



JUNE 2008: VOLUME 4, ISSUE 6

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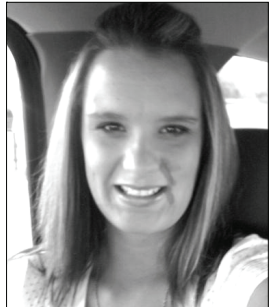
THIS SUMMER...WEAR SHADES!

Just as you protect your skin from the sun—protect your eyes too! Prevention is easy: find some sunglasses for you (and your kids) that afford >90% protection from UVA and UVB radiation.



JESSICA JOINS THE PTC TEAM!

Sugarland currently resides in her CD player, and she describes herself as “silly, tall, and sincere.” Meet Jessica Thulin, the newest member of the PTC staff!



riers, a male named “Little Man” and a female named “Sissy.” In fact, Jessica says that Little Man and Sissy just became the proud parents of six puppies!

Jessica has been working at PTC for the past three months, and says the staff creates a wonderful working environment. “Especially Wendy,” Jessica says. “She makes the day easier. Working in Tulsa is great.”

When she isn’t working, Jessica enjoys spending time with friends and family. Although she doesn’t have any summer plans yet, she’s excited about breaking out her bikini and spending some time outdoors.

Sapulpa is Jessica’s hometown. She currently lives there with her husband Ryan. They share their home with two Rat Ter-

So the next time you visit PTC, you’ll discover a friendly new face waiting to greet you when you walk through the door!

SMART SUMMER FOODS

Summertime is the perfect time for weight loss because it’s just easier to make better food choices when heavy, high-calorie dishes seem less appealing. The best foods for weight loss in summer are light, refreshing, and simple to prepare!



In fact, half of a watermelon comes from water. Watermelon also satisfies those cravings for something sweet!

Why not start your meal with a delicious cup of chilled soup? Research shows that a low-calorie, broth-based soup at the beginning of a meal will fill you up so you’ll eat less.

Salads are also a great choice because they’re so versatile—no recipe is required! A great trick to cutting back on high-calorie dressing is to flavor your salads with fresh herbs. Also, think of meat as an accessory to the greens.

You could also bite into a big wedge of watermelon. It’s a great way to stay hydrated.

And if you’re looking to satisfy your thirst without blowing your diet, try a healthier take on a root beer float. Combine 1/2 cup of frozen yogurt with 12 oz. of diet root beer. Sip while enjoying the cool summer breeze!

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PATIENTS KNOW THEY HAVE
BEEN HELPED AT PTC!

Whether you're swimming or grilling, always "bee" on the lookout for those yellow stripes! To avoid any stings this summer, wear light-colored clothing and avoid scented soaps and perfumes. If you do happen to get stung, scrape the stinger away in a side-to-side motion and wash the area thoroughly with soap and water. Sooth away any pain with an ice pack.



THE IMPORTANCE OF SYMMETRY

Symmetry is a vital part of a healthy lifestyle—especially when it comes to living a “balanced” life. But before we dive into the details about its importance, here are a couple of terms to get you started:



Symmetry is a mirror image about a vertical axis. *Symmetry of the body* is a balance of strength and a balance of joint motion on both sides of the body. *Asymmetry* occurs when you do not have balance.

It's very important to achieve symmetry because asymmetrical movements can place abnormal wear and tear on many other structures of our bodies. This can hasten degenerative changes, leading to pain and medical intervention.

To get a clearer idea of how asymmetry works, think of a car with its tires out of alignment. Without the necessary balance, wear and tear will eventually occur on other parts of the car.

Sitting on a thick wallet in a back pocket, twisting to see

a television or computer screen and walking with a limp are all examples of asymmetry that can contribute to wear and tear on your body.

To learn more about symmetry and how to achieve the perfect balance in *your* life, please contact the PTC staff.

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