

PT TALK

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HAVE YOU EVER WONDERED?

Which two U.S. states do not observe daylight saving time (DST)? (See page 2)

WHAT TO EXPECT AT YOUR FIRST PTC VISIT

First, you must keep in mind that not all physical therapists treat in the same way. Our bodies are living, metabolizing, biologic tissues that can heal when given optimal conditions. At PTC, our goal is to help your body heal by giving you an optimal healing environment.

That sounds great, but what does it really mean? "Patients often arrive here after months—sometimes years—of being frustrated by something that just won't heal," says PTC's Janna Ogle Geiger. "Initially, we want to make sure the problem you are having is musculoskeletal and within our realm of treatment."

Musculoskeletal tissues include muscle, tendon, ligament, bone, cartilage, and nerve. All of these tissues respond to different stimuli for healing. The problems PTC sees most involve people who do not know 1) what tissues exactly are the problem, 2) how to exercise or stimulate a healing response, and/or 3) how to prevent constant re-injuring through daily activities.

So what can you expect at your first PTC visit? First, we want to hear *your* story. Janna explains, "While we are listening, we are like detectives putting all the pieces together to identify the most likely suspect. We form a few hypotheses of what we think the problem is and then test our hypotheses 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.



Janna Ogle Geiger

Sometimes the problem is obvious, but what to do about it is not. Again, our therapists screen for any complicating factors before helping you develop the best plan of action. This plan includes finding the appropriate healing stimulus or "exercise," pain relieving or modifying techniques, and modifications of positions and activities. For more information, feel free to call or e-mail the PTC office.

FULL OF FLAVOR: ONE HOT POTATO!



In honor of the Irish, why not enjoy a delicious potato dish this St. Paddy's Day? However, instead of reaching for fatty potato chips or mashed potatoes smothered in butter, satisfy your craving with the rich and decadent sweet potato.



nese, a trace mineral that helps keep bones strong and blood glucose levels normal. And lastly, there's *zero* cholesterol!

There's plenty of reasons why this treat will lift your spirits. One medium-sized baked sweet potato contains only 141 calories and is loaded with dietary fiber and vitamin C. You'll also get 42% of the recommended daily amount (RDA) of calcium and twice the RDA of vitamin A, thiamin, and the antioxidant beta carotene. It's also a terrific source of manga-

A fun way to enjoy these healthy veggies is to cut them into strips and bake them, giving you a tasty alternative to greasy French fries. Toss the strips in a little olive oil, salt, and pepper before spreading them out on a baking sheet sprayed with non-stick spray. Roast them at 400 degrees for about 30 minutes, until they are tender and golden brown. For an extra kick, sprinkle them with some cayenne pepper. We promise you won't miss the flavor of the traditional fast food fry!

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**PATIENTS KNOW THEY  
HAVE BEEN HELPED AT  
PTC!**

ANSWER: Hawaii  
and Arizona (with  
the exception of the  
Navajo Nation)  
keep their clocks set to standard  
time year round!



**STEP UP YOUR EXERCISE ROUTINE!**

Are you ready for an extra hour of sunlight every day? Due to the passage of the Energy Policy Act of 2005, daylight saving time (DST) may be coming sooner than you think. This year, it all begins on March 11th (as opposed to last year's date of April 2nd) and ends on November 4th.



So what are you going to do with all of that extra sunshine? Why not use it to your advantage and focus on bettering your health with more exercise? You may even want to bump up your activity level by using a pedometer to keep track of the number of steps you take each day.

According to experts, 10,000 steps a day should be your goal. To keep this in perspective, just remember that one thousand steps equal half a mile.

Although there are plenty of ways to incorporate more walking into your lifestyle, you may need to start small. The first time you wear your pedometer, count how many steps you normally take in a day. Then set a goal for increasing it slowly. Try to start with an increase of 2,000 steps a day and work toward your goal of 10,000.

Getting in those extra steps doesn't have to be a pain. It can be as simple as parking your car as far away as possible or walking to a cubemate's office rather than sending an e-mail. With a little creativity, the possibilities are endless!

Don't have a pedometer? Just give PTC a call. The 5th, 10th, 15th, and 20th callers will get one for *free*!

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