

Team OPT

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LOCATIONS

AUSTIN CLINIC

8000 Anderson Square Rd.
Suite 301-A
Austin, TX 78757
Phone: (512) 377-2323
Fax: (512) 374-9993

SAN MARCOS CLINIC

1340 Wonder World Drive
Building 1, Suite 102
San Marcos, TX 78666
Phone: (512) 754-9928
Fax: (512) 754-9950

ROUND ROCK CLINIC

2801 Oakmont Dr.,
Suite 1200
Round Rock, TX 78665
Phone: (512) 255-4400
Fax: (512) 255-4404

TEMPLE CLINIC

2707 South 37th St.
Suite C
Temple, TX 76504
Phone: (254) 771-2700
Fax: (254) 771-2702

www.OPTtexas.com

Amputee Peer Visiting

We are able to provide amputee peer visting for either a pre-amputation situation or immediately following amputation, or as needed. We have 3 certified amputee peer visitors on staff; Louisa, an above the knee; Heather, a bi-lateral above knee; and Frieda a below the knee. These three ladies have a lot of experience, and different and interesting stories, to share with fellow amputees, or people facing amputation as well as with their families. There is no charge for this important service. Please call Frieda at the office or on her mobile at 512-791-8864.

Round Rock Amputee Support Group

OPT is a proud sponsor of the RR Amputee Support Group. Frieda facilitates the support group. They have a meeting at Round Rock Medical Center every 4th 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, bowling, fishing, pool, golf, Lady Bird Flower Center, RR Express ballgames, and IMAX theatre at Bob Bullock Museum, just to name a few. Next planned outing is October 30th which will be our annual Halloween Party (details coming). Please let your amputees know about this active and supportive group for amputees and family members. Call Frieda or email at friedaborth@OPTtexas.com for more info.



In Action

September 2009 Newsletter



Featuring Bessie Greenwood
—"I'm ready to live my life to the fullest" —

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Amputee Highlight



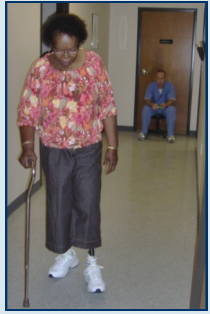
Bessie Greenwood fell off her back steps in March 1999 and injured her right great toe. Two weeks later she was in the emergency room with high blood pressure and feeling sick. She found out that night that she had a bad infection in her toe, and was diabetic. Later she was told that she had vascular disease, and had a triple bypass on her right leg. Doctors told her that if this was not successful, they would have to amputate below the knee. At this time she lost her right great toe and 2nd toe.

In August 2007, Bessie's Husband was in a car accident. He survived for 11 months after the accident, with Bessie doing a lot of traveling back and forth from Austin. Bessie says, "It was very stressful for me. My world turned up side down when my husband died. I got so depressed I stopped taking care of myself. My diabetes was out of control."



On November 8, 2008, Bessie injured her left toe and was referred to a podiatrist. The podiatrist checked her into the hospital. They did a couple of procedures on her left toe, and she went home with a treatment plan. Later in November 2008, Bessie had a heart attack and also emergency bypass surgery. Bessie recovered from the heart attack and surgery. She said "God was not ready for me yet. It was not my time to go".

In January 2009, Bessie was admitted back into the hospital for her toe. She ended up losing all of her toes, but her foot still did not heal—the doctors, recommended a transtibial amputation. She was not ready to hear this and neither were her children. Her doctor did several procedures to save her leg, but nothing helped. After praying for guidance and faith, and talking with her children, "I decided to have the leg amputated and I put it in God's hands and accepted it. This is when I met Frieda, who helped me understand more about being an amputee, and gave me hope that it would be OK".



In March 2009, Bessie was back up on her feet with her prosthesis. She was able to care for her terminally ill sister for a while. Her sister unfortunately died April 2009. Bessie says, "It is wonderful to feel independent again, and with family support, Kevin as my prosthetist, and my faith, to help me through it all, I feel like I have a second chance in life and plan to live life to the fullest".

Bessie has the best attitude of anyone you could meet. Her laughter is infectious, and she is just fun to be around. Kevin always looks forward to her coming in for her appointments in our Round Rock office.

OPT News & Events

OPT PT COURSE September 25

OPT will have its annual Physical Therapy Management of the Lower Extremity Amputee Course this year on September 25th. This course is being provided for Physical Therapy students from Austin Community College. We look forward to this teaching session every year.

OPT FIRST VOLLEY October 24



OPT will be hosting an adaptive tennis clinic for amputees and those with physical challenges on Saturday, October 24 at the Circle C Tennis Club in Austin. First Volley Adaptive Tennis Clinics, sponsored by the Orthotic & Prosthetic Assistance Fund, Inc. (OPAF) are geared towards amputees either with their prosthesis or wheelchair. This is our first year to host this event, so we are very excited to provide this experience for all our amputees. Come and join us for a great afternoon. More details will follow soon or you can call the office and ask for Frieda or email.

OPT Technical Corner

Talux® From heel strike to toe-off, no other prosthetic foot simulates a more fluid or graceful walking motion—Emulating many of the anatomical features of the human foot, the Talux has been specially designed to provide a fluid, natural walking motion in a variety of terrains, for amputees of low to moderate activity.



Service & Referrals

OPT takes very seriously our patient care. We hope you always find your appointment, care, and service provided the best available.

Our practitioners are available to discuss any questions you may have or information you may request. We thank you for your referrals, and appreciate your considering us. Please let us know if you need anything at all.