

OSTC

**Orthopaedic &
Sports Therapy
Center**

Professional. Caring. Excellence.

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SPOTLIGHT DOCTOR

Michael Hames, MD

Dr. Hames was born and raised in Fort Worth and is settled in Wichita Falls with his wife, Dr. Christal Hames (General Surgery), their son and baby girl.

He completed an Orthopaedic Foot & Ankle Surgery Fellowship with FOARR in Houston in the renowned Texas Medical Center, the largest medical center in the world. Dr. Hames also completed his residency training at the world famous Cambell Clinic, one of the oldest Orthopaedic institutions in the country that publishes one of the longest running and most widely disseminated Orthopaedic texts: Champbell's Operative Orthopaedics.

His practice will include general orthopaedic surgery with an emphasis on conditions involving the lower extremity, specifically the foot and ankle. Currently, Dr. Hames is the only foot and ankle surgeon between DFW and OKC.

Education and Training:

BS Biomedical Science, Minor in Business - Texas A&M University -College Station, TX (2005)

MD - The University of Texas Medical Branch - Galveston, TX (2010)

Residency, Orthopaedic Surgery - Campbell Clinic/University of Tennessee - Memphis, TN (2015)

Fellowship, Orthopaedic Foot & Ankle Surgery - Foundation for Orthopaedic Athletic & Reconstructive Research - Houston, TX (2016)

What People are Saying about OSTC:

My experience has been really positive. Everyone has been great!

Everyone helped me get better and kept a smile on my face to help me feel better and work harder.

My experience has been wonderful. I will suggest this to my friends and loved ones.

OSTC Athletic Trainer goes to 1st National Convention

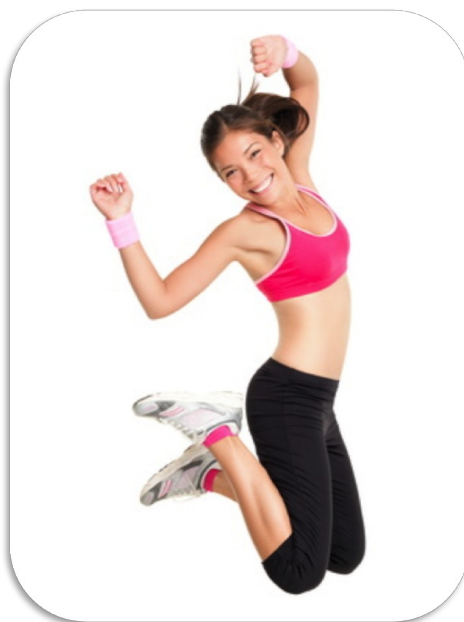


This year the National Athletic Trainer Association (NATA) held its Annual Symposia & AT Expo in Houston TX. The NATA is the professional membership association for certified athletic trainers; founded in 1950, the NATA has grown to more than 43,000 members worldwide today. The 68th NATA Clinical Symposia & AT Expo was a celebration of the athletic training profession, and provided continuing education classes on a variety of topics. Attendees were provided the opportunity to hear more than 700 speakers who discussed everything from medical-related concerns—such as concussion, osteoarthritis, heat illness and new therapeutic techniques—to issues that impact the athletic training profession—including AT retention, integrating within a health care team and career success. This year, the AT Expo occupied 65,800 square feet within Hall C of the George R. Brown Convention Center and showcased the

latest products and services of more than 330 companies. The 2017 Athletic Training Expo is considered one of the largest exhibitions to date, like they say, "Everything is bigger in Texas!"

Thomas Patrey, MS, LAT, ATC, an athletic trainer for OSTC was able to attend the NATA Convention. As a recent graduate, this was Thomas's first year to attend the National Convention. When asked what he enjoyed most about his experience, Thomas said it was the key-note speaker, famous doctor-comedian, Dr. Zubin Damania aka. ZDoggMD. Thomas also attended many continuing education courses learning about new rehabilitation techniques that he was able to share with the athletic trainers and physical therapist at OSTC. All of the staff at OSTC look forward to when a coworker has the opportunity to learn about new products and technologies because it allows us to pass those experiences on to our patients.

Heel Pain and Injury: The Physical Therapy Solution



The feet bear the weight of the body upon them, but the heel of the foot receives little thought unless it begins to hurt. Pain can originate under the heel (plantar fasciitis) or the back of the heel in the Achilles tendon. Inflammation, swelling and pain are common complaints associated with the heel.

