



THE THERAPY FIT NEWSLETTER



NO MATTER WHAT YOUR JOB —
WORK INJURIES CAN HAPPEN!
**PT CAN GET YOU
BACK ON THE JOB!**

INSIDE

- Patient Success Spotlight
- Exercise of the Month
- Exercise Your Mind With SUDOKU



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NO MATTER WHAT YOUR JOB —
WORK INJURIES CAN HAPPEN!



PT CAN GET YOU BACK ON THE JOB!

According to the Bureau of Labor Statistics, work-related injuries account for over 1.1 million missed days of work. Unplanned days off can be monetarily detrimental, especially if you have a lengthy recovery period ahead of you and physically cannot return.

Work-related injuries are scary to think about, but you can find relief quickly through physical therapy. A physical therapist will work with your place of employment to ensure that worker's compensation will cover your services. At Therapy Fit, all you'll have to think about is recovering and regaining strength so you can comfortably return to your job.

We offer specialized rehab for work injuries that will enhance healing and reduce your risk of future injury. For more information, call our office to schedule a consultation today!

Do I Have A Work Injury?

A work injury can be defined as anything that causes you pain or illness in your work environment. While this can sometimes be an obvious injury, such as a harsh fall off a ladder or an automobile accident while in a company vehicle, work injuries can also be more subtle. Sometimes, people may develop injuries without even realizing they are due to their occupation.

Repetitive stress injuries are common in office-related environments, typically due to improper posture throughout the workday. If you slouch at your computer for prolonged periods of time or tilt

your head down to look at a keyboard or important files, you may experience back, neck, or shoulder pain. With time, your spine may even become affected - our spines all have a natural "S" curve but with continued poor posture in the workplace, it can turn into more of a "C" curve.

Tendinitis and carpal tunnel syndrome are also common work-related injuries due to repetitive stress on certain body parts. Tendinitis occurs when the tendons become inflamed by overuse. Carpal tunnel syndrome occurs when the median nerve in the wrist becomes pinched, typically affecting assembly-line workers and desk-job workers.

Laborious workers, or those requiring day-to-day heavy lifting, can also be affected by these conditions, as their physically strenuous days put constant strains on the body. Those with physically demanding jobs may also experience chronic pain that can be relieved through physical therapy treatments.

Continued inside...

ARE YOU IN PAIN?

Call Today to Schedule
Your Appointment

(972) 587-9404



PT CAN GET YOU BACK ON THE JOB!

Continued from previous page.

How Will Physical Therapy Benefit Me?

The benefits of physical therapy are vast, and it has been proven that those who participate in physical therapy treatments tend to heal much quicker than those who do not. Rehab for work injuries is the best option when seeking fast recovery and optimal results.

At Therapy Fit, we will create a personalized treatment plan for you, based on the specific needs of your condition. We will also provide "work conditioning" to train your body to perform in the correct ways while you're on the job. For example, if continuous poor posture is the culprit for the lower back pain you're experiencing, we will help you improve your posture through core strengthening exercises and stretches. We will also help you implement helpful techniques into your daily work habits to prevent your risk of further injuries, such as:



- Keeping a healthy weight.
- Breaking up your repetitive tasks.
- Scheduling at least 30 minutes of physical activity into your day.
- Practicing correct lifting techniques (with your legs, not your back!)
- Maintaining proper posture throughout the day.
- Listening to your body - take a break if you are painful and seek the help of your physical therapist if it persists.

Our goal is to help our patients regain their peak levels of physical function, while simultaneously reducing their risk of future problems. If you are suffering from a work injury, contact our office to schedule an appointment with one of our highly trained physical therapists. We will help you recover and get back to work as quickly as possible!



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 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

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<http://1sudoku.com>

n° 329053 - Level Hard

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PATIENT SUCCESS SPOTLIGHT

“Within a week I was able to see good improvements with my treatments”

“Very happy with my experience at Therapy fit. The doctor and his team are very knowledgeable and helpful. Within a week I was able to see good improvements with my treatment. The staff is very friendly, professional and prompt and the facility itself was very neat and well equipped. They follow the protocol for masks and gloves which was very comforting given the kind of times we are in with the after effects and new variants of the pandemic.

The team’s focus was on my treatment and not on the payment. Dr. Reddy was happy to discharge me based on my recovery (even though there were quite a few sessions left in my treatment plan) without caring about the money the facility would be losing. I would highly recommend Therapy fit to anyone in need for physiotherapy.” - Gayatri G.

WANT RESULTS LIKE THIS?

CALL THERAPY FIT AT 972.587.9404

TO SCHEDULE YOUR APPOINTMENT TODAY!

EXERCISE OF THE MONTH



Practicing good posture can help relieve back pain!

SITTING POSTURE

Sit on a sturdy chair and scoot your hips forward. Place your feet flat on the floor. Tip your pelvis slightly forward. Straighten your spine until your ears are directly over your shoulders and your shoulders are over your hips. Draw your shoulder blades gently back and together. Tuck your chin. Stretch up tall; imagine a string attached to the top of your head, pulling you up to your full height.



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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



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





4617 Coit Road, Ste 150
Frisco, TX 75035

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

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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!

