



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.*

May 2009
www.ptcentral.org



PTC of Norman Welcomes Casey Kirkes, PT, DPT, NSCA-CPT

Casey will join us June 1st as our newest physical therapist. Kirkes earned his Bachelors of Science degree in health and sport science from the University of Oklahoma in 2005. He earned

his Doctorate in Physical Therapy from Langston University in 2009, where he was named to the deans honor roll. He is a National Strength and Conditioning Association personal trainer (NSCA-CPT) with interests in orthopaedics, manual therapy, and sports injuries and conditioning. He will begin his residency program in Orthopaedics in January.

April 22, 2009 Earth Day

Earth Day, celebrated in the US on [April 22](#), is a day designed to inspire awareness and appreciation for the [Earth's](#) environment. It was founded by U.S. Senator [Gaylord Nelson](#) as an environmental [teach-in](#) in 1970 and is celebrated in many countries every year.



Earth day promote awareness and change how we view the earth. It occurred to me that the day came and went and nothing changed. Many times I think that I am only one person and I cannot make a difference. I feel paralyzed by the overwhelming amount of work that needs to be done in the world. Then I realize that one person can change and ask others to consider a change. I found out while watching the news that recycled coffee cups could not be recycled because of the plastic coating used to prevent leaks. How can this be that you cannot recycle a paper cup? From now on, I am going to bring in my own coffee cup when I go to Starbucks. No more paper cups for me.

Click Here for
[Information on the Swine
Flu Virus](#)

Read page 2 for more
information



Free Seminar
Weight Loss for Women
May 4th 7:00-8:30 PM
For more information call
Diana Morgan 887-5005

[Coating on Coffee Cup Prevents Recycling](#)
[Read More on the Story](#)
[News on Earth Day](#)

Physical Therapy Corner

Welcome to Bricktown

Spin 360 has created a panoramic view of Bricktown from all different locations. My favorite view is from the outdoor patio at Nonna's Restaurant. You can click on different restaurants and get information on where to eat, and see what is going on and history of Bricktown. Click to see the web cam: [BRICKTOWN](#)



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Swine Influenza and You

Swine Influenza (swine flu) is a respiratory disease of pigs caused by the type A influenza virus that causes regular outbreaks in pigs. People do not normally get the swine flu, but human infections can and are happening.

Are There Human Infected with Swine Flu?

In late March and early April 2009, cases of human infection with swine influenza virus were first reported in Southern California and near San Antonio, Texas. There have been no reported cases in Oklahoma. An updated count of confirmed swine flu infections in the United States is kept at the CDC: <http://www.cdc.gov/swineflu/index.htm>

Is the Swine Flu Virus Contagious?

CDC has determined that this swine flu virus is contagious and is spreading human to human.

What are the Signs and Symptoms:

The symptoms are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting.

How does the Swine Flu Spread?

Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick. This means that you may be able to pass on the flu to someone before you even know that you are sick.

What Should I Do to keep from getting the Flu?

1. First and most important: wash your hands.
2. Avoid close contact with people that are sick.
3. Cover your nose and mouth when you cough or sneeze.
4. Avoid touching your eyes, nose or mouth. Germs spread this way.
5. If you are sick stay home and limit contact with others to keep from infecting them.

There are no vaccines available right now to protect against swine flu.

Swine Flu Line 1-866-278-7134

How Can I Get the Stink out of my Gym Clothes?

Steve Boorstein, president and founder of Clothingdoctor.com, recommends using the hottest water temperature that your gear can handle, along with an enzyme-formulated detergent, such as 2X Ultra Tide (\$14, drugstore.com). "The active ingredients will effectively break down protein-based stains, like perspiration," says Boorstein. If you still detect an odor, then the problem could be the clothing itself. Try wearing more-natural fabrics, such as cotton blends, whose fibers release odors more easily than synthetics do.

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).