



# THE THERAPY FIT NEWSLETTER

## DID YOU KNOW YOUR LOWER BACK PAIN AND NECK PAIN MAY BE CONNECTED?

***"Their treatment plan has helped  
reduce my back pain with no  
additional medication"***

*See Patient Success Spotlight For More*

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



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



# THE THERAPY FIT NEWSLETTER

## HOW LOWER BACK PAIN AND NECK PAIN ARE CONNECTED

Do you notice the more your lower back hurts, the tighter your neck feels? Have you ever had a sharp pain in your lower back when turning your neck? If so, you have likely experienced how all the joints in your spine are connected. At Therapy Fit, we can help you resolve the source of your pain and address the entire spine as a whole!

Your spine is a complex interconnected series of joints – it requires proper posture, flexibility, coordination, and strength, to do its job correctly. When one of these elements is altered, your spine can emit painful responses settling in other nearby parts of the body.

Among adults, up to 80% will experience back pain, and 70% will experience neck pain that interferes with their daily activities. At times both are present, and one seems to aggravate the other.

The good news is that with guidance from our physical therapists Therapy Fit, you can find solutions to your pain and learn how to help prevent future episodes!

### How Pain In The Spine Is Connected To Your Neck

Your spine is connected through a series of muscles, ligaments, tendons, and joints where movement in one region influences movements in another. As with any type of interconnected system, breakdowns can happen at any time. This is why dysfunction in one area can lead to pain in the other.

Pain in your spine can range from a mild, dull, annoying ache to persistent, severe, and disabling pain. Often the pain in your back or neck restricts mobility and interferes with normal functioning and quality of life.

We don't typically think about it, but we use our spine for many of our daily activities. Even simple things, such as turning to grab something out of the cupboard or looking over your shoulder, requires the interaction of the entire spinal joints, muscles, and nerves.

*Continued inside...*



**ARE YOU IN PAIN?**  
Call Today to Schedule  
Your Appointment

**(972) 587-9404**

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

## HOW LOWER BACK PAIN AND NECK PAIN ARE CONNECTED

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When you have limited motion in your neck, your body compensates by twisting more than it usually would allow you to complete the task. Our spine requires the coordination of the entire spine; otherwise, movements can cause pain or limitations that impair your ability to complete the activity.

### How Physical Thy Can Help

Physical therapists are trained to evaluate muscle and joint movement, and they can quickly assist you in finding the root of your problem. Our physical therapists will thoroughly evaluate you, determine why you are experiencing pain, and treat all affected areas. After your initial consultation, we will create a specialized treatment plan based on your specific needs. At Therapy Fit, our physical therapist's end goal is the same as yours – to get you feeling better!

### What To Expect In Physical Therapy

After performing a thorough assessment and treatment plan, our therapist will teach you strategies to avoid future problems by focusing on strategies for spine health.

**Limit Sitting For Too Long** – Prolonged sitting is not suitable for your back or your overall health. Although adjusting your posture while sitting can be helpful, a more practical option is to stand up periodically throughout the day.

Limit your sitting to 30-45 minutes at a time. The results will be noticeable!

**Use Good Posture** – Our spine is designed to move, which means our posture should also move. The spine does not like to remain in one position for extended periods, but when you need to sit or stand for long periods, find a “good” posture.

For example, imagine your breast bone is lifted towards the sky, causing your spine to straighten out – lifting you up – keeping your hips, spine, shoulders, and neck aligned.

Learning to care for your spine will minimize the pain and dysfunction that comes from neglect.

**Visit a physical therapist at Therapy Fit for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes. If you are experiencing lower back pain or neck pain, give us a call today!**



**972 587-9404**

## 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!



## EXERCISE YOUR MIND WITH SUDOKU

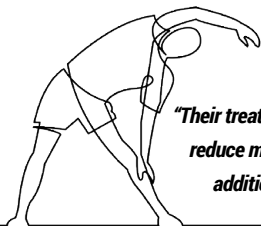
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<http://3.sudoku.com>

n° 45619 - Level Expert

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★ ★ ★ ★ ★  
**PATIENT SUCCESS SPOTLIGHT**



**"Their treatment plan has helped reduce my back pain with no additional medication"**

*"I've been going to Therapy Fit for a couple of weeks now. Everyone is super friendly and professional. They'll always greet me by name. Their treatment plan has helped reduce my back pain with no additional medication. I would highly recommend them for physical therapy treatments!" - Jayden T.*

**WANT RESULTS LIKE THIS?**

**CALL THERAPY FIT AT 972.587.9404**

**TO SCHEDULE YOUR APPOINTMENT TODAY!**

**EXERCISE OF THE MONTH**



**This Exercise Helps to Relieve Neck pain.**

**CHIN TUCK WALL**

Stand against a wall with a small rolled up towel in the small curve of your neck, slowly draw chin towards your chest. Slowly draw your head back so that your ears line up with your shoulders. Hold for 10 seconds and repeat 3 times.



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

EXERCISES COPYRIGHT OF  
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**VARIOUS BACK & NECK CONDITIONS  
 THERAPY FIT CAN TREAT**

- Auto Accident
- Back Pain
- Cervical Radiculopathy
- Degenerative Disk Disease
- Disk Herniation
- Headaches/Migraines
- Low Back Pain
- Lumbar Radiculopathy
- Multiple Sclerosis
- Neck Pain / Cervicalgia
- Osteoporosis
- Sacroiliac Joint Dysfunction
- Sciatica
- Scoliosis
- Spinal Compression Fractures
- Spinal Muscular Atrophy
- Spinal Stenosis
- Whiplash Injuries



**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**





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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) 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!

