



## 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 web site to access phone numbers, maps and professional bios of the staff.

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

### Graduation News



Janie Taylor graduated in August 2009 with her Doctor of Physical Therapy degree from A.T. Still University. Janie's doctoral studies included specialization in gender healthcare

issues, orthopedics and spinal dysfunction. Janie is with the [Newcastle PTC office](#).

### Physical Therapy Central of Chickasha



Is now open and accepting new patients. For additional information call 224-3100 [more information](#)



### October is National Breast Cancer Awareness Month

1 in 3 Women will be diagnosed with Breast Cancer. There are many risk factors linked to breast cancer. Some of these risk factors affect risk a

great deal and others by only a small amount. And some risk factors you can't change. For instance, just being a woman and getting older increase your chances of getting breast cancer. However, there are things you can do to reduce your risk of breast cancer. Leading a healthy lifestyle can help lower risk. Also, having a general understanding of what factors may increase your risk can help you work with your health care provider to develop a breast health plan that is right for you. Finally, getting regular screening tests can detect breast cancer early when it's most treatable. [Read More](#)



As winter approaches we are faced with the increasing need to move our cardiovascular workouts indoors. Runners moving their workouts to the treadmill may want to keep a few things in mind. Running outdoors means dealing with

varying grades, obstacles and wind resistance. Outdoor running conditions can be better simulate outdoor by varying the pace periodically and by adding 1-2% grade. A benefit of indoor running is that many treadmills are suspended to cushion impact which may be beneficial for individuals with bone or joint conditions. Cyclists may want choose to invest in a trainer or rollers. Rollers offer a more realistic ride and force the rider to concentrate on smooth riding but are better suited to very accomplished cyclists as they can be dangerous. There is a wide array of trainers available with many different resistance mechanisms. Trainers are a safe and affordable way to keep cycling all winter.

### Physical Therapy Corner

**HEADACHES** Physical therapy can be very helpful for headaches that originate in the muscles or joints of the neck (also called cervicogenic headaches). People who have tension-type headaches may have their headache pain brought on by neck strain, poor posture and stiff cervical joints. Good news is the pain can be changes with Physical Therapy to address the stiff joints, the poor posture and weak cervical muscles. Call us today to schedule an appointment.



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Clinic Hours

7:30 am - 5:30 pm

Mon - Friday

### Know what to do about the Flu.

The [CDC recommends](#) getting the flu vaccination for the seasonal flu and the H1N1 flu. The following web site are helpful to help you decide what is right for you and your family.

[www.flu.gov](http://www.flu.gov) , [Flu Symptoms](#) , [Seasonal Flu](#)



Wishing a joyous and wonderful Birthday wish to....

Bridgit Finley, Norman

Dale Boren, Norman

Casey Kirkes, Norman

Kahn Nirschl, Pauls Valley

Amanda Hammonds,  
Pauls Valley

Ken Schaecher, Stillwater

### 9 Ways to Reap Health Rewards from Your Diet



The right nutrients can repair and rejuvenate your body. Antioxidants, especially abundant in fruits and vegeta-

bles, are powerful compounds that cancel out cancer-causing free radicals before they damage cells.

Science has confirmed that the nutrients in our food can slow down and even reverse aging. When you eat well, the repair starts immediately on a cellular level.

Eating high nutrient foods can boost your immune system and help your body fight off sickness. You should eat foods high in Vitamin C such as green leafy vegetables, oranges and broccoli.

Vitamin supplements are good, but real food is easier for your body to digest. [Read More](#)



American Physical Therapy Association

October is national physical therapy month. This year's theme, "Move Forward: Physical Therapy Brings Motion to Life" reflects the physical therapist brand, "Physical therapists help you restore and improve motion to achieve long-term quality of life." Learn more about physical therapists and how you can benefit from physical therapy at [www.moveforwardpt.com](http://www.moveforwardpt.com).

Did you know that a study found physical therapists helped 92% of patients with low back pain? "Spine, July 2008".

Did you know that 88% of physical therapy users say that the care they received helped them return to normal activity. "APTA Consumer Survey, 2007"



Physical Therapy Central of  
Norman, Newcastle &  
Pauls Valley  
Celebrate their Five Year  
Anniversary

Keep up with all the happenings at  
Physical Therapy Central.

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