

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.

David Polanco, C.P.

John Paul Snapp, L.P.O.

Christina Gambrell, L.O.

Locations

AUSTIN CLINIC

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

SAN MARCOS CLINIC

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

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 have 3 amputees on staff that are certified. Frieda, a below the knee, and Louisa and Jo are above the knee. OPT offers amputee peer visits for pre-amputation or immediately following surgery—providing support and encouragement--there is no charge for this service. Any person facing amputation, under most circumstances, will benefit from talking with another amputee and their families as well.

If you are interested in visiting with one of our patient advocates, please call **Frieda** at **512-791-8864** or email at friedaborth@opttexas.com.



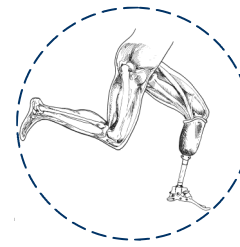
Amputee Support Group

The Support Group meets the 4th Thursday of every month at St. David's Medical Center in Round Rock, 2400 Round Rock Ave (Hwy 620) at 7 pm.

We have a planned activity every other month ranging from fishing, pool, bowling, Bob Bullock museum, Lady Bird Wildflowers and RR Express Ballgame just to name a few. Makes you want to come, huh? www.rramputee.com Please contact Frieda.

To request an in-service luncheon or for more information about our practice, Please call Frieda at 512-791-8864 or email friedaborth@OPTtexas.com

We appreciate your referrals and would like to thank each of you. Please let us know if we can assist with any questions concerning our mutual clients or devices.



**O
P
T**
In Action

November-December 2010 Newsletter



"I cannot believe the difference. This feels like the leg I lost. This is the best leg I ever had."

Orthotic & Prosthetic Technologies, Inc.

www.OPTtexas.com

Amputee Highlight— Nora Richart



Nora Richart is an inspiration to anyone who meets her. Nora was born in 1929, and is quick to point out she is 81 years young. Nora has always been a vigorous and active woman. At 61 years of age, Nora earned an associate's degree in arts and basic courses at San Antonio College and an associate's LVN degree from St. Phillips.

In July 1997, Nora was driving in a heavy rain when her car hydroplaned. The car hit a guard rail and rolled five times. Nora was thrown from the car window. As a result of the accident Nora sustained an above knee amputation.

Since her accident and amputation, Nora has never let being an amputee get in her way. She believes "only attitude, practice and time will tell you how far you can go with a prosthesis".

For the past two years Nora has come to the OPT First Volley Tennis Clinic. Every year she gives 110%. Everyone marvels at her enthusiasm, stamina, and attitude. This year after the tennis clinic Nora called to find out the exact racket she used at the clinic, so she can get the same racket to hit balls against a wall at her house.



In addition to tennis, Nora's hobbies include arts and crafts, ceramics, drawings, poetry and train collecting. Nora recently started collecting N and Z scale trains. She said, "I always wanted a train." Her goal is to make a track simulating the Colorado home where she grew up.

In speaking with Nora about being an amputee, she had a few things she wanted everyone to know. "I have complete awe and respect for: First, God, who saw me before and after (my accident) walking and let me walk again, second, my prosthetist, Aaron, who saw me after I had fallen and supplied me with a sturdier leg to live with, and finally, OPT, that renders the possibility into reality".

After speaking with Nora, she got into her car, and drove off into the afternoon, running errands and enjoying life. You realize there is nothing that is going to slow this lady down.



Technical Corner

Compact Knee

The new C-Leg compact uses updated C-Leg Technology that especially meets the needs of less active amputees who require additional stability. With the C-Leg compact, the person can usually achieve a more natural gait pattern. It uses microprocessor-controlled hydraulics which dynamically adapt the system to the user's walking speed in real time. The C-Leg compact leg prosthesis system adjusts automatically whether the user is walking down stairs, on slopes, or on uneven terrain.



Nora's Prosthesis

1C30 Trias®—Prosthetic Foot

Dual springs in the heel and forefoot provide shock absorption at heel strike and a smoother, more natural rollover for excellent, all around walking performance.

The 1C30 is the result of creative prosthetic design and innovative technology. Conjoined dual springs in the heel and forefoot provide shock absorption at heel strike as well as a more natural rollover. Secure, controlled movements give your patient greater confidence while walking because the foot adapts well to various walking speeds and uneven surfaces.



LiveStrong Challenge 2010

Orthotic & Prosthetic Technologies, Inc. (OPT) is proud to announce four OPT sponsored amputee cyclists completed the Livestrong Challenge on October 24th 2010. Carlos Garcia (90 miles), Greg Lakowski (90 miles), Jamie Schanbaum (10 miles), Todd Rayer (40 miles) and 3 OPT prosthetists/orthotists, Aaron Foreman, PT, CPO, Kevin Kimbell, CPO, and David Polanco, CP, all completed the ride. OPT raised over \$2,000 for the Lance Armstrong Foundation in the Livestrong Challenge in Austin, Texas. Aaron said the ride went great and the amputees trained hard for this event and easily completed the hilly course west of Austin. OPT would like to congratulate all of the amputees who successfully completed the ride.



First Volley Adaptive Tennis Clinic for Orthotic Prosthetic Technologies



Frieda and Jo with Dennis Ralston

This is the second year in a row that Orthotic Prosthetic Technologies, Inc. has hosted a First Volley Clinic in Austin. The clinic took place October the 16th at Circle C Tennis Club and was led by First Volley Director of Tennis, Darren Kindred and Circle C Tennis Director, Fernando Velasco.

We were honored to have Dennis Ralston, a member of Tennis Royalty, with us for the First Volley Clinic. Mr. Ralston is a Wimbledon and French Open Champion, who became a below-knee amputee this spring. Sixteen of our OPT amputee clients enthusiastically went through their paces of skills and drills. The Clinic concluded with great barbeque provided by OPT.

We are looking forward to next year already!