



— 2021 —

THE THERAPY FIT NEWSLETTER

AVOID BACK PAIN BY IMPROVING YOUR SPINE HEALTH

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THERAPY FIT NEWSLETTER

AVOID BACK PAIN BY IMPROVING YOUR SPINE HEALTH

Are you living with back pain? You may notice that your pain worsens each morning when you wake up, when you have to stand for more than 10 minutes, or when you have to walk long distances. The severity of back pain can range from minor dull aches to sharp stabbing pains. Pain that radiates from the spine down to the buttocks and legs is typically a sign of sciatica. However, your back pain can be avoided and resolved by improving your spinal health. Contact Therapy Fit today to find out how.

You may be wondering, "What does this mean? How can I tell if my spine is healthy?" When we think of health, we typically focus on nutrition, exercise, and heart health – but spine health is incredibly important, as well. Your spine does a lot for your body – it protects your spinal cord, allows you to breathe properly, and it is what allows your body to move. In fact, almost every function in your body is directly connected to the health of your spine.

This is why spine health is so important. If you are living with back pain, you know how limiting it can be. In order to make sure your spine is at its optimum health, you must achieve the following:

- Good posture and spinal curves.
- Strong abdominal and core muscles.
- Strong spinal and gluteus muscles.
- Good flexibility and balance with side-bending and rotation.
- Good nutrition and rest at night.

FREE
PHYSICAL THERAPY
CONSULTATION



CALL (972) 587-9404 TO SCHEDULE TODAY!

Spots are limited so call today!

Call to schedule.
Expires 05-30-21

HOW CAN I IMPROVE THE HEALTH OF MY SPINE?

Of course, much like anything else, spine health is easier said than done. Your spine is a complicated structure of vertebrae, discs, joints, ligaments, tendons, muscles, and nerves. Therefore, it takes a delicate balance to make sure it is at its peak level of health and function. Below are 6 ways to make sure you are doing everything you can to improve the health of your spine:

1. Practice proper nutrition. Nutrition is a critical part of all health, whether you are focusing on your heart, joints, or spine – whatever you do, it is always important to eat right. Healthy fruits and vegetables contain the vitamins and antioxidants that make up a healthy spine function. They help to rebuild the bone, muscle, and connective tissues that are constantly being used throughout the day.

2. Get some sleep. Throughout the day, your spine is compressed with standing, sitting, and bending. Did you know that it is actually possible to lose about 1/2 an inch over the course of a day?

Adequate rest in a good position while sleeping helps you maintain a healthy spine. It is ideal to start off lying in bed for the first 10 minutes on your side with your knees curled up, as this allows the discs in your spine to rehydrate. Afterwards, continue sleeping on your side with a pillow between your legs or roll onto your back with a pillow under your knees. Avoid sleeping on your stomach.

3. Give up cigarettes. Many studies show that nicotine in cigarettes directly accelerates the breakdown of the discs in the spine and destroys connective tissues that keep the joints moving properly. In addition, nicotine increases the inflammatory response in the body, disrupting the body's natural ability to repair itself.

4. Work on the flexibility and strength of your spine. Your body is meant to move – this is the most important purpose of the spine. You can make sure your spine remains flexible by stretching for 10 minutes every day. It is also important to make time to move around when possible at work.



Stretch your spine out by reaching overhead and leaning over to one side, then the other. You can also focus on gently twisting at the waist and stretching your hamstrings. Spend 3-4 days a week working on your core strength with abdominal muscle exercises, so you can keep your spine and core muscles strong. A strong spine and core allow you to move without stressing the discs or nerves in your back.

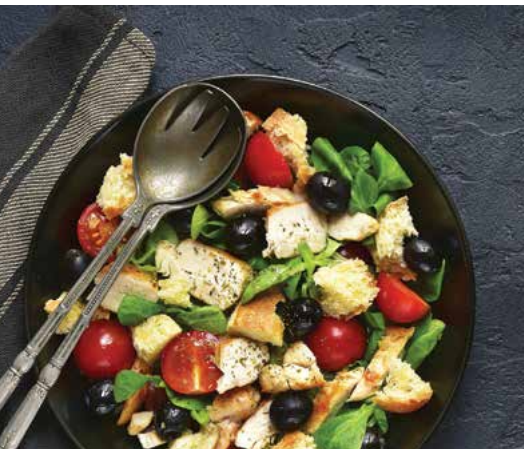
5. Maintain proper posture and balance. If you sit at a desk during the day, make sure you are sitting in a straight-backed chair and your feet flat on the floor. Avoid sitting on very soft couches for prolonged periods of time, as this keeps your spine in a flexed position. When lifting, make sure you keep your spine straight, lift with your legs, and avoid twisting.

