



THE THERAPY FIT
NEWSLETTER

KICK
YOUR KNEE
AND HIP PAINS
TO THE CURB!

- FREE Knee Pain Screening
- Exercise of the Month
- Share Your Success Story
- Exercise Your Mind With Sudoku



WWW.THERAPYFITPT.COM



THERAPY FIT NEWSLETTER



KICK YOUR KNEE AND HIP PAINS TO THE CURB!

Do you find it difficult to walk, run, or exercise, as if your knees may collapse underneath you? Are you experiencing sharp pains in your hips and knees that make daily tasks difficult? Does standing up after a lengthy amount of time pose as a challenging feat? If so, physical therapy can help.

Constant hip and knee pains can greatly hinder your daily life. The efficiency of your walk comes from the effectiveness of your flexibility, strength, and balance. When any of these aspects become abnormal, it may cause joints to become strained and work harder than they usually need to, leading to pain in the knees and hips. Physical therapy is an easy, comfortable, and safe way to both identify and relieve pain. If you are suffering from knee or hip pain, contact Therapy Fit today for relief!

Correcting Your Knee And Hip Pains With Pt Treatments:

At Therapy Fit, our licensed physical therapists are movement experts. They will analyze how you walk in order to determine any abnormalities and to pinpoint stiff or weak muscles. By pinpointing the exact areas of your body that are not moving as they should, they are able to create a treatment plan that will improve your strength, coordination, and overall mobility.

Restoring normal motion is a key aspect of alleviating pain and allowing you to safely partake in the activities you love. Our dedicated team can help you walk, run, and play better. With our motion analysis, strength testing, coordination testing, and more, we can spot your muscles and joints that are in need of treatment.

HAS YOUR PAIN COME BACK?

Call today for a Physical
Therapy Consultation

(972) 587-9404

*We can help you get back
to the activities you love.*



Your treatment plan will be individualized, based on your specific needs, in order to help you reach your optimum function with the least amount of effort.

Are You Moving Correctly?

If you are suffering from knee or hip pain, it is important to make sure you contact a physical therapist as soon as possible. However, there are also some tests you can do on your own before your consultation – these simple tests can help you determine if your knees and hips are as flexible and strong as they should be. Practice caution when performing these tests with a painful knee or hip, and do not continue them if they cause your pain to worsen:

Continued inside.

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- When you are standing, can you touch your toes? This indicates hip and low back flexibility.
- When sitting down, can you comfortably cross your legs so your ankle is resting on the opposite knee? Does one knee go further down than the other? This indicates hip flexibility. If one hip is tighter than the other, it can impact the way you walk and can cause knee pain.
- Keeping your feet flat on the floor while holding onto something solid, how far can you squat down? You should be able to squat all the way down so your buttocks almost touches your heels. Don't let your heels pop up! If you favor movement to one side, you probably have hip weakness on that side or limited motion in the hip joint.
 - Standing near a counter top, put one foot in front of the other so you are touching heel-to-toe. Without putting your hands down, see if you can balance for 10 seconds. If you cannot, this may mean you have trouble with the coordination of your balance from the nerve endings in your hips, knees, ankles, and feet.



**CALL
972-587-9404
TODAY!**

Contact Us Today

As noted, physical therapy is an effective mode of treatment for patients suffering from knee and/or hip pain. At Therapy Fit, we help provide treatment for patients through movement and physical manipulation.

If you are suffering from knee and/or hip pain, don't hesitate to contact Therapy Fit to schedule an appointment. We'll help you kick your knee and hip pains to the curb, so you can live a happy, active, and pain-free life!

**FREE KNEE PAIN
SCREENING**



CALL (972) 587-9404 TO SCHEDULE TODAY!

Spots are limited so call today!

November 13, 2021

EXERCISE YOUR MIND WITH SUDOKU

8					7			4
		2	4	1				
		3	2				9	
		4			1			6
2	3						7	8
6			5			4		
	1				2	8		
				8	4	3		
4			9					1

<http://1sudoku.com>

n° 35089 - Level Hard

SHARE YOUR SUCCESS STORY

**WE MAKE IT EASY TO
LEAVE A REVIEW**

**LEAVE A GOOGLE REVIEW WITH YOUR
MOBILE DEVICE!**



INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR codes below in the frame (this will take you directly to our Facebook or Google Review Page)
3. Tell us how we did!



972-587-9404

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PATIENT SUCCESS SPOTLIGHT



***"Very caring and dutiful therapist.
Thank you Therapy Fit."***

"I came to this clinic for knee pain more than 4 months ago and had treatment for around a month. I improved quite a bit and was asked to continue home exercises. The therapist also called me every other week to find out how I am doing. Till today I am doing very good. Very caring and dutiful therapist. Thank you Therapy Fit." - S.B.

Want results like this? Call Therapy Fit at 972.587.9404 to schedule your appointment today!

EXERCISE OF THE MONTH



Good stretch for your lower back.

PRAYER STRETCH

While lying on your back, hold your knee and gently pull it up towards your chest. Repeat 10 times with each leg.



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

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VARIOUS KNEE CONDITIONS THERAPY FIT CAN TREAT

Aching Knee Pain

Arthritis

Tendonitis & Bursitis

Meniscus Tears

ACL/PCL/MCL Sprains

Sports Injuries

Surgical Rehabilitation

Difficulty Walking Or Running

Hamstring Strain

Patellofemoral Syndrome



COME BACK TO PT

Why You Need To Come Back In For A Tune-Up:

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently and securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active and healthy lifestyle

Are you in pain? Have you sustained an injury?
Give your physical therapist a call today!

972-587-9404



THERAPY FIT
PHYSICAL THERAPY

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WWW.THERAPYFITPT.COM

FREE KNEE SCREENING NOV 13, 2021

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!

