

Team OPT

Aaron Foreman, M.S.P.T, C.P.O

Kevin Kimbell, C.P.O.

Susan Kestner, C.P.O.

Mike Raney, C.O.

Chong Shrout, C.O.

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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

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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 visiting for a pre-amputation situation or immediately following amputation, or as may be needed. We have 3 certified amputee peer visitors on staff: Louisa, an above the knee; Jo, an above the knee; and Frieda, a below the knee amputee. These 3 ladies have many years of experience and different and interesting stories, to share with fellow amputees, someone 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

Our support group meeting this month is March the 25th at 7 p.m. at Round Rock Medical Center in The Boardroom.

We have Ignacio Maderas from the Department of Assistive and Rehabilitation Services coming to speak with us. His title for his presentation is: "The Texas Department of Assistive and Rehabilitative Services - Vocational Rehabilitation Program. What to expect, how it works for you, and what part you play". Ignacio is the stakeholder Relations Specialist for the Center for Program and External Relations at DARS.

The Support Group is bowling Saturday, March 20th at 4:00 p.m. at Dart Bowl at 5700 Grover. The # there is 452-2518. Dart Bowl is a small quaint locally owned bowling alley with a little Café that has good food. They have wheel chair access and also have the bowling ball device so you can bowl out of a chair.

Our 8th Annual Support Group FISHING DAY at Lake Bastrop is on April 24th at 8:00 a.m.

We have a couple of bass clubs that volunteer their beautiful bass boats, gear, time and expertise to take an amputee and one guest out fishing on Lake Bastrop for 4 hours. We all bring a dish and have a huge pot luck lunch after fishing. Sounds like fun, huh? Call or email Frieda for more info or to sign up for events.

Service and Referrals

Our practitioners and technicians custom design each prosthesis and orthosis staying current and proficient with the latest orthotic and prosthetic technology available. OPT is dedicated to delivering the highest quality orthotic and prosthetic service possible. We take great pride in our professionalism and compassion. OPT strives to maintain the highest credentials and best qualified staff possible to achieve our mutual goals.

We would like to thank our patients, prescribing physicians, and others for allowing us the privilege to provide their prosthetic and orthotic care.

Please call Frieda or email at www.friedaborth@opttexas.com if you would like a lunch in-service at your office or clinic to find out more about our devices and services.



In Action

March 2010 Newsletter



— "I love my life" —

www.OPTtexas.com

Orthotic & Prosthetic Technologies, Inc.

Amputee Highlight - Ronda Wilkins below knee amputee



I have always been a very active person. Even as an adult, my friends and family were always saying "Geez, Ronda, can't you sit down for at least 5 minutes?" My honest answer was always "Nope".

This all changed for me on March 1st, 2002, when I was struck, while driving, by a young man who ran a red light. I was t-boned on my side and then forced into a utility pole on the street corner, head-on. I don't remember much about either of the impacts, but I do remember the horror and pain of realizing that I was severely injured. My right leg had been shattered from my hip to my ankle. I was pinned-in the car and it seemed like it took forever to get me out. I spent 8 hours in surgery that night and required 2 blood transfusions. They were able to piece my leg back together and I was placed in an external fixator for several months, and had numerous surgeries. All in all, I endured over 40 surgeries in 5 years trying and hoping for a miracle, but the constant pain and trips to the hospital took their toll and I finally decided to go ahead with amputation. It just seemed so unreal to me...I didn't want to accept this, but knew what

I had to do. In October of 2007, I went thru with it and have never looked back. With the help of the wonderful people at OPT, I have been able to resume a normal life again for the first time since that awful accident. With my prosthesis OPT made, I am back to playing softball, golf, cycling, pretty much anything I want to do. My family and friends have been fabulous and supportive through everything! My husband, Ed and daughter, Trixie are the two most amazing people on this planet! My Mom, Brother, Sister-In-Law and nephew, Cooper, have kept my spirits up and given me so many reasons to work hard and get back to my old self....so a big thank you to all of them! I love them more than they know. My Mom recently said "Ronda, can you sit still for 5 minutes?" and it almost made me cry! I never thought I'd hear those words again!! Thank you to everyone at OPT for giving me the encouragement and tools I needed to get here. I really love my life!



OPT Technical Corner



Ronda is wearing a Talux foot and is in a suction socket. She wears the Otto Bock Derma ProFlex Sleeve which has a Pre-flexion of 15° allowing for an easier bending of the knee and reduced wrinkling around the knee fold.

Otto Bock Derma ProFlex Sleeve



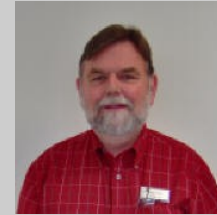
Ossur Talux

The Ossur Talux prosthetic foot is designed to provide multi-axial function, and it improves ground contact on uneven surfaces. This foot's design reproduces many of the anatomical features of the human foot, which is why walking on it feels so natural.



Ronda's Prosthesis

OPT News & Events



We are very happy to have Certified Orthotist Mike Raney join our practice. Mike has been an orthotist for 17 years and brings a great deal of experience to OPT. Mike grew up in Long Beach, California. He earned Bachelors and Masters Degree in Psychology from Humboldt State University and a PhD in Applied Statistics and Research Methods from the University of Northern Colorado. Mike received his certification in orthotics from Rancho Los Amigos Medical Center in California. In 2000-2003, Mike served as a member and Chairman of the Research and Development committee of the American Academy of Orthotics and Prosthetics (AAOP) performing and promoting research among orthotic and prosthetic professionals. He earned his certification from the American Board of Certification in Orthotics in 1993.

Welcome aboard, Mike.

ACC Physical Therapy Clinic

OPT hosted an Orthotic In-service for ACC Physical Therapy students at our Austin office this month. Aaron Foreman, MSPT, CPO, shared information and demonstrated many types of orthoses and discussed different situations the new PT's may experience as they start their rotations. This precedes our Prosthetic Course for Physical Therapist coming this fall.



OPAC First Volley Tennis Clinic



OPT is excited to announce we will be the proud sponsors of the OPAC First Volley Tennis Clinic in Austin for the 2nd year on October 16, 2010. First Volley was designed for amputees, orthosis wearers and those with physical challenges who wish to enjoy the game of tennis.

www.opfund.org