

**PRESS RELEASE**  
*For Immediate Release*

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## First Things First Training and Clinic in Spartanburg

April 10, 2017 – Charlotte, North Carolina – Carolina Orthotics & Prosthetics recently hosted a First Things First Training and Clinic to celebrate the opening of their new offices in Greenville and Spartanburg. The event was co-hosted by Endolite and supported by Accessible Mobility Centers. Chris Doerger, PT, CP led the training for local therapists and rehab personnel for the morning session as well as the afternoon clinic session which focuses on mobility, falls and recovery. Attendees from both North and South Carolina joined us at the Hanna YMCA.



"No matter what age a person is, addressing mobility is always important. When a person has challenges, sometimes the basics (getting up and down safely) need to be renegotiated. First Things First is a clinic from OPAF that does exactly that. It takes the individual, and their care provider and support team back to the basics of mobility. Falling is something we all do, and this program offers the skills necessary to do it with as little to no injury as possible, and then return to an upright and stable position. I would recommend this program to all rehabilitation centers and therapy groups" offered John Kinder, below knee amputee and patient care coordinator with Carolina O & P.

First Things First and First Stride are the two newest First Clinics and offer continuing education credits to allied health care professionals along with a hands on clinic to create a Train the Trainer aspect of learning.



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**About OPAF:** Serving as the philanthropic arm of the US orthotic and prosthetic community, the Orthotic & Prosthetic Activities Foundation (OPAF), develops, implements, partners and hosts adaptive recreational clinics for those with physical challenges. The First Clinics are recognized as leaders in adaptive recreation. Whether this is the first time a participant is trying an activity after illness, injury or episode or the first time they are ever trying, First Clinics offer top notch adaptive instruction specifically for them. Founded in 1995 to support the Paralympic Games in Atlanta, OPAF & The First Clinics have moved forward to offer introductory level adaptive recreation opportunities to everyone, not just the elite athlete. For more information on OPAF and The First Clinics, visit [www.opafonline.org](http://www.opafonline.org).