



THE THERAPY FIT  
**NEWSLETTER**

# ARE ACHEs AND PAINS MAKING THE SIMPLE THINGS HARDER?

**FIND RELIEF WITH PHYSICAL  
THERAPY AND ENJOY  
LIFE AGAIN!**

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



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



# THE THERAPY FIT NEWSLETTER

## ARE ACHEs AND PAINs MAKING SIMPLE THINGs HARDER FOR YOU?

**FIND RELIEF WITH PHYSICAL THERAPY AND ENJOY LIFE AGAIN!**

How do you feel when you wake up in the morning? Does your body feel stiff, like a brick that's been plastered to your bed? Is it difficult to move your arms, legs, back, etc., without feeling achy, sore, or even painful? Does it feel as if your body is moving in slow motion, your discomfort holding you back?

Your body was made to move. Prolonged periods of inactivity can cause muscles and joints to constrict, resulting in pain or achiness – that's why the mornings are typically the hardest for people experiencing these symptoms. However, the way that you live your daily life can also be a factor in daily aches and pains. Your body relies on certain physical responses to movement, such as posture, coordination, strength, blood pressure, etc. Everything you do has an impact on the way your body responds. If you live an inactive or unhealthy lifestyle, aches are certainly common. Conversely, if you have sustained an injury or strain from an overly-active lifestyle, aches will also be common.

Whatever the case may be, physical therapists are here to help. Their sole focus is helping you achieve your highest level of comfort. If you are experiencing daily aches and pains that you just can't seem to shake, give our office a call today.

### Why Am I So Achy?

Overexertion is a common reason for achiness or pain. Let's say you decide to start up a new physical routine. You've never been much of a runner, but you want to get into it. So, the first day you run, you push yourself to a mile. You didn't think it sounded like too much, but your body wasn't used to it. Your legs were overworked, and the tissues in your muscles got irritated, causing inflammation. Therefore, you wake up the next morning with sore legs.

This is what happens when any part of your body is overworked. You may not notice it during the day while you're moving, but inflammation can thicken overnight during inactivity, causing tissues to become inelastic. This can cause stiffness or pain in the morning, typically easing as you move throughout the day. However, the cause for stiffness isn't always as cut and dry as, "I did an exercise I wasn't used to so now I'm sore." Sometimes it's difficult to pinpoint the cause of your discomfort. That's why it's important to consult a physical therapist if your aches and pains persist.

*Tackle your chores  
pain free with  
Physical Therapy!*

**ARE YOU IN PAIN?**

**Call Today to Schedule  
Your Appointment**

**(972) 587-9404**



# 6 SIMPLE TIPS FOR ACHE RELIEF

- 1. Sleep!** – This is probably the easiest step you can take to relieve common aches. Your body chemistry is delicate, and not getting enough sleep can affect that. This prevents your muscles and tissues from functioning as they normally would, resulting in stiffness, soreness, or achiness.
- 2. Stay hydrated** – Drinking water is an important part of living a healthy, pain-free life. When you are dehydrated, your tissues become drier, which slows down normal chemical processes in your body. Your body is 70% water and your muscles are 80% water. When you don't drink enough water, your body can become achy due to dryness. In order to stay hydrated, you should drink 1/2 your body weight in ounces every day.
- 3. Maintain a healthy diet of fruits and vegetables** – Fruits and vegetables with bright colors often have a higher concentration of antioxidants and vitamins. By keeping these a consistent part of your diet, you can better assist your body in both repairing itself from pain or injury, as well as providing a preventative. Fruits and vegetables help your body in maintaining its normal functions.
- 4. Exercise regularly** – Exercise allows your body to efficiently pump blood around your body. When you exercise on a consistent basis, muscles and joints remain warm, lowering the possibility of them becoming tight.
- 5. Keep a good posture** – Slouching causes stress on the shoulders and neck, which can cause pain or achiness. If you sit at a desk or computer, it is important to get up every 30 minutes for a few seconds to stretch. Moving around or simply standing up after a while is a great way to maintain a good posture, even if you don't have a very active day.
- 6. Get a physical therapy consultation** – If your aches and pains are persistent and aren't going away despite your best efforts, it may be time to consult a physical therapist. They will help you determine the best course of action for your specific needs.

A consultation with a physical therapist will allow you to address the issues that you're facing. It is always better to figure out the cause of your pain early on, rather than waiting until it gets worse. The earlier you make an appointment, the easier the treatment will be. Your physical therapist will give you a muscle and joint evaluation to discover problem areas and determine exactly what may be causing your aches and pains. From there, they will create a personalized treatment plan for you that will help alleviate your aches. They are dedicated to your progress and genuinely want to see you feel better – so why wait? **Say goodbye to your daily aches and pains with physical therapy today!**

 **THERAPY FIT**  
PHYSICAL THERAPY  
**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

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

<http://1sudoku.com>

n° 327893 - Level Hard

**972 587-9404**

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



# PATIENT SUCCESS SPOTLIGHT

*"Their doctors are able to solve any problem that you may have."*



*"Therapy Fit is the go-to place for all your physical therapy needs. The staff is extremely friendly and never fail to make you smile. Their doctors are able to solve any problem that you may have. I would highly recommend Therapy Fit to everyone." - Rishi N.*

**WANT RESULTS LIKE THIS?**

**CALL THERAPY FIT AT 972.587.9404**

**TO SCHEDULE YOUR APPOINTMENT TODAY!**

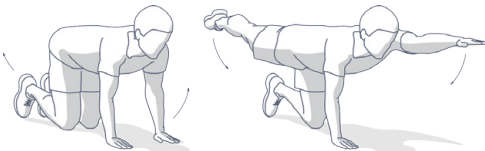
## EXERCISE OF THE MONTH



**This Exercise Helps To Strengthen Core.**

### BIRD DOG 4-POINT ARM & LEG RAISE

Begin by placing your knees and hands on the floor, with your hips and shoulders at a 90° angle. While keeping stable and engaging your core muscles, lift one arm and an opposite leg straight out toward the horizon, with your thumb pointed to the ceiling. Place both arm and leg back down to starting position. Repeat 10 times and then repeat this exercise with the opposite arm and leg.



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

EXERCISES COPYRIGHT OF  
 SimpleSet Pro  
WWW.SIMPLESET.NET

## 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



## Do you have aches and pains? Come Back In For A Tune-Up:

We can help in many ways, including:

- ✓ 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

If You Are In Pain or Have Sustained An Injury  
Call Your Physical Therapist Today!

# 972-587-9404

WWW.THERAPYFITPT.COM





4617 Coit Road, Ste 150  
Frisco, TX 75035

**Phone:** (972) 587-9404 | **Fax:** (972) 587-9414

**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!

