



# THE THERAPY FIT NEWSLETTER

Living a sedentary life is one of the main reasons people report having low energy and feeling day-to-day aches and pains. Find out how PT can help.

**MORE MOVEMENT  
= MORE ENERGY**

- We Make It Easy To Leave A Review
- Patient Success Spotlight
- Exercise of the Month
- Exercise Your Mind With Sudoku



[WWW.THERAPYFITPT.COM](http://WWW.THERAPYFITPT.COM)



# THERAPY FIT NEWSLETTER

## MORE MOVEMENT = MORE ENERGY

Do you feel sluggish or tired? Is it difficult to motivate yourself to get moving? Your body may be experiencing physical problems that physical therapy can help. At Therapy Fit, our physical therapists are skilled at finding physical limitations and teaching you the skills to overcome them!

Living a sedentary life is one of the main reasons people report having low energy and feeling day-to-day aches and pains. Sedentary lifestyles increase the risk of cardiovascular diseases, diabetes, obesity, osteoporosis, and joint and muscle dysfunctions, leading to a higher risk of falls.

While it may not seem like it is making an impact at the moment, a sedentary lifestyle can damage your body over time. Fortunately, physical therapists are experts at addressing old and new injuries that may have led to difficulties staying active. We can design a program tailored to your individual needs to help you get back on track!

Contact Therapy Fit today for guidance on how to get moving so you can increase your energy and live a healthier life!

### How Does A Sedentary Lifestyle Affect Your Body?

People often spend their life with a long commute to work, sitting at a desk all day, and then at home watching T.V. all night.

An inactive lifestyle has the following effects on your body:

- You burn fewer calories which makes you more likely to gain weight.
- You lose muscle strength and endurance.
- Your joints become stiffer and more prone to degenerative changes.
- Your bones may get weaker (i.e., osteopenia and osteoporosis).

**ARE YOU IN PAIN!**  
**Call Today to Schedule  
Your Appointment**  
**(972) 848-6156**



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

- Your immune system may not work as well, making you more susceptible to illness.
- You have poorer blood circulation.
- Your body has more inflammation which makes you more susceptible to aches and pains.

When you don't participate in frequent physical activity, your body starts to weaken, and as time goes on, it breaks down, making you more prone to disease, injuries, and falls. These consequences can cause severe pain and may result in a host of other problems if lifestyle changes are not made.

*Continued inside...*

# MORE MOVEMENT = MORE ENERGY

Continued from previous page.

## How Physical Therapy Can Help

Our physical therapists see the effects of sedentary life in the form of aches and pains, joint or muscle dysfunction, and injuries from falls or other preventable accidents. We are experts at assessing the musculoskeletal system to address the dysfunctions and adverse health effects created by a sedentary lifestyle.

Our therapists will provide a program tailored to your individual needs and educate you on a safe and effective way to resume an active lifestyle. Our focus will include:

**Identifying your prior level of fitness.** This requires ongoing discussions about what your typical day was like when you felt your best. Next, we will determine how much movement you get on a typical day at work, at home, and in the community.

**Teaching you about the consequences of being sedentary.** Education is a crucial component of success. We will show you ways to increase movement in their day and help you make choices that support your well-being.

**Develop and progress you through specific exercises.** Every program is designed based on your needs. Learning how to safely move without injury or pain is a significant part of our physical therapy programs. We use objective measurements to determine the level of strength and fitness and build your program accordingly.

From start to finish, we're dedicated to your ongoing well-being. On every level, physical therapy serves to enhance your quality of life.

## What To Expect In Physical Therapy

To be healthy, you need to emphasize movement. When your body is flexible, strong, and mobile, it can perform at its optimal levels.

Your physical therapist will assess your particular condition to identify the contributing factors and address all of them. Regardless of the cause of inactivity, physical therapy plays a significant role in helping you get moving again and should be the first step.

Your therapist can educate you on how regular physical activity and individualized exercise programs can reduce your pain, prevent the condition from worsening, and improve daily function.

In many cases, physical therapy can help you choose specific exercises and design appropriate strengthening exercises that improve your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle.

**At Therapy Fit, we are dedicated to helping you live the best life you can. If you are looking for assistance in living a more physically active life, call today to schedule an appointment with one of our physical therapists.**



**SCHEDULE AN APPOINTMENT TODAY!**  
**972-848-6156**

## EXERCISE YOUR MIND WITH SUDOKU

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

<http://1sudoku.com>

n° 318674 - Level Hard

## SHARE YOUR SUCCESS STORY

### WE MAKE IT EASY TO LEAVE A REVIEW

LEAVE A GOOGLE REVIEW WITH  
YOUR MOBILE DEVICE!

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!



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## PATIENT SUCCESS SPOTLIGHT



***"If anyone is trying to decide between physical therapy or surgery, I highly recommend seeing Dr. Reddy"***

*"Dr. Reddy and his team are so great! He takes the time to explain why my pain exists and how each exercise will help build stability and/or strength. And the team is so friendly – they know me by name and make me feel so welcomed and cared about. If anyone is trying to decide between physical therapy or surgery, I highly recommend seeing Dr. Reddy – he can reduce your risk of needing surgery. I'm so thankful I found him. He has healed my rotator cuff AND the sciatica in my leg. It feels like magic!" - Deborah D.*

## EXERCISE OF THE MONTH



This exercise strengthens s your core.

### THORACIC EXTENSION KNEELING PUSH UPS

Kneel on knees with buttock touching heels. Hands and forearms on the ground in front of you. Push up to lift your chest and upper back only.



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

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SimpleSet Pro  
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## VARIOUS CONDITIONS THERAPY FIT CAN TREAT

- Arthritis
- Back Pain & Sciatica
- Scoliosis and Posture
- Elbow, Wrist Pain
- Hip and Knee Pain
- Interstitial Cystitis
- Neck Pain
- Post-Surgical Rehab
- Pre-Surgical Rehab
- Shoulder Pain
- Sports Injury
- Work Injury
- Chronic Pain
- Foot and Ankle Pain
- Women's Health
- Neurological Disorders
- Urinary Incontinence
- Balance and Gait Disorders
- Autism
- Torticollis
- Plus More Conditions



## 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!

# 972-848-6156





# THERAPY FIT

PHYSICAL THERAPY

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[WWW.THERAPYFITPT.COM](http://WWW.THERAPYFITPT.COM)

## SCHEDULE YOUR APPOINTMENT TODAY!

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) 848-6156 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!

