



— 2020 —

NEWSLETTER

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HIP, KNEE & LEG PAIN



- What Are The Symptoms?
- Healthy Recipe
- Exercise Of The Month
- Patient Success Spotlight





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HIP, KNEE & LEG PAIN



Your hips, knees, and lower legs are tough—but injuries happen. Your hips and knees are your largest joints, supporting your body's weight. They work in close coordination, giving us the mobility we need. Between arthritis, injuries and age, however, pain can flare up. If you're experiencing hip, knee or leg pain, call us to schedule a closer look. Before you do, however, let's examine the pain itself.

What Causes Hip, Knee and Leg Pain? Hip, knee and leg pain are surprisingly common. Thus, their source can come from a variety of things. If you're experiencing pain in any part of your leg, pinpointing the exact spot can help you determine the cause.

Mayo Clinic has pinpointed several leading causes of hip, knee and leg pain. While many causes exist, the most likely are:

- Arthritis
- Dislocation
- Hip fracture
- Sprains and strains
- Tendonitis
- Pinched nerves
- Osteoporosis
- Cancer

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CONSULTATION



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Spots are limited so call today!

Call to schedule.
Expires 12-30-20

While some causes are more severe than others, a physical therapist can identify each. As the body ages, joints become inflamed. Cartilage may wear down, reducing the "buffer" between bones.

In some cases, limited blood flow may cause bone tissue death, or necrosis. **If you're experiencing redness, inflammation and immobilized joints, the condition may be severe.**

"98.4% OF THERAPY FIT PATIENTS AVOIDED SURGERY FOR MUSCULOSKELETAL CONDITIONS WITH PHYSICAL THERAPY TREATMENT IN 2019."

WHAT ARE THE SYMPTOMS?

While leg pain is noticeable by a slew of symptoms, several stick out. Aching or stiffness around the hip, groin, back or thigh may be a sign of deeper problems. A decreased range of motion can also be a sign of deeper problems which may later result in hip, knee or leg pain.

Sometimes, inactivity can contribute to immobility—and later pain. If you're limping, lurching or experiencing bad balance, contact a physical therapist. While some hip, knee and leg pains go away, those lasting longer than several months may be hinting at a deeper issue.

How Physical Therapy Can Help. In many cases, physical therapy can help patients increase leg mobility. In doing so, they can stretch, flex and strengthen the muscles responsible for support. If a joint appears deformed, or if sudden swelling occurs, contact a physical therapist immediately.

A good physical therapy program can help you to avoid many surgeries even in some advanced stages of degeneration. If you've undergone treatment for osteoporosis, dislocation or a fracture, your therapist can help you reclaim full mobility—and a healthy lifestyle. From start to finish, we're dedicated to your ongoing wellness. On every level, physical therapy serves to enhance the patient's quality of life. We're here to help, and we



have years of experience backing every therapy option. **Contact one of our providers today, and tell us about your symptoms.**

Sources: <https://www.mayoclinic.org/symptoms/hip-pain/basics/when-to-see-doctor/sym-20050684>

<https://www.everydayhealth.com/hip-pain/hip-pain-and-your-body.aspx>

<https://www.health.harvard.edu/pain/knees-and-hips-a-troubleshooting-guide-to-knee-and-hip-pain>

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



HEALTHY RECIPE

Pumpkin Soup

INGREDIENTS

- 6 c vegetable stock
- 1 ½ tsp salt
- 4 c pumpkin puree
- 1 tsp chopped fresh parsley

- 1 cup chopped onion
- ½ tsp chopped fresh thyme
- 1 clove garlic, minced
- ½ c heavy whipping cream
- 2 tsp black pepper

INSTRUCTIONS

Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered. Puree the soup in small batches (1 cup at a time) using a food processor or blender. Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.

<https://www.allrecipes.com/recipe/9191/pumpkin-soup/>



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PATIENT SUCCESS SPOTLIGHT



"Dr. Gopinath showed him a lot of ways that he could independently walk!"

"One of the best in Texas for the elderly and everyone else. Dr. Gopinath took care of my father for 10 months. My father came to him with right side paralysis, and could not get up, sit up, or walk independently without a walker. Dr. Gopinath showed him a lot of ways that he could independently walk and get up on his own. He was very flexible with providing appointments. We will be definitely using his services in the future if needed." - N.J.

SOFTWARE PROFESSIONAL? WORKING 8 HRS & MORE IN SITTING? TIPS TO KEEP YOUR NECK & BACK PAIN FREE!

If you are a Software Professional working 8 hours or more sitting every day, then you are more prone for getting back and neck pain which, if ignored, can become chronic. This is merely because the pressure on our Spinal Disc increases significantly more than in standing to more than 2 times. With that being said, are you thinking about changing your profession? There is no need to change your profession or decrease your work hours to counter this pressure to avoid back and neck pain. Follow these tips to keep yourself healthy, pain-free so that you can enjoy your work.



- Eat healthily and avoid too spicy foods.
- Use proper seating. Make sure your feet are in contact with the ground while seated. Make sure you use a chair that has good back support. Avoid sitting on bed or sofas.
- Adjust the height of the Desktop table so that you do not stoop far.
- Keep the room temperature which is neither too cold nor too hot.
- Lit up your working room enough that your eyes do not strain.
- Get up from the chair every 60 minutes and do a couple of stretches for your neck and back for 2-3 minutes.
- Do not work late nights for too many hours.

HAVE YOU MET YOUR ANNUAL INSURANCE DEDUCTIBLE?



An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your physical therapy may not cost you anything.

Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for physical therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2021. Contact us today to schedule your appointment.

EXERCISE OF THE MONTH



CLAMSHELLS

Lie on your side with your hips at 45 degrees and your knees bent to 90 degrees. Your heels are in line with your head, torso, and hips. Rotate your hips and knees apart (like a clam opening) while remaining contact with your heels. Keep the top hip parallel with the ceiling. Lower your leg to the starting position and repeat on other side. You should feel a stretch in the outer hip of your top leg. Repeat 10 times on each side.

Strengthens Hips



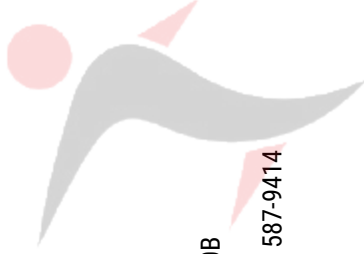
This exercise is designed for pain prevention call your therapist if you are experiencing any pain!



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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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