



# THERAPY FIT NEWSLETTER



## ARE YOU READY FOR FALL SPORTS?

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- Injury Prevention with Physical Therapy



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# THERAPY FIT NEWSLETTER

## ARE YOU READY FOR FALL SPORTS?

Are you wondering how to prepare yourself for the fall sports season this year? Have you been struggling with an old injury that just doesn't seem to be going away? Before you know it, the cooler season will come, and so will fall sports!

Everyone involved in athletics knows that one thing is for sure: competition comes with a risk of injury. Fortunately, we know how to prepare athletes for the fall sports season. At Therapy Fit, our physical therapists specialize in helping athletes recover from injuries and preparing them for their upcoming seasons.

Whether you compete in cross country running, football or soccer, one of our skilled physical therapists can help you resolve an injury and provide you with the tools you need to be at your peak physical condition for the start of the season!

**Request an appointment  
to get our team to  
help you get ready  
to compete!**

### How Physical Therapists Help Athletes Prepare For Fall Sports

Making sure your body is strong, stable, and prepped for the game is vital for maintaining high performance. Playing the sport you love, whether competitively or just for fun, is an important part of staying healthy and enjoying your life.

Conditioning is a significant part of staying healthy when you play sports. Conditioning programs can lower your risk of sustaining an injury during the game and improve your performance. Our programs focus on keeping your joints healthy and strong. We implement sports-specific strengthening and training methods to ensure your body can tolerate the demands of your sport while improving your ability to compete at a high level.

We utilize targeted exercises, lifting weights, and proactive recovery practices to prevent athletes from injuring themselves. We strive to help our athletes be prepared for the ups and downs of a sports season.

*Continued inside...*



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

**(972) 587-9404**



# INJURY PREVENTION WITH PHYSICAL THERAPY



One significant aspect of physical therapy at Therapy Fit is that it can help you prevent an injury this fall. Injuries are a part of any sports season and are typically placed into two categories: traumatic or overuse.

Traumatic injuries are caused by a specific incident, such as:

- Sprains (i.e., ankle or ACL)
- Strains, including pulled muscles
- Concussions (i.e., football collisions, soccer ball heading, falls, etc.)

In contrast, overuse injuries are caused by repetitive movements and/or poor technique performed over time. Some examples of overuse injuries include:

- Tendinitis (i.e., shin splints, jumper's knee)
- Repetitive stress with poor technique (i.e., stress fractures, throwing injuries)

Sprains are extremely common in sports. Ligaments connect your bone to bone. When a ligament is stretched beyond its limits, a sprain can occur. Once the ligament is stretched, it is looser and more susceptible to be sprained again in the future.

Strains, or pulled muscles, are similar to sprains but occur to muscles and tendons, not ligaments. Tendons connect your muscles to your bones. When a tendon is stretched beyond its limit, a strain can occur. Once the tendon is injured, it needs to be resolved fully, or it can lead to a chronic overuse condition.

Receiving physical therapy before you begin playing this fall could make all the difference in how ready your body is to be out on the field or court. We will perform an injury screening to identify any underlying condition that can lead to future injuries. If/when we identify limitations and weaknesses, we will address them head-on to resolve them thoroughly.

As you progress through rehabilitation, our focus will shift to increase the intensity and complexity of your program. Our team will incorporate sports-specific training to prepare your body for the demands of a competitive sports season. We will work to ensure you are ready for the start of your season.

**At Therapy Fit, we make it our top priority to encourage healing and injury prevention for our athletes. In addition to treating injuries, our physical therapists can help you improve your range of motion, flexibility, strength, and overall function to prevent additional harm from occurring and get you ready for your sport.**

**Are you an athlete prepping for fall sports? Call us today to learn more about how physical therapy can get you geared up to have your best season yet!**

## EXERCISE YOUR MIND WITH SUDOKU

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<http://1sudoku.com>

n° 311252 - Level Hard

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1. Open your smartphone 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

**972 587-9404**

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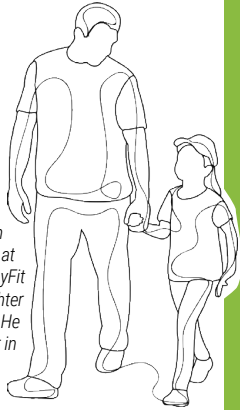




# PATIENT SUCCESS SPOTLIGHT

*"I was so impressed with Therapy Fit that I knew where I would send my daughter when she was complaining of arm pain."*

*"Dr. Reddy and his team have been amazing. At my initial visit, he gave me the plan he was going to follow to work on my pain points. Everyone in the office is cordial at each visit. I was so impressed with TherapyFit that I knew where I would send my daughter when she was complaining of arm pain. He put her on a plan that I know will help her in her athletics." - Richard P.*



**WANT RESULTS LIKE THIS?**

**CALL THERAPY FIT AT 972.587.9404**

**TO SCHEDULE YOUR APPOINTMENT TODAY!**

## EXERCISE OF THE MONTH



Try this exercise to strengthen your core.

### SIDE PLANKS WITH HIP ABDUCTION

Begin lying on your side with your elbow under your shoulder. Engage your core and lift your hips and knees off the ground. Once in the side plank, lift your top leg toward the ceiling. Slowly lower your leg back down. Hold for 30 seconds and repeat.



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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





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Frisco, TX 75035

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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!

