

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

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www.OPTtexas.com

ACA Conference

Jo, Frieda and Louisa are attending the Amputee Coalition of America Conference in Irvine, Ca. August 25th-29th. All three of these ladies are certified amputee peer visitors and will be attending the conference to further their education and expertise as people living with limb loss to share with their fellow amputees. Also, they're going to have a good time. Thanks for supporting us, Aaron.



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

Round Rock Amputee Support Group

Join us for the next amputee support group meeting on September 23rd, 7:00 PM at St. David's Round Rock Hospital in Education Room #1.

For more info www.rramputee.com

==Welcome New OPT Staff Members

OPT is growing!

We would especially like to welcome our new staff members: **David Polanco, CP, Christina Gambrell, LO, and O/P Residents Stephanie Flores and Chad Oylar.**

We are happy to have **Tiffany Dotson** join our front office staff in Austin. She brings many years of experience in the O&P business to our staff.

Also, welcome to **Loren Tower, CTPO**, our new Lab Technician in our Round Rock office.

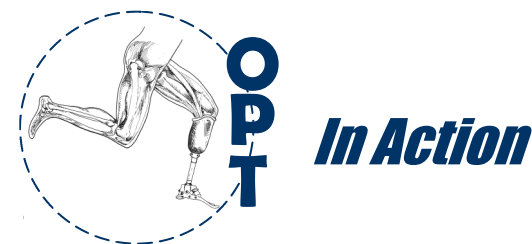
We are proud of all of our OPT staff and know our new members will assist us to continue to bring the best patient care possible.

Thank You

We would like to thank each of you for your referrals. We are committed to providing the very best for each of our mutual clients or patients. We are very proud of the fact that we are a locally owned company, founded by Aaron Foreman, CPO, MSPT. We personally like the Austin slogan "Go Local".

If you would like to have an in-service scheduled for your office, please contact Frieda at friedaborth@OPTtexas.com or call 512-377-2323.

Check us out! www.OPTtexas.com Great photos and information!



September 2010 Newsletter



Carlos Garcia and Greg Lakomski after finishing the 78 mile Colorado Cyclist Copper Triangle Alpine Classic ride.

OPT proudly sponsors Carlos and Greg.

www.OPTtexas.com
Orthotic & Prosthetic Technologies, Inc.

Amputee Highlight

Carlos Garcia-Above Knee



Carlos with his proud parents, Gilbert and Nelia

Last year we featured Carlos Garcia in our newsletter. Since then he has accomplished so much, we wanted to share with you an update.

Carlos is now 24. In the spring he graduated from St. Edwards University with a B.A. in Kinesiology.

Since Carlos' first cycling ride last October, he has progressed. He currently works out 6 days a week, consisting of bike and gym training. In this next year Carlos' goal is to enter the Paralympics cycling pipeline and continue to work towards making the U.S national team.

Carlos said he was pretty proud of himself for finishing the 78 mile Colorado Cyclist Copper Triangle Alpine Classic ride the first week of August. He said it was amazing and challenging, and he was very happy to have his parents Gilbert and Nelia there with him. He is especially excited and looking forward to the 2010 Paralympic Cycling Development camp September 12th- 19th. It will be a great learning experience and opportunity at the Colorado Springs Olympic/Paralympic training facility. It's going to be a week of race training and a great opportunity to gain experience and meet coaches. A great first step to help Carlos reach his ultimate goal of the National team.

Carlos will be riding The LIVESTRONG Challenge ride again this coming October 24th in Austin. He will be riding the full 90 miles.

"Right now my sole focus is cycling and making the U.S Paralympic cycling team. Prosthetics is something that still interests me but cycling and training is my only focus for now".

We are very proud at OPT to sponsor Carlos as a cyclist. This young man is going to make a difference for many. Good luck, Carlos!

OPT Technical Corner



Carlos Garcia's cycling prosthesis includes the following components. His socket interface utilizes an Ohio Willow Wood Alpha locking liner with a custom designed Power Belt by Knitrite. His LiveStrong/OPT socket has unique trim lines designed for cycling, and he utilizes an Ossur Total Knee which allows for a smooth pedal stroke during long 6-8 hour rides. (Picture-left)

A standard OWW SACH foot with integrated pyramid is attached with a clipless cleat for a secure lock between the prosthetic foot and pedal. (Picture-right)



OPT Sports News

Cycling



OPT sponsored cyclist, Greg Lakomski and Carlos Garcia, along with Aaron Foreman, CPO, finished the 5th annual Colorado Cyclist Copper Triangle Alpine Classic in 8.5 hours on Saturday August 7th. The famous Copper Triangle is a 78 mile loop cresting three Colorado Mountain passes. The Triangle is graced with breathtaking scenery, gorgeous roads and three challenging climbs. Congrats, guys!

Aaron, a week later, finished The Leadville 100 Mountain-Bike race--a 100 mile mountain bike race on an out-and back course starting in Leadville Colorado and traveling on rough terrain and some pavement. This is the 3rd year Aaron has finished his current time was 11 hrs 9mins. Way to go, Aaron!

OPAC First Volley Tennis Clinic

OPT is gearing up for our 2nd annual OPAF First Volley Tennis Clinic on October 16th. This year is building up to be a big success. Last year we had the most successful First Volley in the country. This clinic is open to amputees and wheelchair ambulators as well. Wheelchair participants do the same drills that amputees do that are ambulating with their prostheses. No excuses not to participate. This is a great sport and everyone has such a good time. Please share info with your clients and patients. Email or call Frieda (friedaborth@opttexas.com) for more information or to register.

