



THERAPY FIT

NEWSLETTER



HOW STEADY ARE YOU ON YOUR FEET?

THERAPY FIT CAN SHOW YOU HOW TO REDUCE YOUR RISK OF A FALL-RELATED INJURY

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WWW.THERAPYFITPT.COM



THE THERAPY FIT NEWSLETTER

HOW STEADY ARE YOU ON YOUR FEET?

Do you frequently notice an imbalance, dizziness, or unsteadiness that makes you feel as if you may fall over at any given time? Have you suffered from a fall in the past? Are you worried that you may be at risk of falling? At Therapy Fit, our team will address your concerns and help you regain your confidence!

In older adults, falls are the leading cause of fatal and nonfatal injuries. Most people don't think about working on their balance until it is too late. The good news is that you can easily prevent most falls with guidance from a physical therapist.

Falls are a significant concern for seniors, and even without an injury, a fall can cause a loss of confidence and reduce a person's ability to carry on with daily activities. If you have recently sustained a balance-related injury, it is important to seek the help of a physical therapist immediately to avoid additional injuries in the future.

Our team will give you the tools to recover from a recent fall or avoid additional injuries in the future. Call Therapy Fit today for an appointment, and let us help you get stronger and more confident so you can do the things you enjoy!

Are You At Risk Of Falling?

Some people have a higher risk of falling than others, and a combination of factors causes most falls. The more risk factors a person has, the greater their chances of falling. The most common risk factors include:

- Advanced age
- Dizziness or vertigo ("spinning" sensations, even when remaining still)
- Vision problems
- Impaired balance and gait control (whether age-related or due to illness)
- Muscle weakness and reduced physical fitness due to a sedentary lifestyle
- Neurological disorders (i.e., Parkinson's disease and Alzheimer's)
- Cardiovascular disease (i.e., heart attack, stroke, PAD)

Continued inside...



ARE YOU IN PAIN?

**Call Today to Schedule
Your Appointment**

(972) 587-9404





HOW STEADY ARE YOU ON YOUR FEET?



Continued from previous page.

- Cognitive impairments
- Depression
- Acute and chronic illnesses
- Previous history of falls

Your physical therapist will assess your medical history to determine how many risk factors toward falling you may have. They will educate you on what these factors mean, as well as steps you can take to decrease your risk.

Physical Therapy Can Keep You On Your Feet

Our physical therapists will perform a thorough physical evaluation to figure out the best treatment plan for you. We will start with an injury evaluation, mobility, strength, and a balance assessment to identify all the factors contributing to the injury. This will consist of a thorough history to understand more about the demands on the body, how many risk factors you may have, and your overall health status.

In addition, we will include a review of your fall history and fear of falling, as well as identifying any home hazards/environmental factors that may contribute to your fall risk. We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate balance and gait techniques for the individual.

What To Expect In Physical Therapy

The good news is that you can prevent most falls. The key is to get guidance from your therapist, who will teach you the correct exercises to improve your balance.

WE MAKE IT EASY TO LEAVE A REVIEW

LEAVE A GOOGLE REVIEW WITH YOUR PHONE!



1. Open your smart phone to the camera app
2. Center the QR code in the frame (this will take you directly to our Facebook or Google Review Page)
3. Tell us how we did!

972 587-9404

Our recommendations aim to reduce your risk of falling, but they will also aid you in improving coordination, strength, flexibility, and overall movement. Some common aspects of treatment include:

Pain management. Your physical therapist will work with you on relieving pain first before continuing any other forms of physical activity.

Balance training. Balance is a large part of fall prevention, as lack of stability is one of the main reasons falls occur. Your physical therapist will design a balance training plan for you as part of your treatment.

Strength training. Your physical therapist will design a strength training plan for you, which will focus on specific muscle groups in need of improvement.

Your physical therapist will then incorporate task-specific treatments with a safe and effective progression to assist you in a safe return to daily activities. Every good therapy program will include injury prevention strategies that ensure you stay doing what you love!

Call Our Clinic For Help Today

Exercise is one of the most effective treatment methods for patients with an increased risk of falling. Our team will help guide you through the steps you need to regain your confidence and reclaim your life.

Contact Therapy Fit to schedule a consultation and get started today!

EXERCISE YOUR MIND WITH SUDOKU

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

<http://1sudoku.com>

Level Hard

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PATIENT SUCCESS SPOTLIGHT



"My Mom feels confident and great again!"

"I took my mom to Therapy Fit because she was having difficulty with daily activities such as walking, balance, and hand mobility. With Dhara's help and the welcoming and warm environment at Therapy Fit, we've seen tremendous progress in my mom's mobility! We had tried so many doctors prior to Therapy Fit, and none were able to help and make as much of a positive impact as Dhara. We are forever grateful for the time and care they've taken in helping my mom feel great and confident again." - Kevin H.

WANT RESULTS LIKE THIS?

CALL THERAPY FIT AT 972.587.9404

TO SCHEDULE YOUR APPOINTMENT TODAY!

EXERCISE OF THE MONTH



Try this exercise to help improve your balance.



TANDEM BALANCE

Stand next to the back of a chair and place one hand on it for support. Place one foot right in front of your other so your heel is touching the tips of your toes. Close your eyes and then remove your hand from the floor. Hold this balance for 30 seconds.



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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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!