Proper balance is important for both the small muscles of your spine and your nervous system. You can enhance your balance by standing on one leg at a time for 10 seconds 3-4 times a week.

6. Go to a physical therapist for spine check-ups. Your physical therapist can check your spine alignment to check for areas that could be improved. It is wise to have your spine checked every 6 months, in order to ensure your back is moving how it should. At Therapy Fit, our physical therapists are experts in the field of spine health who can help your back operate as it should.

If you have been living with back pain, or you'd like to avoid potential back pain, don't hesitate to contact Therapy Fit today. By catching back pain early, we can resolve the issue so it doesn't progress. **Don't live with the limits of back pain – improve your spine health with us today!**

SCHEDULE AN APPOINTMENT BY CALLING 972-587-9404 TODAY!



HEALTHY RECIPE

Mediterranean Chicken Salad

INGREDIENTS

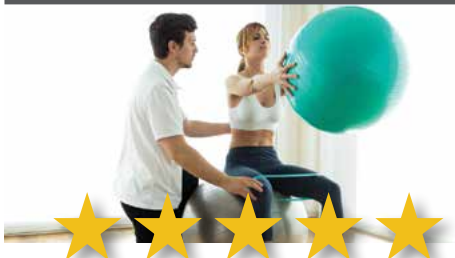
- 1/2 cup lemon juice
- 2 tbsp snipped fresh mint
- 2 tbsp snipped fresh basil
- 2 tbsp olive oil
- 1 tbsp honey
- 1/4 tsp black pepper

- 5 cups shredded romaine lettuce
- 2 cups cut-up cooked chicken breast
- 2 plum tomatoes, cut into wedges
- 1 (15 oz) can garbanzo beans
- 2 tbsp pitted Kalamata olives
- 2 tbsp crumbled reduced-fat feta cheese
- 6 Whole kalamata olives

INSTRUCTIONS

In a screw-top jar, combine lemon juice, mint, basil, olive oil, honey, and black pepper to make the dressing. Cover and shake well. Place lettuce on a large platter. Top with chicken, tomatoes, garbanzo beans, the quartered olives (if using), and feta cheese. Drizzle with dressing. If desired, garnish individual servings with whole olives.

PATIENT SUCCESS SPOTLIGHT



"The pain in my back from a herniated "bulging" disc and hip has been greatly reduced!"

"I felt compelled to write a review for Therapy Fit as I am overwhelmingly impressed by the staff and how much they've worked with me on every appointment to help reduce my pain. I was referred to Therapy Fit by my Primary Care Doctor for assistance in pain management, and I have to say that I am extremely happy that she did. Since I've been going there the pain in my back from a herniated "bulging" disc and hip has been greatly reduced. Prior to going, I was having a hard time walking without extreme pain but now I feel so much better. I am able to walk and stand and do things without all the discomfort I was having. Many thanks to Dr. Reddy and his staff...they are friendly professional and great at what they do!" - J.W.

EXERCISE OF THE MONTH



Strengthens Core

DEAD BUG | HEEL TOUCHES

Lie on your back with your hands and knees raise upward, keeping your core engaged. Slowly lower one heel to the ground, then alternate sides, keeping your core engaged. Repeat 6-10 times on both sides.



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This exercise is designed for pain prevention, call your therapist if you are experiencing any pain!

WHY IS PHYSICAL THERAPY SO IMPORTANT FOLLOWING BACK INJURIES?



Because it is a comprehensive approach and focuses not just on reducing pain, but also improve strength, mobility, posture and prevention. Many research studies have shown greater benefits with undergoing Physical therapy following back injuries.

What happens if you bypass Physical therapy?

Majority of the times, your conditions become chronic and may require surgery. Surprisingly, many research studies have shown no significant difference undergoing Spinal Fusion Back Surgery versus Physical therapy for the back pain. So, why not try Physical therapy which is safe and does not have side effects!

What should you do?

Talk to your PCP to make sure you get referral for Physical therapy along with the medications. When you combine medicine with Physical therapy, majority of the times you can recover from back pain effectively, needing no further intervention. So ASK your Physician to LET you TRY your PHYSICAL THERAPY along with Medicine.

CALL US AT 972-587-9404 TODAY!

WWW.THERAPYFITPT.COM





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REFER A FRIEND

We love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives.

Who do you know that needs our help? Refer a friend or loved one to Therapy Fit! **Simply have them contact us at (972) 587-9404 or visit our site to schedule an appointment.** We will gladly answer any questions they may have about their condition and how we can help. They will thank you and so will we!



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