

# Team OPT

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[www.OPTtexas.com](http://www.OPTtexas.com)

## Amputee Peer Visiting

We are able to provide amputee peer visiting for either a pre-amputation situation or immediately following amputation, or as needed. We have 4 certified amputee peer visitors on staff: Louisa, an above the knee; Jo, an above the knee; Heather, a bi-lateral above the knee; and Frieda, a below the knee amputee. These 4 ladies have a lot of experience, and different and interesting stories, to share with fellow amputees, people facing amputation, or their families.

There is no charge for this important service. Please call Frieda at the office or on her mobile at 512-791-8864 to request a visit or for more info.

## Round Rock Amputee Support Group

OPT is a proud sponsor of the RR Amputee Support Group. They have a meeting at Round Rock Medical Center every 4<sup>th</sup> Thursday of the month at 7 p.m. in Education classroom 1. The group also has an activity or outing every other month, for example; parties, bowling, fishing, pool, golf, Lady Bird Flower Center, RR Express ballgames, and IMAX theatre at Bob Bullock Museum, just to name a few. In November our meeting is Thur. Nov.19<sup>th</sup>, due to the Thanksgiving holiday. Our December Holiday party is Dec. 12<sup>th</sup> at a restaurant to be announced.

Call Frieda or email at [friedaborth@OPTtexas.com](mailto:friedaborth@OPTtexas.com) for more info.

## Service and Referrals

At OPT we are dedicated to providing the best custom prosthetic and orthotic devices available. We hope that you find our customer service responsive and cooperative and want you to know we appreciate your referrals. Please let us know if you would like a lunch in-service at your office or clinic to find out more about our devices and services. Please call Frieda for more info.



***In Action***

November 2009 Newsletter



- Featuring Carlos Garcia -  
Training for the Livestrong Challenge

[www.OPTtexas.com](http://www.OPTtexas.com)

# Amputee Highlight



When you meet Carlos Garcia, you know this is a young man that is going to make a difference.

Carlos was 17 when he was diagnosed with osteosarcoma (bone cancer). After initial treatment with limb salvage, Carlos had a recurrence when he was 21. At that time his left leg was amputated above the knee. He is now 24, and going on three years in remission.

Carlos is majoring in Kinesiology at St. Edwards University. His future plan is to go to UT Southwestern and earn a Master's degree in prosthetics and orthotics. He decided to go into prosthetics because he is really intrigued at how prosthetics work. Also, by being an amputee, he knows he will be able to bring great insight to new amputees and show them that amputation isn't the end of the road.



OPT was especially proud to sponsor Carlos in the Livestrong ride on October 25<sup>th</sup>. In Carlos' own words:



"It means the world to me that Aaron Foreman (Prosthetist) went out of his way to make me a cycling leg. Cycling has given me a huge part of my life back that has been missing for years, which was sports. Now I am able to be active again and cycling is my sport. The competitive fire that I always had for sports is something that had been taken away from me, but thanks to OPT, I now have that fire again. My new goal is to one day be in the Paralympics games for cycling and I will not stop until I reach that goal. Being able to ride in the Livestrong Challenge was a monumental moment in my life, just to further prove to myself that amputation and cancer for that matter will not keep me from living my life to the fullest and doing the things I want to do.

A saying that I tell myself all the time is that no matter the challenge or obstacle- never quit- and live life with no limits".

## OPT Technical Corner

The cycling prosthesis developed by OPT utilizes a pin locking system to suspend Carlos' prosthesis while riding. A Total Knee is used for the prosthetic knee allowing a smooth pedal revolution. Shimano clipless pedals are used to maintain a secure lock onto the prosthetic foot. The **Livestrong/OPT** prosthetic socket was specially designed for cycling utilizing a silicone flexible liner with an ultra light carbon fiber frame.

## OPT News & Events



OPT was the proud sponsor of the Orthotic Prosthetic Assistance Fund First Volley Adaptive Tennis Clinic on October 24<sup>th</sup> at Circle C Tennis Club in Austin.

We had 14 amputees on court, including Greg, a Wounded Warrior, Nora, an 80 years young sombrero wearing tennis player, and Bruce, who had only been on his prosthesis for three weeks. Over 50 people participated in the event. Robin Burton, Director of OPAF and First Clinics, said it was their most successful tennis clinic to date. It was such a success; OPT is looking forward to sponsoring First Volley again in 2010. Here are a few quotes from our tennis players:

"I had a wonderful time, felt good to be able to hit the balls and enjoy the outside day!"

"Had an excellent time being able to play a sport again, even with only being in my prosthesis for three weeks"

"There should be more activities like this...we had a blast and met some great people and made friends that will last a lifetime"

"The clinic was awesome. It was great to see so many amputees enjoying themselves. Thank you for this great event"

