



THE THERAPY FIT

NEWSLETTER

TACKLE YOUR UNWANTED KNEE PAIN

**WITH PHYSICAL
THERAPY!**

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THERAPY FIT NEWSLETTER



TACKLE YOUR UNWANTED KNEE PAIN

WITH PHYSICAL THERAPY!

Do you experience pain and swelling with squatting or climbing stairs? Do your knees often catch or lock up, making it difficult to perform daily tasks that once seemed simple? At Therapy Fit, our physical therapists can help you find relief and get you moving again!

Knee pain can be debilitating, making it difficult to walk, run, and move. It may even hinder your ability to do simple things like sitting through a movie or a long car ride. The location of your pain helps determine which structures are involved and can help ensure proper treatment.

Often the pain leads to avoiding activity, but this strategy does not help in the long run. Inactivity often leads to more dysfunction and disability. Physical therapists are movement experts, and if your symptoms are severe or last more than a few weeks, your first step should be to contact our physical therapists!

At Therapy Fit, we can get you moving once again by relieving your pain and enhancing your body's natural healing process. Call today to schedule an appointment with one of our experts!

What Are The Most Common Knee Injuries?

Your knee is one of the largest joints in your body, made up of a complex system of bones, tendons, and ligaments. Knee injuries can result from direct contact or a sudden movement that strains the knee. When there is no specific event connected to the damage, the most common knee pain causes are aging, injury, or repeated stress on the knee.

Knee pain can be mild or severe and include sprained ligaments, cartilage tears, tendonitis, and arthritis.

Some common knee injuries include:

ARTHRITIS. The most common type of arthritis for knee pain is osteoarthritis (OA). This condition occurs when the cartilage surrounding

your joints deteriorates, and the joint no longer has a sufficient cushion between of the bone. This leads to joint inflammation, with varying levels of pain and dysfunction.

CARTILAGE INJURIES. There are two common cartilage injuries:

- **Sleep! – Meniscus injury:** The meniscus serves as a shock absorber and helps maintain stability in the knee. A meniscus tear can be caused by contact or non-contact activity when the knee twists suddenly. Some tears are the result of wear and tear.
- **Articular cartilage injury:** The articular cartilage is a smooth covering on the bones that allows for frictionless sliding of one bone on another. Articular cartilage is injured by direct trauma or wear and tear.

LIGAMENT INJURIES: Our bones are connected by ligaments. The ligaments in your knee act like leather straps to hold the bones together and keep your knee stable. Ligaments are often stretched and/or torn during a sudden motion.

- **Anterior cruciate ligament (ACL).** It is located in the center of the knee and controls rotation and forward movement of the shin bone.
- **Posterior cruciate ligament (PCL).** It is located in the back of the knee and controls the backward movement of the shin bone.

Continued inside...

ARE YOU IN PAIN?

**Call Today to Schedule
Your Appointment**

(972) 587-9404



TACKLE YOUR UNWANTED KNEE PAIN

Continued from previous page.

- **Medial collateral ligament (MCL).** The medial collateral ligament is on the inside of your knee and provides stability to sideways motions.
- **Lateral collateral ligament (LCL).** The lateral collateral ligament is on the outside of your knee and provides stability to the sideways motions.

TENDINITIS. Your tendons are thick connective tissues that attach muscles to bones. Tendinitis occurs when the tendon becomes inflamed due to repetitive movements. It is common with jumping and landing motions and also in sports like skiing, cycling, or hurdling.

Knee pain can make it hard to walk, rise from a chair, climb stairs, or play sports. Our physical therapists are trained to diagnose and treat knee pain and help ease your pain and get you back to doing what you love!



How Physical Therapy Can Help Your Knee Pain

Physical therapy for knee pain involves a thorough assessment of your entire lower extremity, including your hip, knee, and foot. Our team will examine your knee for signs of misalignment or structural damage and assess your stance, gait, and functional movements like squats and steps. Your therapist will prescribe the right treatments – including exercises, manual therapy, and modalities – to help decrease your knee pain and improve overall mobility.

We will provide you with a supervised, progressive program to get you moving again. Our programs to reduce pain and restore function consist of range-of-motion, strength training, proprioception, and neuromuscular control activities.

If you are living with knee pain, contact Therapy Fit today. We'll help relieve your pain so you can get back to living your life comfortably, without limitations!

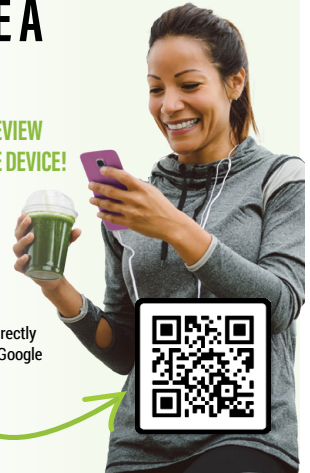


SHARE YOUR SUCCESS STORY

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. Enter the QR code 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

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

<http://1sudoku.com>

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PATIENT SUCCESS SPOTLIGHT

"I have made significant progress in recovering and know how to manage the pain."



"I'm happy that I started going to Therapy fit for my knee and back issues. I have made significant progress in recovering and know how to manage the pain. The whole team is wonderful. They are very friendly, really caring and provide individual attention. The exercises are specific to the individuals which get tougher as we get better. Dr. Dhara is also wonderful. Highly recommend Therapy Fit, Frisco." - Renuka E.

WANT RESULTS LIKE THIS?

CALL THERAPY FIT AT 972.587.9404

TO SCHEDULE YOUR APPOINTMENT TODAY!

EXERCISE OF THE MONTH



This Exercise Helps Relieve Knee Pain.

STRAIGHT LEG RAISE

While lying or sitting, slowly raise your leg, keeping your knee straight and your toes pointed outward. Hold for 2 seconds, then slowly lower your leg to the starting position. Repeat 6-10 times with each leg.



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

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





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!

