



Physical Therapy Central

Norman
Newcastle
Pauls Valley

Oklahoma City
Choctaw
Stillwater

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

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April 2009
www.ptcentral.org



Way to go, Dale!

Dale Boren, Jr. of PTC Norman was awarded "Best Clinical Instructor 2009" by PT students from Langston University at the annual Oklahoma Physical Therapy Association

meeting in March. Dale was recognized for his excellence in clinical teaching by several of his former students. We here at PT Central are very proud of him and his accomplishment!

Getting out into your garden does not have to mean pain: How to protect you back.

Use these hints as you begin working in your garden and then sit back and enjoy all of your hard work!

Digging: When shoveling dirt, minimize strain and excess muscle tension by using your weight to leverage. Other things to remember are staying in alignment (this includes the direction your shovel is facing), and moving your whole body when dumping the dirt out of the shovel.

Weeding: One of the most popular positions for extended weeding sessions is to sit. Other strategies include weeding on all fours with one arm on the ground to brace your self, standing and bracing one elbow on your leg, and sitting on the ground with equal weight on your "sit bones". With any of these positions it is important to keep an upright, elongated spine and take frequent rest breaks.

Lifting plants and bags of soil: Enlist someone to help you when lifting heavy bags. When lifting solo is unavoidable, make sure you bend from the hips and knees, rather than the waist. For lifting and carrying heavy weights, the hips are more powerful and better equipped to deal with the load than the back.

Getting the mower going: Help your mower to overcome its inertia and get it moving across your lawn. Establishing a neutral wrist posture as well as an elbow angle you can comfortably maintain, you will set yourself up to be able to lean your weight in. Maintain a long spine so that you can access your powerful hip and leg muscles and save your back .



Before you plant....

According to the National Weather Service in Norman, OK data from 1891-2005 shows the latest freeze on record for Oklahoma City was May 3, 1954 with the average day of the last freeze being March 30th.

Use plastic plant covers, buckets, sheets, or burlap to cover plants that are at risk during a freeze so that you are able to



**PTC of OKC
Has an opening
for an Office Manager
Contact: karlak@ptcentral.org**

Physical Therapy Corner

PTC is on Facebook! Are You?

Physical Therapy Central is now a group on Facebook. Anyone can become a fan of our group and keep up with what we are doing with the click of a button. We have posted pictures, announcements, recent activities, and upcoming events. Please feel free to check out our group at [FACEBOOK](https://www.facebook.com/PhysicalTherapyCentral) and search groups. You must be a member of facebook to login, but is free for anyone to join! The group is [Physical Therapy Central](https://www.facebook.com/PhysicalTherapyCentral) (click to find us).