



Physical Therapy Central

Chickasha Choctaw Newcastle
 Norman Oklahoma City
 Pauls Valley Stillwater

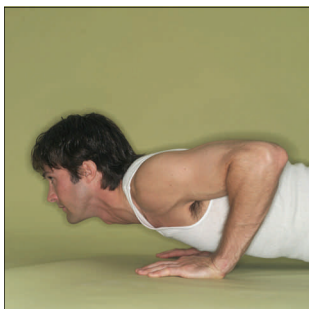
*Let us get you...
 Back to WORK, Back to PLAY
 Back to LIFE*

To find a clinic near you, visit our website to access phone numbers, maps and professional bios of the staff.

July 2010
www.ptcentral.org

Three Keys to Improving Your Workouts

Frequency - this refers to how often or times per week that you should do the activity. It is recommended that you exercise a minimum of three days per week. Five days a week is great, but 7 days a week is too much and may lead to overuse injuries.



Intensity

This refers to how hard you are working out. To accurately measure intensity, you will need a heart rate monitor. Your intensity is measured by tracking your heart rate during the exercise. Your target heart rate is a formula based on your age. See the [Target Heart Rate calculator](#).

Duration

This refers to how long you are exercising. It is recommended that you exercise for an average of 30 minutes to one hour.

Most people do not exercise hard enough or long enough to get fitness or weight loss from the activities. Check with your doctor before you begin an exercise program. Once you have been cleared to exercise, make sure you workout hard enough and long enough so that your body's fitness improves. Don't be afraid to push yourself. [Diet vs. Exercise ?](#)

Polar Heart Rate Monitor

My favorite is a polar heart rate monitor. It can track your heart rate, time, distance and past workouts so that you can go back over the week and see how many calories you burned. A HR monitor can help you make sure that you are exercising in your target HR. If you are starting an exercise program or are exercising without monitoring your workouts; it is like going on a trip without a map or compass. To get the best fitness results, you will need to monitor your training. Polar makes many watches that will track your heart rate, time and distance.



[More information.](#)

Congratulations



The following physical therapists were awarded Board Certification in Orthopedics by the American Physical Therapy Association. The specialist certification program was established to provide formal recognition for physical therapists with advanced clinical knowledge, experience, and skills. The following physical therapists were awarded Board Certification in 2010: Dale Boren of Norman, RaeAnn Thomas and Janie Taylor of Newcastle, Jeff Hogan of Choctaw, Amy Lee of Chickasha and Jamie Wyrick of OKC. Bridgit Finley of Norman, Ken Schaecher of Stillwater and Kahn Nirschl of Pauls Valley are also Board Certified in orthopedics.

Physical Therapy Corner

How Much You Exercise Matters. Patients who walk at 2 mph for 25 minutes two days a week lower their estimated risk of hospitalization or death by about 10 percent, while patients who walk at 2.5 mph for 25 minutes five days a week lower their estimated risk of hospitalization or death by about 25 percent. [Read More](#)



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Clinic Hours
 7:30 am - 7:00 pm Mon - Friday



The Worst Chips and Dips
 Food companies have done to the potato what BP did to the gulf. They took a great source of natural food, and covered it in oil.

Does this mean that you can never have chips and dip again? Absolutely not. There are plenty of health options out there for healthy dips and chips. Instead of eating creamy Ranch dips, try dips made from hummus. Hummus is an all natural and vegetarian garbanzo bean based food. [Wild Garden Hummus](#) is one of my favorite healthy dips. I dip carrots instead of chips and it is a low calorie treat. I also use hummus on my sandwiches instead of mayonnaise .

Heart Attack

A [heart attack](#) occurs when the blood supply to part of the heart muscle is severely reduced or stopped because one or more of the heart's arteries is blocked. The process usually begins with atherosclerosis, the buildup of fatty deposits (plaque) inside artery walls. The plaque can rupture, causing a blood clot to form and block the artery. If the blood supply is cut off for more than a few minutes, heart muscle cells suffer permanent injury or die this can kill or disable someone, depending on how much heart muscle is damaged. [Cont on page 3](#)

Keep up with all the happenings at Physical Therapy Central.
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A Letter to Elizabeth
 Hi Elizabeth,
 I meant to write you sooner regarding my appointment w/Dr. Moses on the 21st.



He couldn't be happier with my progress! I did have to use the cane, it was a very high pain day, but he was still really proud of me! I don't have to go back for 4 1/2 months. I'm sending out a resume for a job that sounds great (I'll try hard not to limp if I get an interview) & they have medical insurance so hopefully I'll land that & be in to see you again soon. Thank you again for all you've done for me! Your patience and perseverance along with your uncanny ability to push me further than I thought I could go have hastened my recovery by weeks I'm sure! Please tell everyone I said hi & thank you, especially Jordan & also Trent, Marvel, Anastasia (who even when I mixed up my appt. times or days always worked me in & made me feel welcome), Dale, Bridgit & Casey. Sincerely, Terrie B.

Heart Disease Risk Assessment

More than 1 Million Americans have heart attacks each year. A few numbers could save your life. Find out you risk for having a heart attack.
[Assessment](#)

It is not all in the name, but in the details....

Fritos

160 Calories, 10 grams of fat, 160 mg sodium

Baked Tostitos Scoops

120 Calories, 3 grams of fat, 130 mg sodium

[The Best and Worst Chips and Dip](#)

PHYSICAL THERAPY CENTRAL, INC

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How to Keep Your Feet Healthy this Summer



Flip flops are easy to slip on and off during the hot summer months and can be inexpensive to purchase. But just as the weather forecast has its highs and lows, flip

flops can too. Some flip flops can be very cushioned, which lead people to believe they are good for the feet, but most offer little to no arch support. Flip flops can also be very flimsy, which causes them to breakdown quickly.

It is common to see patients who come into treatment for a variety of reasons, many of which can be linked back to footwear and walking surfaces. It is important to find a physical therapist who will evaluate the body from head to toe.

The human body is never as straight forward as it seems. A physical therapist can take a whole-body approach to an ailment and figure out what is going on with the big picture.

Flip flops should be worn with caution when someone has low back pain. The best shoes offer arch support and are comfortable when you walk. These types of sandals are usually more expensive, the investment is worth the wear and tear it will save the



[Zappos](#) is a great company and a great place to buy shoes on line. Zappos has a Wellness section with in-

formation about all types of fitness and wellness shoes. They have a featured shoe, [FitFlop](#) sandals that is interesting. I have not tried them, but they look FUN !!

Warning Signs

Some heart attacks are sudden and intense, but most start slowly, with mild pain or discomfort. Often the people affected aren't sure what's wrong and wait too long before getting help. Here are some [signs](#) that can mean a heart attack is happening.



- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort or both arms, the back, neck, jaw or stomach.
- Shortness of breath. This feeling often comes along with chest discomfort. But it can occur before the chest discomfort.
- Other signs. These may include breaking out in a cold sweat, nausea or lightheadedness.

*If you or someone you're with has chest discomfort, especially with one or more of the other signs, don't wait longer than 5 minutes before calling for help. **Call 9-1-1.***

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive – up to an hour sooner than if someone gets to the hospital by car. The staffs are trained to revive someone whose heart has stopped. You'll also get treated faster in the hospital if you come by ambulance.