



THERAPY FIT NEWSLETTER

INJURED IN A CAR ACCIDENT? WE CAN HELP!

THERAPY FIT CAN HELP YOU
UNLOCK THE LONG-LASTING
RELIEF YOU'VE BEEN
SEARCHING FOR

- 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



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THERAPY FIT NEWSLETTER



INJURED IN A CAR ACCIDENT? WE CAN HELP

THERAPY FIT CAN
HELP YOU RECOVER
FROM YOUR INJURIES
SUSTAINED IN A CAR ACCIDENT

Have you been injured in a motor vehicle accident? Are you searching for support during this time? Therapy Fit can help provide the relief you need to start feeling better.

Our physical therapists are trained in motor vehicle accident injury recovery and have the tools to help you recover from all types of motor vehicle injuries.

Even if your accident occurred years ago, we can still help you find relief. There is no reason why you should continue to live with your painful symptoms. Contact our clinic today to schedule an appointment with a dedicated physical therapist.

We can help you unlock the long-lasting relief you've been searching for. In the meantime, keep reading to learn more about the benefits of therapy for accident injury recovery!

Common Motor Vehicle Accident Injuries

Recovering from a car accident can be a long and difficult road. There are numerous ways a person can be injured as a result of an accident, but there are a few common ones that Therapy Fit physical therapists treat on a daily basis.

Head injuries from a car wreck are typically the most serious. They can lead to vision problems, skull fractures, and concussions. With a concussion, you may experience dizziness and headaches, as well as impaired balance and coordination.

Back pain is a common experience after car accidents, especially when it comes to herniated discs. This condition often occurs when a person's vehicle is rear-ended, or hit from behind. Many people don't even realize that they've sustained this injury until much later, but it can have lasting symptoms that disrupt their daily lives.

ARE YOU IN PAIN?

**Call Today to Schedule
Your Appointment**

(972) 587-9404

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



Herniated disc pain can happen anywhere along the spine, but the lower back area is the spot most commonly affected. If the cartilage in your spinal disc is damaged after an accident, the gel-like substance that makes up your discs can break through. This herniation will result in added pressure on the nerves. The result is intense pain in your lower back. Even small amounts of pressure on your spinal nerves can cause numbness, weakness, and pain.

Whiplash can be very painful and restrict movement. The sudden movement of the neck and head in a car accident can cause whiplash. Blunt force trauma from a car accident can collapse lungs and break ribs. This injury happens when the weight of the head and spine is whipped back and forth with the fast movement; the muscles in the neck don't have time to react, which then results in strains and tears of the surrounding muscles, ligaments, and tissues.

Continued inside...

INJURED IN A CAR ACCIDENT? WE CAN HELP

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Due to the initial shock and trauma following the accident, whiplash typically feels worse 1-2 days after the injury, as inflammation sets in and tissues become swollen. This can lead to headaches, pain with movement, and even a numbness or tingling sensation in the upper extremities.

While these injuries are very painful and can cause lasting side effects that are difficult to get rid of on your own, the good news is physical therapy offers a variety of treatment methods that can help you beat your pain once and for all.

Common Conditions That Cause Shoulder Pain

There are numerous reasons to seek physical therapy after a car accident, as it aids in the recovery process and can also prevent long-term damage, such as migraines and chronic pain.

You may experience pain, limited range of motion, headaches, or stiffness following a car accident. Keep in mind that not all symptoms will appear immediately following a car accident. When they do appear, physical therapy can assist you in reducing pain symptoms, improving flexibility, increasing strength, and recovering faster. The sooner you receive treatment after a car wreck, the better chance you'll have at avoiding chronic pain later down the road.

The goal of a physical therapist is to help reduce your pain. Therapeutic modalities such as manual therapy and therapeutic exercises pump oxygen, blood, and nutrients to the injury site and enhance healing.

Every exercise and stretch prescribed by a physical therapist has a specific goal for recovery and improves function and mobility. The skilled therapists here at our clinic will develop a personalized treatment plan targeted to your motor vehicle accident injury, regardless of how long ago it happened!

How Can I Pay For Physical Therapy?

The best way to recover physical therapy expenses is through the at-fault party's insurance. Your insurance company or the other person's insurance company may try to offer you a low-ball settlement amount.

Have an attorney speak with the insurance companies for you and make sure you receive as much money as possible to pay for your physical therapy expenses, lost wages, pain, and suffering, and more.

Don't Live With The Pain Any Longer, Contact Therapy Fit Today!

We understand that living with pain can take a huge toll on your physical, mental, and emotional well-being. Our clinic is here to provide you with reassurance, guidance, and the highest quality of care when it comes to treating your pain.

Physical therapy is a safe and natural way to treat pain that is plaguing you from a car accident. Instead of turning straight to pain medications and/or expensive surgeries to solve the problem, why not give Therapy Fit's therapeutic methods a try first?

Call us today to schedule an appointment; we can't wait to help you get back to feeling your best!



SCHEDULE AN APPOINTMENT TODAY!
972-587-9404

EXERCISE YOUR MIND WITH SUDOKU

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				5			9
7		1	3	8			
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<http://Lsudoku.com>

n° 45559 - Level Expert

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



"Am glad to say I am pain free and my range of mobility back to normal..."

"Came to them for rehab after an auto accident and its just amazing how far I've come from the pain in my neck, shoulders and back and not being able lift my arms or move my neck or sleep or sit without pain. Dr. Reddy and his staff are amazing very knowledgeable and above all very friendly. Am glad to say I am pain free and my range of mobility back to normal and I've learned a lot of new ways to train my back and neck and shoulders. I most definitely recommend therapy fit for all your physical therapy needs." - Mark M.

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
- ✓ Balance confidently and securely
- ✓ Sit for long periods
- ✓ 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

EXERCISE OF THE MONTH




This exercise helps relieve pain in your back and shoulder.

SOFT TISSUE RELEASE

Take a sock (or towel) and a tennis ball to perform this exercise. Place the tennis ball in the sock. Drape the sock over your shoulder so the tennis ball is against your upper back in a place where you have a tight muscle or localized pain. Now, lean against the wall so the ball presses directly on the affected area. Apply as much pressure as you can tolerate and so you can breathe comfortably. Hold it against that spot for 30 seconds to 2 minutes, or until the pain dissipates. You can roll your back up and down and side to side against the wall to create a self massage effect.



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

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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!

