



— 2021 —

NEWSLETTER

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IMPROVE YOUR HEALTH BY STRENGTHENING YOUR CORE



- How Can I Strengthen My Core Muscles?
- Healthy Recipe
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THE THERAPY FIT
PHYSICAL THERAPY

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IMPROVE YOUR HEALTH BY STRENGTHENING YOUR CORE



How is your posture? Posture is an important part of everyday life that many of us tend not to focus on – Do you slouch in your desk chair, or slump at your computer while you do work? When you stand for prolonged periods of time, do you notice your stomach sticking out a bit? These are all signs of core muscle weakness that can affect your posture and cause pain in your back or neck.

Your core muscles help you do a lot – from sitting, to walking, to doing a large number of physical activities. If your core muscles are weak, you may unknowingly be causing some damage to your body. Contact Therapy Fit Physical Therapy today to figure out how we can help you strengthen your core muscles and improve your overall health.

What exactly are the core muscles? When most people think of core muscles, they immediately think of the abdominals. However, the core is made up of much more than that! In fact, your core muscles include your abdominal, lower back, pelvic, and gluteus muscles.

The group of muscles that make up your core help with stabilizing your body, constructing your posture, and allowing your skeleton to move properly. When any of the muscles within that group become weak,

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Spots are limited so call today!

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Expires 04-30-21

your body experiences an instability that makes it difficult for your body to function properly. As a result, you end up compensating by straining different areas of the body, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, inflammation, or pain.

“ROUGHLY 54.4 MILLION U.S. ADULTS ARE DIAGNOSED WITH SOME FORM OF ARTHRITIS PER YEAR.”

HOW CAN I STRENGTHEN MY CORE MUSCLES?

When you are experiencing pain, sometimes it is necessary to seek the assistance of a trained professional in the field of human movement. At Therapy Fit Physical Therapy, our licensed physical therapists will conduct a physical evaluation to determine where the pain is rooted and what muscles must be strengthened in order to correct it.

Whether you are feeling pain in your back, neck, shoulders, or legs, we will perform a thorough analysis of your posture, movement, and strength to pinpoint exactly what is causing your pain. From there, we will create an individualized treatment plan for you based on your specific needs, aimed at strengthening your core, improving your posture, and alleviating your pain. There are also a few tips you can do on your own, either before PT treatments or in combination with them, in order to strengthen your core and relieve your pain. These include:

- 1. Improving your posture.** Make sure to stand up frequently, at least every 30 minutes, and vary your positions of work throughout the day. Aim to correct your posture when sitting and standing, making adjustments as needed.
- 2. Avoiding injury.** Make sure you know the proper way to lift, bend, and pick up objects, even if they are not heavy. It is important to lift with your legs, rather than your back. Our experts can show you proper body mechanics with everyday tasks.
- 3. Getting adequate rest and exercise.** Every day takes a toll on your body, even if you don't realize it. Sleep deprivation can actually worsen your pain



tolerance and decrease your strength. Relaxing and sleeping helps your body to rejuvenate after a long day, and those hours before 12 a.m. are especially important. Exercising can help you fall asleep earlier, allowing you to wake up feeling refreshed the next day. By taking a walk for at least 30 minutes every day, you can get better sleep at night, in addition to improving your strength, flexibility, and heart health.

- 4. Eating nutritious meals.** If you are in pain, it is incredibly important to eat the right foods. A poor diet can aggravate your pain by causing further inflammation, especially when eating processed or fried foods. Instead, make it a habit to eat vegetables, fruits, and lean protein. It is also important to drink a lot of water, as dehydration can dry out your tissues. Keep a glass of water by your desk and refill it during the day so you (and your tissues) stay hydrated.
- 5. Getting expert help.** The best solution for your back or neck pain is to restore proper movement, strength, and coordination for maximum results. At Therapy Fit Physical Therapy our physical therapists are here to help you improve your function and relieve your pain. **If you are looking to strengthen your core, relieve your pain, and improve your overall health, contact us today!**

