



— 2021 —

NEWSLETTER

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**SUFFERING FROM LOWER BACK,
HIP, & KNEE ARTHRITIS PAIN?**

**FIND RELIEF WITH
PHYSICAL THERAPY**

- How Physical Therapy Can Get You Moving Again
- Exercise Of The Month
- Patient Success Spotlight
- Healthy Recipe





THE THERAPY FIT
PHYSICAL THERAPY

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RELIEVING LOWER BACK, HIP & KNEE ARTHRITIS PAIN

If you're constantly facing lower back, hip, or knee pain—you might be feeling arthritis. According to the Centers for Disease Control, roughly 54.4 million U.S. adults are diagnosed with some form of arthritis per year. As we age, the cartilage in our joints wears down, causing painful bone on bone rubbing, inflammation, stiffness, and pain.

While there is no cure for replacing cartilage yet, it is possible to alleviate the symptoms of arthritis, by improving your joint movement, muscle strength, balance, and coordination. It's even possible to eliminate all the symptoms, depending on the amount of arthritis you have. If you have regular aches and pains, keep reading. We have a solution.

What Is Arthritis, Exactly? Before knowing how to relieve arthritic pain, you'll need to understand it. Arthritis—or the painful stiffness, or inflammation, of joints—isn't a single disease. The term "arthritis" is an informal explanation of joint pain and disease in general.

Over 100 types of arthritis exist, according to the Arthritis Foundation. People of all ages, races, and sex can get it. It's also the leading cause of ongoing disability in America. The most prevalent form of arthritis is osteoarthritis, which is caused by either injury or normal wear and tear.

What Causes Lower Back, Hip, and Knee Arthritis? Because arthritis is a catch-all term, pinpointing what causes arthritis may be difficult. In most

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cases, arthritis is caused by overuse, wear, and tear, or injuries. Arthritis can also be caused by:

- Infections, such as Lyme disease
- The inheritance of osteoarthritis
- An immune system dysfunction - rheumatoid arthritis
- An abnormal metabolism, which leads to gout

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

HOW PHYSICAL THERAPY CAN GET YOU MOVING AGAIN

For arthritis sufferers, even simply walking can cause pain in the lower back, hip, or knee. Often, arthritis is a downward spiral of progress pain, limiting movement and strength, which in turn causes more inactivity and pain. However, by improving joint movement, muscle strength, balance, and coordination, this cycle can be broken, reducing pain and inflammation. Discover how our team of specialists at Therapy Fit can get you moving pain-free again!

Arthritis and Physical Therapy

Regardless of the cause of arthritis, physical therapy plays a major role in the treatment of arthritis symptoms and should be tried first, before more aggressive procedures such as surgery. While maintaining a healthy weight, exercise, and a good diet helps, surgical intervention may eventually be needed. However, physical therapy has shown to be an excellent way to prepare and recover after a total knee or hip replacement.

It is very common for the muscles that support the knee, hip, and low back to become weakened from inactivity. Through targeted easy to do exercises, we help your muscles regain their strength, providing greater support to the joints, and reducing inflammation. Furthermore, by improving balance and coordination, especially to the knee and hip joints, the abnormal strain on the joints is relieved, and safety is improved to reduce the risk of further injury. If you or a loved one suffers from arthritis, you have options.

The first step is to contact one of our therapists today and ask about ongoing physical therapy treatment to restore mobility, comfort, and quality of life. **See how we can help your joints feel better and move better! Go online or call us to schedule an appointment today.**

Sources: <https://www.arthritis.org/about-arthritis/understanding-arthritis/what-is-arthritis.php>
<https://www.arthritis.org/about-arthritis/where-it-hurts/back-pain/causes/back-arthritis.php>
<https://www.arthritis-health.com/blog/7-core-exercises-relieve-back-and-hip-arthritis-pain>
<https://www.arthritis-health.com/blog/4-types-arthritis-cause-sacroiliac-joint-pain>

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

HEALTHY RECIPE

Mexican Quinoa Stuffed Sweet Potatoes

INGREDIENTS

- 2 large sweet potatoes
- 1 tbsp olive oil
- 1/4 cup chopped red onion
- 1/4 cup chopped bell pepper
- 1/2 cup frozen corn
- 1/2 cup cooked quinoa
- 1 cup canned black beans drained & rinsed
- 1 tbsp chili powder
- 1 tsp cumin
- 1/2 tsp smoked paprika
- Sea salt to taste

