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Betsy Ross sewed it, but who designed the first U.S. flag? According to the experts at the Betsy Ross house, it was possibly designed by Francis Hopkinson, a New Jersey delegate to the Continental Congress and a signer of the Declaration of Independence. The stars on the flag were in a circle so that one colony would not be viewed above another.



PHILIP STAYS FIT WITH PTC

When Philip Viles had to have his right hip joint resurfaced on Valentine’s Day, a couple of his close friends recommended PTC for his post-surgery therapy.

“Without PT, he would have learned to walk asymmetrically, which would have added undue stress to many other joints and muscles of his body and hastened degenerative changes,” PTC’s Margy Gillispie says.

Philip has made amazing progress so far. He notes, “I have only met with my doctor twice since the surgery, so Margy has been great in terms of providing information, advice, and encouragement.”

A healthy lifestyle is crucial, especially because of Philip’s busy career. He works for the U.S. Department of the Interior in Washington,

D.C. “I administer a government program which guarantees loans from banks to Indian tribes or to corporations which are majority owned by Native Americans,” he explains. Because the projects are in many different states—including Alaska—there is a lot of travel involved.



Philip’s advice for those who are considering PT is to “get the exercises in written form and follow them.” In fact, Philip isn’t letting anything slow him down this summer. “I am attending a government school in Charlottesville, VA, the entire month of June,” he says. “Then my wife and I are going to Juneau, AK, for a business trip in July.”

We wish Philip the best and are to happy to have been part of his incredible journey!

FIGURE-FRIENDLY FAST FOOD

With our busy lives, many of us turn to fast food when a quick dinner is a must. But is it really so bad? After all, many of today’s fast food chains have introduced options like salads, wraps, and yogurt parfait. But are we *really* buying them?



healthy options should be taken advantage of—just in moderation. Grilled chicken and yogurt parfait are reasonable choices. Salads can also be great if you’re aware of what you’re putting in them and how you’re dressing them.

Research shows that a whopping 77% of all meals bought in the U.S. are purchased at a quick-service restaurant. And healthy food items are not driving these sales gains. In fact, burgers are nearly 5 times more popular than salads!

It’s also important to remember that not all fast food is created equal. There are a growing number of fast casual restaurants that offer higher-priced food that is also better-quality food with fresher ingredients.

So what’s the solution? Experts say that the

Sitting down instead of driving is also a great way to be mindful of your intake. Take time to enjoy every meal!

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PATIENTS KNOW THEY HAVE
BEEN HELPED AT PTC!

When working out, use distractions (such as reading or listening to music) to help keep you motivated. Try exercising at a different time of day, or break up a workout schedule to include aerobic exercise in the morning and strength training at night.



CARTILAGE CARE & YOU



Arthritis is a general term that describes inflammation in joints. Osteoarthritis is the most common

type of arthritis. It is associated with the breakdown of cartilage in joints and commonly occurs in the hips, knees, and spine.

Cartilage is a firm, rubbery material that covers the ends of bones in normal joints. In addition to reducing friction, it serves as a shock absorber. This quality comes from its ability to change shape when compressed. Cartilage can change shape because it contains more than 70% water.

There are several factors that can increase your risk for developing osteoarthritis—including heredity, obesity, injury, or the overuse of certain joints. Unfortunately, medications do not reverse or slow the progression of joint damage caused by osteoarthritis. Exercise, however, *can* be used as a form of treatment.

Exercise is important to improve joint movement and strengthen the muscles that surround the joints. Gentle exercises (such as swimming and walking on flat surfaces) are recommended because they are less stressful on your joints.

So what if swimming isn't the exercise for you but you still want the benefits? PTC's Newton Unloading System offers the same gentle effect. Using the Newton, the therapist can select, almost to the pound, the optimal amount of load a specific tissue like muscle or cartilage needs for rehabilitation—but without any pain. In fact, up to 120 pounds can be "unloaded" from your body weight! And since the Newton Unloading System is teamed up with a treadmill, you can either walk, jog, or run with reduced weight on your injured tissue.

Simply contact PTC if you want to experience the amazing "enlightening" power of the Newton!

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