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Do you have a question about your shoulder pain? Want to talk to someone about the discomfort in your lower back? Or, you may just want to know more about custom orthotics. The PTC therapists are here to help! Simply call the PTC office or e-mail wendy@ptconsultants.net.



CURB APPEAL: RECYCLING MADE SIMPLE

What's a simple way that *you* can make a difference after that big Thanksgiving meal? Recycle those empty food cans, bottles, and containers! Although it may sound like a tedious task, it's now as simple as taking a trip out to your curb.



Wendy Richardson, who has been helping the PTC staff recycle materials since April 2005, is an advocate of *Tulsa Recycles*, our city's curbside recycling service. For just an additional \$2 charge on your monthly utility bill, this twice-a-month pickup service will take your recyclables *for* you. Using this service, your recyclable newspaper, junk mail, magazines, office paper, glass, aluminum, and plastics #1 and #2 will be collected.

Wendy says she loves the convenience of the curbside service. "It helps our city, state, and country preserve our natural resources. And it is

really quite effortless once you adapt it into your lifestyle."

To sign up for our city's curbside recycling service, call (918) 596-9777 or sign up online at www.tulsarecycles.com. Your first recycling bin is free. You may purchase a second bin for \$4, a lid for your bin for \$3, and a wheel kit for \$4.

Once you've signed up, recycling is easy! Best of all, no sorting is necessary. Newspaper and paper are the only materials that need to be kept separate from other recyclables.

"In the PTC office, we recycle paper, plastic, glass, and aluminum," Wendy says. "It doesn't matter whether you're in the home or office—you still have access to the same materials that can be recycled."

ABOVE PHOTO: *Tulsa Recycles* mascot "Binny"

LOVE ME GINGER, LOVE ME SWEET

It's the spice to "root" for!

With that tingly-on-your-tongue flavor, ginger is the delectable spice many of us associate with comforting holiday cookies and aromatic Asian dishes. It may seem too good to be true that this ubiquitous fall flavor also has medicinal properties.

In fact, ginger may be just the treat to keep on hand before this year's Thanksgiving feast. Why? Sipping ginger tea or chewing on fresh ginger aids digestion after a hearty meal.

You may even want to pack some candied ginger with you if you're planning on traveling over the holidays. One of the easiest ways to prevent motion sickness is to suck on candied

ginger throughout your trip. Depending on your weight and size, more candy can be nibbled every 45 minutes.

And if you feel a winter cold coming on, a cup of ginger tea and a warm ginger bath or footbath (add one quart of ginger tea to your bathwater) will help move any mucus or cold symptoms out of the body. Ginger powder can also be placed inside slippers on very cold or damp days when your feet cannot seem to get warm—no matter how many pairs of socks you put on. What a great way to warm up to this delicious (and soothing) root!



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JANE'S STORY:
GIVING THE NEWTON A CHANCE

Using PTC's Newton Unloading System, patients can perform functional exercise early in their therapy—with decreased load on their tissues. According to one PTC patient, this isn't the only advantage the Newton has to offer.



Nonetheless, that didn't stop Jane from giving the Newton a chance. "You have to be strapped in tight," she says. "But once you get past that, it's great. The pain in my walking went away as Margy strapped me in and took weight off of my feet and joints."

"The Newton is such a great motivator for those who want to lose weight," says Jane, a patient who has been seeing PTC's Margy Gillispie intermittently since 2003. "When I stopped smoking, I gained 85 pounds. The lifting effect of this machine helped me see what it would feel like if I were much lighter."

Although Jane was motivated to make changes, she knew that her therapy would be a tremendous challenge. In addition to undergoing a right knee replacement and 3 foot surgeries, she suffers from hip problems and has been diagnosed with very aggressive Osteoarthritis.

"Walking is very important for all of our bodily functions—including our heart, lungs, and digestion—as well as our muscles and joints," says Margy Gillispie. "The Newton helps to decrease the load on injured joints to facilitate their healing while also allowing individuals to reap the other benefits of walking." Although Jane has already lost a total of 40 pounds, the lifting effect of the Newton has given her the motivation to lose even more weight.

"Tulsa is such a beautiful, walkable town," Jane says. "I'm looking forward to cooler weather and walking my dog."

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