For Garnish

- 1 avocado mashed
- Tahini
- Hot sauce
- Chopped cilantro

INSTRUCTIONS

Preheat the oven to 400°F. Place sweet potatoes on a baking sheet and prick with a fork. Place in the oven and bake for 40 minutes. Meanwhile, heat the oil in a large skillet. Add the onion and pepper and sauté until tender, about 5 minutes. Add corn, quinoa, black beans, and spices and cook for 2 - 3 more minutes. When sweet potatoes are fork-tender, remove from oven and let rest for 5 minutes. Slice in half and place each half on a plate. Top with quinoa mixture, avocado, and a drizzle of both tahini and hot sauce. Finish with a sprinkle of cilantro and enjoy!

<https://www.simplyquinoa.com/mexican-quinoa-stuffed-sweet-potatoes>

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PATIENT SUCCESS SPOTLIGHT



“To have been exposed to so much pain for so many years, and finally be able to move and be motivated to do more is amazing.”

“I can't sing loud enough the praises of Therapy Fit Physical Therapy. The staff is courteous, compassionate, and professional. To have been exposed to so much pain for so many years, and finally be able to move and be motivated to do more is amazing. At 77 years old I feel reborn! Thank you so much to my therapist Shritti, who is one in a million. I truly look forward to my physical therapy days.” - C.H.

EXERCISE OF THE MONTH



Strengthens Legs

KNEE EXTENSION STRETCH

Stand on a step. Lower one foot slowly towards the ground. Keep your hips level! Step down and then off the step. Keep your knees aligned over your feet. Repeat 10 times, alternating start legs.



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

BENEFITS OF DIRECT ACCESS PHYSICAL THERAPY

What is Direct Access for Physical Therapy mean? Direct Access means that you now have the option of choosing Physical therapy services right away without having to see your PCP or other Specialists.



Benefits of Direct Access Physical Therapy. Researchers have compared the patient benefits of direct access for physical therapy versus therapy treatment after physicians' referral. Studies conclude that accessing physical therapy treatment without a physician's referral is safe, cost-effective, and provides faster delivery of health services. Studies also support physical therapists' ability to accurately diagnose musculoskeletal problems as well as systemic illness based on a patient's clinical presentation and past medical history.

#1: Patients are able to receive treatment quickly. With Direct Access, a patient can receive some type of physical therapy in all 50 states of the US without a physician's referral. This reduces a lot of waiting time to get an appointment to see a primary care physician. Sometimes, it takes patients weeks (or even months) to obtain a doctor's visit. In this time period, the patient is likely to begin taking over-the-counter medications for pain or swelling, and may even go to an emergency room to seek immediate relief. There is also more chance of aggravating the condition during the waiting period. By the time the patient does get to see the doctor, the physician will likely prescribe physical therapy for pain management. Therefore, with direct access to PT, patients spend less time and effort on scheduling a physician's visit or in the ER.

#2: Direct access PT is cost-effective. Since a patient can receive some relief from pain almost immediately, direct access to PT is proven to be more cost-effective than physical therapy treatment after physicians' referral. Physical therapy often reduces the need for medications, injections, or imaging. In fact, with direct access PT, studies support a fewer number of PT visits and quicker recovery. This benefits the patients, the insurance companies, and the therapists.

#3: Patient satisfaction scores are higher. Studies reveal direct access PT patients have higher satisfaction rates from their PT services than PT services without direct access. Even though the physical therapy treatments were essentially identical, the ability to receive PT services faster as well as having quicker recovery were the two main reasons for higher patient satisfaction.

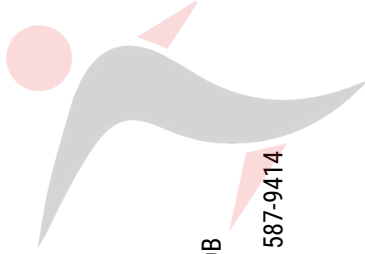
#4: Direct access PT uses alternative pain management methods. The CDC recommends alternative pain management methods via physical therapy to reduce the need for opioid use. With direct access to PT, a patient can receive benefits quickly, and is, therefore, less likely to utilize pain medications. By incorporating alternative treatment approaches for pain, physical therapists help reduce the burden of opioid addiction.



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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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