An injury to any part of the heel can be extremely painful, producing inflammation and swelling. Individuals may have difficulty flexing their foot up or down, standing on their toes, or even walking. A heel injury may also result in a tingling sensation indicating the need for immediate medical care that will often require rehabilitation with a physical therapist.

Everyone has an occasional pain in the heel after extensive walking, jogging or sports activities and it typically disappears within a day or so with rest. Heel pain that interferes in standing, walking, or lasts a week or more can be helped with physical therapy.

Plantar fasciitis is the most common cause of heel pain resulting from running and jogging, obesity, and excessive standing. Pain may be present when people take their first few steps in the

morning or after sitting down for an extended period of sitting.

Easy Does It

An injury to the heel can have a variety of causes, from arthritis and heel spurs to stress fractures and tendon injuries. It's important for individuals not to overwork the heel. People who aren't accustomed to extensive running, jogging and similar activities should never attempt participation without proper preparation.

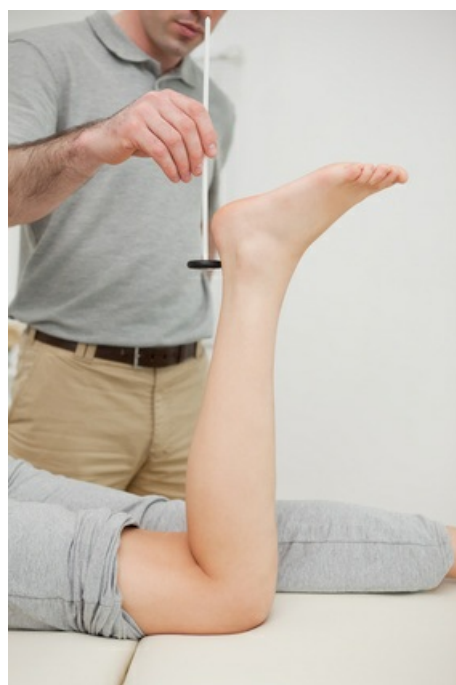
Physical therapy can prepare your feet for rigorous usage and relieve the effects of overuse. Physical therapy can help in multiple areas that include:

- Foot or heel supports
- Remedy gait problems
- Reduce pain, inflammation and swelling
- Identify mechanical dysfunction
- Increased foot support
- Improved flexibility
- Build strength and endurance

Pain in the heel and bottom of the foot may be caused by micro-tears in the ligament that's responsible for supporting the arch. Any type of heel pain may develop over time and it can appear suddenly, representing an acute injury. If left untreated, heel and Achilles tendon pain worsens and can transition into a chronic condition.



Treat The Pain with Physical Therapy



Your physical therapist can help you reduce the risk of injuring your heel with specific stretches, exercises and warm-ups that will prepare your foot for action. He/she can help you choose the right shoes for specific activities. Footwear varies widely and a shoe that's appropriate for power walking won't be appropriate for jogging or running a marathon.

Many people have developed mechanical dysfunction in their gait that leads to improper foot placement. Your physical therapist can examine your gait while walking, jogging and running to determine if retraining or realignment is necessary. He/she can help if arthritis or chronic conditions are involved.

Orthotic devices can be prescribed to ease pain and distribute weight more evenly for comfort. If you're overweight or your employment requires extensive time in a standing position, your physical therapist can recommend accommodations and ergonomic solutions to relieve stress on the entire foot and the rest of the body.

Manual manipulation may be employed to improve flexibility and mobility. If heel pain is caused by a weakness in the lower leg, hip or core, you'll have access to technologically advanced methods to strengthen those areas and improve endurance. Pain in the heel can originate in the back and spinal assessments are effective for

relieving pain in any part of the body.

Manual therapy, laser, dry needling and electro-stimulation may be used to loosen tight muscles in the calf and foot, relieve pain, and reduce inflammation and swelling. Braces and assistive devices can be obtained to provide support.

You don't have to be a world-class athlete or compete in marathons to experience pain in your heel. It can result from an incorrect step, being overweight, or participating in active endeavors without the proper warm-up. No matter what the source, your physical therapist can help with preventative measures and treatment if an injury has already occurred.

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