



## Physical Therapy Central

Norman

Oklahoma City

Newcastle

Choctaw

Pauls Valley

Stillwater

*Let us get you back to Work, back to Play  
and back to Life.*

July 2009  
[www.ptcentral.org](http://www.ptcentral.org)



### Bridgit Finley receives prestigious SIGNE BRUNNSTROM AWARD for excellence in clinical teaching from APTA.

In June 2009 the American Physical Therapy Association recognized our own Bridgit Finley with the Signe Brunstrom award to honor her excellence in teaching effectiveness in the physical therapy clinical setting. Bridgit was chosen for this award because she motivates students at all levels to exceed their own expectations and function as independent learners in the clinic. She works closely with 15 academic programs and challenges all of her students to achieve their full potential. Bridgit has been active in the APTA since 1994 and has also received the Clinical Instructor Award from Texas Woman's University (2003) and the Central ACCE Consortium Award for Excellence in Clinical Education

## EXTREME HEAT PREVENTION AND SAFETY

- Drink plenty of fluids: You must increase your fluid intake to 16-32 oz. of fluid per hour.
- Replace salt and minerals: When you sweat, you lose these and they must be replenished. Sport drinks provide adequate amounts. If you are on a low sodium diet, always consult your doctor before changing your diet.
- Wear appropriate clothing and sunscreen: Wear loose fitting, breathable clothing. Sunburn prevents your body from adequately being able to cool itself, so always wear SPF 15 or greater as well as sunglasses and a wide-brimmed hat.
- Pace yourself: If you are not used to regularly working or exercising outside, start slowly and increase your pace. If at any time you find your heart pounding, you are gasping for breath, or are dizzy or lightheaded, get to a cool or shaded area quickly.

For more details visit: [CDC Extreme Heat](http://www.cdc.gov/extremehat)

### PT Central Chickasha set to open August 17th, 2009

PT Central is proud to announce the opening of its 7th clinic this August. Please see our [website](#) for complete details and locations of all clinics.



Have a safe  
and fun  
Fourth of July  
Holiday

### Physical Therapy Corner

PT Central is a proud sponsor of the 14th Annual 2009 Norman Conquest on July 18th at 7:30 a.m., with proceeds benefiting J.D. McCarty Camp ClapHans summer camp scholarship endowment fund. Race details at [Bicycle League website.](#)

