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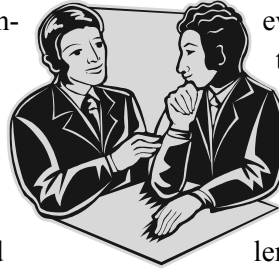
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## CLEAN AWAY CALORIES!

 Did you know that spring cleaning is a great way to get in shape? For someone who weighs 150 pounds, 30 minutes of vacuuming burns up to 123 calories. Trimming shrubs for that same amount of time can help a person of that same weight trim away 157 calories!

## BRINGING COMPASSION TO YOU!

Are you tired of feeling like a number? Do you feel forgotten every time you enter a medical office? At PTC, we understand that people need *compassion*. We realize that a health issue of any size—big or small—can turn your world upside down.



In fact, there are a lot of ways that a health issue can affect your everyday life. Can you sleep? Can you rest, sit, walk, or drive your car? Can you do your job or tidy up around the house? Can you care for your children or grandchildren?

These are the types of issues that our staff deals with every day, and we always have the time and desire to talk to you about any and

every aspect of your life. After all, listening is a big part of what we do.

When a PTC therapist is listening to you give your story, that therapist is like a detective putting all of the pieces together to identify the problem. Your therapist will then form a

few hypotheses of what she thinks the problem is and then test the 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.

Your story is a big part of your journey to better health. So the next time you need a shoulder to lean on, turn to the PTC staff!



## EAT FOR MORE ENERGY!

Now that spring's warmer temperatures have arrived, it's time to get outside and enjoy the sunshine! And that means it's also time for an energy boost to your diet.

You may want to start by choosing whole foods that are as close to their natural state as possible. Now's a great time to eat the skin on your baked potato or savor a whole orange rather than a glass of juice. After all, many processed foods have been stripped of their nutrients, so they lack the vitamins and minerals you need for increased



energy. You'll also need to add a small dose of protein to your meals if you want to maximize your energy. Think salmon, lean cuts of beef or pork, eggs, chicken, and low-fat dairy products.

While energy is a must, it's also important that you eat to enhance your mood. Why not try the tapas (small plate) trend that's been popping up in restaurants lately? It's a great way to sample a lot of delicious flavors without stuffing yourself and feeling guilty. So skip that giant main course and order two appetizers instead!

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PATIENTS KNOW THEY HAVE  
BEEN HELPED AT PTC!

With summer just around the corner, many of us will flock to the pool for some much-needed low-impact exercise. But what if you're less than excited about getting in the water? Try out PTC's Newton Unloading System! You'll get the same results—without the H<sub>2</sub>O! Contact the PTC staff or visit [www.ptconsultants.net](http://www.ptconsultants.net) for more information.



## ESTHER'S INTERNSHIP EXPERIENCE

When OU student Esther Hill needed to complete a full-time internship for the Master of Physical Therapy program, she turned to the staff at PTC. "All students are required to complete three full-time internships that last 7 to 8 weeks in the last three semesters of the program," Esther says. "I heard from several classmates and OU faculty that PTC would be a wonderful learning environment, so I requested this clinic for my final internship."

As an intern, Esther evaluates and treats patients under the direct supervision of Janna Ogle-Geiger. "Janna is my clinical instructor and as such supervises all of my evaluations and treatments; if I have any trouble she is right there to give me direction," Esther says. Esther has enjoyed having her own case load of patients, which has given her the opportunity to complete all of the necessary documentation and charges for each one.

Esther loves that every PTC patient receives the attention and care they deserve. "At other clinics I've interned with, profit was the main objective and quality care came second, often leaving the patient feeling frustrated and overlooked," she says. Esther recalls several times

when PTC patients expressed gratitude for the care they received: "After Margy and I evaluated one woman with low back pain, she stated, 'Thank you for listening, I feel like you're the first people that really cared.' Another gentleman said, 'PTC is not like other places where you feel like you're just a number.' And I totally agree!"



Esther also appreciates the clinical reasoning skills that Margy and Janna helped her develop. These skills are necessary for solving any problem that a patient may have. "Now with each new encounter with a patient, the process is finally becoming less intimidating and it feels *wonderful!*" Esther says.

When asked what she was most grateful for during her internship, Esther says it was *you*, the patient! "You were willing to allow an 'intern' to treat you, even if you were scared or wished you could see Margy or Janna," she says. "You made me feel comfortable and welcome. I grew as a therapist because of you and for that I am so thankful!"

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