



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.

March 2010
www.ptcentral.org

Mark Pritchard with the OKC Red Hawks gives a shout out to Jamie. "From day one of my post surgery physical therapy, I always felt like I was the most important person in the building and I have to believe that there are others that felt the same way. My PT, Jamie, always knew where I should be with my recovery, she knew my tolerances, she knew where that pain threshold was and how to get me to the next level of my recovery. She knew what motivated me and knew how to keep me inspired when things weren't progressing like I wanted. What began as a possible burden of recovery became a wonderful experience, my therapist and techs were all very professional and kind and I felt like they were all family. If I ever have to be in physical therapy again, I'm going right back to PT Central and Jamie. As far as I'm concerned they are the only Physical Therapist's in town.



Five Things To Do Instead of Complain
 I keep hearing from employees and employers that complaining is at an all time high. I'm not surprised. Jon Gordon in his Weekly Newsletter says there are two main reasons why we complain. 1. Because we feel powerless. 2. Because it is a habit. The economy has shaken a lot of people's foundations and we feel powerless which leads to a rise in complaining. So this week I want to encourage you to go on a complaining fast. To help you break out of the complaining rut, here are five things that you can do to help you realize that you are not powerless, you control your attitude and actions. 1. Practice Gratitude, research shows that when we count three blessings a day, we get a measurable boost in happiness that uplifts and energizes us. 2. Praise Others, start focusing on what others are doing right instead of complaining about what they are doing wrong. 3. Focus on Success. 4. Let Go. 5. Pray

[Read More](#)

Project VisAbility
 No Limitations.
 Only Opportunities
www.projectvisability.org
 Wounded Warrior Project



Which would you think was the healthier alternative?
 Stouffer's Baked Chicken with Mashed Potatoes covered with Gravy or . . . Healthy Choice Sweet and Sour Chicken with Broccoli?

Check out the Today Show segment

[Eat This, Not That](#)

Read more on page 2

Physical Therapy Corner

Are you ready for Spring? Great exercise video to get your kids in shape for "spring training" for soccer, baseball, and basketball. High intense workouts to get you game ready. The TRX is inexpensive and can do all the exercises at home. [TRX](#)



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Clinic Hours

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



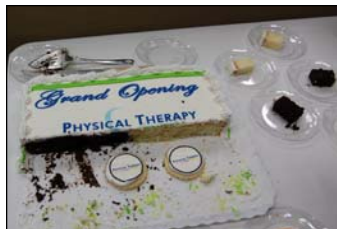
Jamie and Jennifer celebrate their birthdays at PTC of OKC.

PTC News and Updates
 Casey and Heather are expecting baby boy Bodee Kirkes. Stay tuned for updates.



Physical Therapy Central Of Newcastle Open House

PTC of Newcastle moved in to their new, state of the art 4,500 square foot facility and hosted their open house. Over 300 people in the community attended the event. Click on "open house" to view all the photos.



PTC of Norman is proud to announce.....

Elizabeth Darter has joined our team. She has extensive experience in working with patients with orthopedic injuries.



Pictured from left to right: Elizabeth, Dale, Mr. Bones, Bridgit and Casey



Never store tomatoes in the refrigerator. Cold temperatures compromise the flavor and texture. And keep peaches, potatoes, onions, garlic and coffee out of there, too.

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

Stouffer's Chicken with Mashed Potatoes & Gravy

250 Calories

2 grams of sugar

Healthy Choice Sweet and Sour Chicken

440 Calories

28 grams of sugar (as much as is in a Butterfinger). Butterfinger for dinner?



Keep up with all the happenings at Physical Therapy Central.

Find us on [Facebook](#)