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



HEALTHY RECIPE

Arugula, Grape, and Sunflower Seed Salad

INGREDIENTS

- 3 tablespoons red wine vinegar
- 1 teaspoon honey
- 1 teaspoon maple syrup
- 1/2 teaspoon stone-ground mustard
- 2 teaspoons grapeseed oil
- 7 cups loosely packed baby arugula
- 2 cups red grapes, halved
- 2 tablespoons toasted sunflower seed
- 1 teaspoon chopped fresh thyme
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

INSTRUCTIONS

Combine vinegar, honey, syrup, and mustard in a small bowl. Gradually add oil, stirring with a whisk. Combine arugula, grapes, seeds, and thyme in a large bowl. Drizzle vinegar mixture over arugula; sprinkle with salt and pepper. Toss gently to coat.

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PATIENT SUCCESS SPOTLIGHT



"He worked with improving my weakened core muscles, pelvic floor muscles, etc!"

"I would recommend Therapy Fit, especially related to Women's Health issues. I came with excruciating back pain after my pregnancy, and Therapy Fit (Srithi who was working with me) was able to help me in my recovery. He worked with improving my weakened core muscles, pelvic floor muscles, etc. The exercises were women's health-focused, and also helped improve my core strength while gaining relief from back pain. Additionally, Therapy Fit is a wonderful place that listens to you and diagnoses your pain points, creating the perfect treatment plan. Dr. Reddi and his staff (Srithi) are knowledgeable and explain very well. I highly recommend Therapy Fit." - G.T.

EXERCISE OF THE MONTH



Strengthens Core

PLANK FOREARMS & KNEES

Position yourself on forearms and knees. Make your body flat as a plank from head to feet. Keep trunk engaged, do not let lower back arch. Hold for 30 seconds and repeat as needed.



EXERCISES COPYRIGHT OF
SimpleSet Pro
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This exercise is designed for pain prevention, call your therapist if you are experiencing any pain!

PHYSICAL THERAPY CAN HELP YOU AS YOU AGE



Our physical therapy team can help you maintain a strong and mobile body as you get older, manage and prevent chronic illnesses, and keep you active and energized throughout your golden years. Call us today to schedule an appointment!

Ways To Stay Healthy and Active As You Age. Research shows that staying physically active as you age can improve your quality of life and increase your lifespan. Adopting a healthy routine can help you decrease stress, lose weight, boost your memory and brain health, and improve your mood. Here is a list of ways you can make sure you're able to stay healthy and active!

1. Eat Well. Make sure you're eating a balanced diet to reduce inflammation as you age. Having a sufficient intake in all food groups is vital, and even making small dietary changes, such as increasing your fruit and vegetable intake can make all the difference! As you age, your doctor may recommend cutting back on your salt and saturated fat intake as well.

2. Exercise. Exercise can help increase appetite, which can make eating regular meals a bit easier on people who don't find themselves remembering to sit down for mealtimes. Depending on your age, a physical therapist can suggest certain stretches and exercise routines that are specific to your needs and are guaranteed to keep you limber and flexible.

3. Maintain a healthy weight. The higher your blood pressure is, the higher your weight will be as well. Eating a balanced diet, drinking plenty of water, and remembering to get physical activity every day is key to maintaining a healthy weight, and setting yourself up for success as you get older.

The healthier, stronger, and more active you are as you age, the less likely you are to experience potentially life-threatening injuries or to lose your independence. It's never too late to start making better life choices for your health. **To learn more about how proper nutrition and exercise in physical therapy can help you avoid the more negative aspects of aging, contact our office today!**

Source: <https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20046974>

CALL US AT 972-587-9404 TODAY!

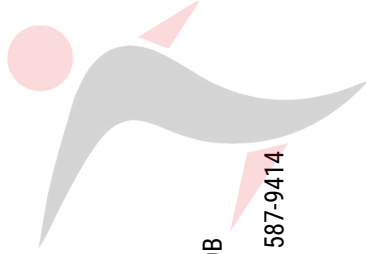




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REFER A FRIEND

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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