



# THE THERAPY FIT NEWSLETTER

At Therapy Fit, we love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives.

**DAILY ACHES AND PAINS HOLDING YOU BACK?**  
**LOOK NO FURTHER FOR RELIEF!**

- We Make It Easy To Leave A Review
- Patient Success Spotlight
- Exercise of the Month
- Exercise Your Mind With Sudoku
- Various Conditions Therapy Fit Can Treat



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



# THE THERAPY FIT NEWSLETTER



## DAILY ACHES AND PAINS HOLDING YOU BACK?

LOOK NO FURTHER  
FOR RELIEF!

Do you have aches and pains from time to time? After a long day out in the yard or after an afternoon of trying to keep up with household chores, do you notice that you experience stiffness and soreness? These aches and pains may be a sign or symptom of a condition that needs to be addressed. At Therapy Fit, our physical therapists are skilled and figuring out what is causing your issues and how to resolve them quickly.

Whether it is a lingering ache in your back, feet that feel swollen and tired after a long day, or a crick in your neck that just won't go away, dealing with aches and pains can take a toll on your overall feeling of wellbeing. Although common, sometimes these minor issues start to impact our function.

What may surprise you even more, is how many people are coping with those pains without doing anything productive about it. We can show you simple steps to minimize your aches and pains and educate you on the differences between normal and injury.

Call Therapy Fit today and see what you can do to resolve these annoying aches and pains before they become real problems!

### What Are The Most Common Aches And Pains?

Aches and pains are thought to be a regular part of living on the planet, but there are times when the signals your body is giving you are being misinterpreted. Our physical therapists are skilled at identifying the root cause of your discomfort and educating you on what your body is telling you.

Some of the most common symptoms people misinterpret include:

- Muscle soreness
- Joint stiffness

**ARE YOU IN PAIN!**  
**Call Today to Schedule  
Your Appointment**  
**(972) 587-9404**



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

- Swelling in hands and feet
- Crick in the neck
- An ache in the lower back
- General bodily aches\*

Although these symptoms may resolve on their own, there are times when they are pointing to a more serious condition that warrants treatment. Our physical therapists will identify and categorize your need to allow them to establish what's a familiar everyday ache and pain and what is a sign of a more serious condition.

*Continued inside...*

# DAILY ACHES AND PAINS HOLDING YOU BACK?

Continued from previous page.

## What Should You Do To Resolve Your Aches And Pains Quickly

You can do things at home that can alleviate pain symptoms, help to reduce the severity of your discomfort, and also reduce the likelihood that the pain will return.

Here is a quick rundown of things that you can do at home:

- **When in doubt, move about.** An outdated belief about resting is one of the biggest reasons pain persists. Joints, muscles, bones, and nerves all do better when we stay active. Sedentary behavior delays your recovery and makes you even more susceptible to future aches and pains.
- **Use hot and cold therapy appropriately to reduce soreness.** After a workout or a day of doing chores out in the yard, your muscles will likely feel sore. Apply ice directly to the area that hurts. Put the ice on and off for 20 minutes during the first 24 hours after the activity. After that, consider soaking in hot water, such as taking a warm bath, to soothe your muscles further.
- **Don't underestimate the power of sleep!** Your body relies on sleep to recover. Sleep is also one of the most powerful ways to prevent injuries. Aim to sleep between 7-9 hours every night.
- **Keep your body in good shape with regular exercise.** It may seem counterintuitive to cut down on pain by moving more, but exercise is an excellent way to reduce aches and pains. When you exercise every day, you can train your muscles for more movement and relieve aches and pains.

When aches and pains start to grow severe or chronic, it is time to reach out to our physical therapists. At Therapy Fit, our therapists will find the best ways to reduce your aches and pains by considering your specific symptoms and developing a program tailored to your needs.

## How Physical Therapy Can Help You

Your physical therapist will assess your particular condition to identify the contributing factors and address all of them. Regardless of the cause of your aches and pains, physical therapy plays a significant role in treating your symptoms and should be the first step.

Working with a physical therapist can help you develop a new approach to managing acute and chronic conditions. Your physical therapy program will likely take into account strategies like hydrotherapy, deep tissue massage, guided stretching, and targeted movements to help you experience ongoing relief from regular discomfort.

In many cases, physical therapy can help you choose specific exercises and design appropriate mobility and strengthening exercises that improve your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle. From start to finish, we're dedicated to your ongoing wellbeing.

## Contact Us For An Appointment

**There are a lot of different reasons as to why you may be in pain. At Therapy Fit, our physical therapists will take a comprehensive assessment to help determine what may be the primary cause of your condition. Trust that you're in good hands here.**



**SCHEDULE AN APPOINTMENT TODAY!**  
**972-587-9404**

## EXERCISE YOUR MIND WITH SUDOKU

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

<http://1sudoku.com>

n° 35225 - 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!



**972 587-9404**

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## PATIENT SUCCESS SPOTLIGHT



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

*"I have been going to Therapy Fit for 3 months now for me and my kids and I am impressed with the knowledge and patience of Dr. Reddy and his staff. My daughter sprained her knee and after a few sessions she was much better. My son plays soccer and had a sharp pain on his heel and after 1 session he was back on the field. I have been dealing with shoulder and arm pain for some time and after 2 sessions with Dr. Ana my pain is almost gone. She explains to me the source of my discomfort and she works on it for a few minutes and the pain is gone. I will keep coming back for my maintenance and bringing my kids when they need." - Mayra V.*

## EXERCISE OF THE MONTH



This exercise strengthens s your core.

### PLANK FOREARMS & FEET

Lie on your stomach with elbows bent. Your legs should be straight out behind you with your feet together. Raise up your body with your forearms and toes. Create a nice straight line with your body from your head to your heels. Concentrate on tucking your pelvic to engage your abs, squeezing your glutes and quads to keep your legs straight, and squeezing your legs together as you hold. Hold for 20 seconds and repeat 3 times.



*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 comfortably
- ✓ Bend and move freely ✓ Walk for long distances
- ✓ Balance confidently and securely ✓ Live an active and healthy lifestyle
- ✓ Sit for long periods

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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## 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) 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!

