

Santa Ana Tustin Physical Therapy



"Exercise is Medicine"

SATPT NEWSLETTER

WHAT'S NEW

SATPT Referral Program

Dear friends,

As a current or former patient of ours, we would like to offer a set of custom made orthotics (**\$150.00 Value**) from SATPT for any new patient or new physician referrals. The program is very straight forward, any referral for a new patient or new physician will be rewarded with a custom set of orthotics made to suit your specific needs. Please do not hesitate to contact us with any questions (714) 835-6638. We look forward to hearing from you!

The staff at SATPT

September 2009

Newsletter Spotlight: Wii Fit and Physical Therapy

SATPT has incorporated the use of Nintendo's Wii Fit platform to our therapy programs. Patient feedback from use of the Wii balance board has been very positive with excellent results.

More About Physical Therapists

Physical therapists (PTs) are health care professionals who diagnose and treat people of all ages who have medical problems or other health-related conditions that limit their abilities to move and perform functional activities in their daily lives.

PTs must have a graduate degree from an accredited physical therapy program before taking the national licensure examination. The minimum educational requirement is a master's degree, yet most educational programs now offer the doctor of physical therapy (DPT) degree.

Physical therapists practice in hospitals, private practices, outpatient clinics, rehabilitation facilities, skilled nursing facilities, homes, education or research centers, schools, hospices, corporate or industrial health centers, athletic facilities, and other settings.

To find out more about our PT's please [click here](#).



Wii Fit More than just a Video game



Benefits of Custom Orthotics



An example of a foot without the corrective support of an orthotic and then another example of the same foot with a custom made correcting and supporting the foot. Notice the difference a well made orthotic makes!

Orthotics help in providing relief for painful foot problems or an injury, especially for those who must walk, or stand excessively on the job or in every day activities.

The mechanical properties of the orthotics help to maintain the normal positioning of the bones in the foot, the joints in the ankle and knees leading up to the hips and lower back. The muscles and ligaments holding these bones in their intended anatomical positions are prevented from over stretching and becoming lax over time.

With enough functional correction from an orthotic, the foot structure can be aligned to give more propulsion, making walking, running and even cycling more efficient biomechanically.

Along with aligning the foot structure, the use of a custom orthotic reduces muscular fatigue and helps to promote more efficient muscle performance thus enhancing performance during the gait cycle.

To remove your name from our mailing list, please [click here](#).

Questions or comments? E-mail us at infosatpt@gmail.com or call 714-835-6638