3. Take short, flat steps. Keep your hands out of your pockets and do not carry anything when walking in the snow.
4. Take your time and walk slowly.
5. Wear rubber boots with lug soles. Do not wear high heel shoes or leather sole shoes.
6. Take your cell phone with you at all times.
7. Do not go outside unless absolutely necessary.

Read about: [Fall Prevention for older adults.](#)
[Falls Among Older Adults: An Overview](#)

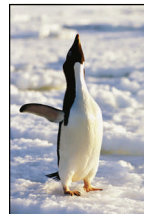
On a lighter note: A college student films others walking in the snow. [Walking on Ice.](#)

PTC of Chickasha



My name is Billie Gass and I live in Chickasha, Oklahoma. I was brought to physical therapy by a careless accident. I missed a step and fell backwards off of my back porch, bending my left thumb backwards and break-

ing both bones above the wrist. My hand, arm, and wrist were a real mess. After a successful surgery and home health physical therapy through Ross Healthcare, I was referred to Physical Therapy Central in Chickasha. Amy Lee (the therapist), Hannah, Chad and Brandy have been more than great. They have all been very pleasant, reassuring, professional and have done a great job bringing my hand, wrist and arm back to normal use. I have had knee and shoulder surgeries, and have been treated at four other physical therapy clinic. Amy Lee and her crew are the best by far. Thanks to all of you!



Fall Prevention: 6 ways to reduce your falling risk. The odds of falling after age 65 is one-in-three. [Read More.](#) [And More.](#)

Physical Therapy Corner

Have you heard of Wikipedia, how about Physiopedia? A Wikipedia for physical therapists. The wiki pages are pretty technical but if you ever wondered what your physical therapists may do during and exam or treatments, the pages will give your great insight. The page on [Meniscal Lesions](#) gives a lot of great information about the anatomy, mechanism of injury and many of the tests that your physical therapists will do during the examination of the knee.



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Clinic Hours

7:30 am - 7:00 pm Mon - Friday

[Board Certified Physical Therapist](#)

Physical therapists are able to become board certified in a specialty area of practice, such as Orthopaedics. The American Physical Therapy Association awards certifications to physical therapists who meet the criteria. To become board certified, candidates must submit evidence of required clinical practice in a specialty area and successfully complete a rigorous written examination. The certification demonstrates specialized knowledge and advanced clinical proficiency in a specialty area of physical therapy practice.

Search for a board certified specialist:

[Online Directory of Certified Clinical Specialists in Physical Therapy.](#)

[Understanding Physical Therapy Credentials](#)

If your physical therapist uses OCS behind their name, they are board certified in Orthopaedics.

[News and Noteworthy](#)

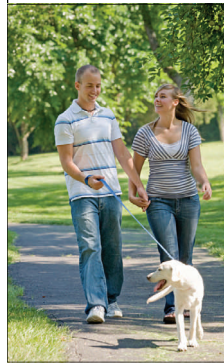
Physical Therapy Central has four board certified Orthopedic Clinical Specialists. Currently there are 20 board certified OCS in Oklahoma. 4 out of the 20, are physical therapists with Physical Therapy Central. In March 2010, seven more PTC physical therapists will sit for the board certification examination. Stay tuned for more.

Keep up with all the happenings at Physical Therapy Central.

Find us on [Facebook](#)

[Weight Loss with Your Pet](#)

After a tough day of scavenging the kitchen floor for scraps and dozing on the couch, your canine companion will be more than happy to take a walk with you. Most dogs enjoy and need about 45 minutes of exercise each day.



The idea of a fit dog leading to a fit owner has been supported by research. A study from Northwestern Memorial Hospital's Wellness Institute found that obese people who tried losing weight with their overweight dogs lost an average of 11 pounds in one year, while the dogs lost about 16 percent of their body weight. The study

cited the companionship, motivation, and social support dogs provide as key in helping owners slim down.

"Dogs need to be exercised, and so you make a commitment to that dog, which also creates a commitment to yourself," says Nancy Clark, a Certified Pet Dog Trainer. "It's a have-to. You have to get out and exercise that dog; therefore, you get the exercise yourself."

[Apple Unveils the iPad](#)

I am a gadget geek. I love to see the new technology and think about how to apply the new technology to my physical therapy world. I could see the physical therapists taking this device into the treatment rooms to review the anatomy, look at MRI and see videos of home exercise programs. I just wish I had invented it. [Read More.](#)