

# Welcome to OSTC Physical Therapy!

OSTC is a caring, professional, and compassionate physical therapy clinic that prides itself on skilled therapists, a knowledgeable and friendly staff, and a family atmosphere. We want to make your time in therapy as easy and enjoyable as possible.

The following information answers a few commonly asked *questions*:



## **What is physical therapy?**

Ultimately, physical therapists apply research and proven techniques to help people get back in motion. Blending science with inspiration, your physical therapist will teach you how to prevent or manage a health condition and help motivate you during your treatment so you can function optimally.



## **What does the physical therapist do?**

Your physical therapist will examine you and develop a plan of care using a variety of treatment techniques that help you move, reduce pain, restore function, and prevent disability. Modalities can include the use of heat, ice, electrical stimulation, low level laser, therapeutic ultrasound and even dry needling to relieve pain. These techniques will help you move quickly into more active and constructive methods of rehabilitation, like exercise.



## **When do I see my physical therapist?**

The first contact you will have with a physical therapist will be during a scheduled evaluation. Physical therapists utilize an individual's history and physical examination to arrive at a treatment diagnosis and establish an individualized treatment plan to achieve your functional goals.



## **What is my role?**

To realize your potential, you must be an active participant in your own recovery. Although it would be nice, recovery does not come in the form of a "magic pill" – it comes from hard work and a determination to get better. Therefore, it is imperative you attend all scheduled appointments and follow your assigned home exercise program.



## **What happens when therapy is complete?**

After completing therapy, your therapist will compile a fitness program to assist in the maintenance of your well being and help prevent re-injury. You will also receive a FREE 30 day pass to our wellness program. This includes access to both the pool (including aquatic exercise classes) and workout equipment.

For more information call: (940)-692-4688  
Or visit our website: [WWW.OSTCWF.COM](http://WWW.OSTCWF.COM)



## **What to know before your first visit:**

- In most cases treatment is initiated the day of your evaluation.
- Wear loose-fitting, exercise clothing.
- Make sure the injured area is accessible.
- Wear comfortable and appropriate shoes.
- Allow ample time for a session; session time is approximately one hour.



We hope your time with us will be enjoyable. Sometimes, therapy may be painful, but with the help of your therapist and other staff, we will ensure your time here is pleasant. Your progress is our number one priority!

**OSTC**  
Orthopaedic &  
Sports Therapy  
Center

#1 West Medical Court Wichita Fall, TX 76310