

AUGUST 2007: VOLUME 3, ISSUE 8

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DID YOU KNOW?

August 30th is *National Toasted Marshmallow Day!* So grab some of your closest friends for a summer-time cookout—complete with gooey s' mores!



FINDING THE OPTIMAL HEALING ENVIRONMENT

In order to help a patient achieve the best possible results, a physical therapist should teach that individual how to achieve an optimal *healing environment*. Although that may sound easy enough, *why* is this process so important anyway?



Put simply, all of your musculoskeletal tissues (which include muscle, tendon, ligament, bone, cartilage, and nerve) respond to different stimuli for healing. So in order to help a patient achieve the best possible results, a physical therapist must show that patient the appropriate stimulus for his or her specific injury. This stimulus could also be thought of as stress to the tissue—which will, over time, strengthen that tissue.

Determining what is too much or too little stress, or what movements or postures create the optimal stress for healing, is the difficult thing. That's where the expertise of your physical therapist

comes in. He or she should begin by discussing your problem with you to determine how it is affecting your daily life. In addition to focusing on your specific injury, however, your therapist should also investigate other factors that could be contributing to your discomfort.

Using this information, your therapist should then form a few hypotheses of what he or she thinks the problem is and then test that problem with a physical exam. A typical physical exam includes observation of posture and movement, palpation, strength and sensation tests, and tests for specific provocation to narrow down the suspects.

After screening for any complicating factors, your therapist will help you develop the best plan of action—which will include finding the appropriate stimulus for healing, pain relieving techniques, and modifications of positions and activities. For more information, feel free to contact the PTC staff.



THE TASTY OMEGA-3

A fat that's actually good for you!

If you ask folks what food group they should avoid, they will probably answer "fats." While it's true that, in large amounts, some types of fat are bad for your health (and your waistline), there are some we simply cannot live without.

Among them are the omega-3 fatty acids, which can be found in foods like walnuts, some fruits and vegetables, and coldwater fish such as herring, mackerel, sturgeon, and anchovies.

The benefits of omega-3s include reducing the risk of heart disease and stroke while helping to reduce symptoms of hypertension, depression, attention deficit hyperactivity disorder (ADHD), joint pain, and other rheumatoid

problems, as well as certain skin ailments. Some research has even shown that omega-3s can boost the immune system and help protect us from an array of illnesses including Alzheimer's disease.

So how do omega-3s perform so many health "miracles"? One way, experts say, is by encouraging the production of body chemicals that help control inflammation—in the joints, the bloodstream, and the tissues.

Just two servings (3-4 ounces per serving) of fish every week can help you reach your omega-3 goal. If you aren't a fan of fish, munch on some walnuts instead. One handful contains just as many omega-3s (2.5 g) as 3.5 ounces of salmon!

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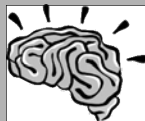
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PATIENTS *KNOW* THEY
HAVE BEEN HELPED AT PTC!

Can you find these words?

THERAPIST, EXERCISE,
THERABAND, TREADMILL,
TOTALGYM, CARTILAGE,
GONIOMETER, TENDON,
LIGAMENT, MUSCLE, JOINTS,
MASSAGE, HOTPACK,
COLDPACK, STRENGTH



PTC WORD SEARCH



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D	K	S	N	M	G	P	U	B	N	E	G	E	N	M	T
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B	J	A	T	N	T	S	E	A	R	E	T	S	R	Q	A
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A	I	V	O	C	O	T	H	C	M	E	S	C	E	T	G
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