



THE THERAPY FIT NEWSLETTER



ARE YOU TAKING CARE OF YOUR HEART?

LOVE YOUR HEART, LOVE YOUR LIFE!

INSIDE

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- Tips for better heart health
- Exercise Your Mind with Sudoku



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THERAPY FIT NEWSLETTER

Are You Taking Care of Your Heart?

Learn How You Can Improve Your Heart
Health By Incorporating More Physical
Activity Into Your Life!

Have you been diagnosed with high blood pressure? Do you get out of breath going up a flight of stairs? Your heart is vital to your survival. At Therapy Fit, our therapists understand how important it is to address underlying issues and create a plan to help prevent injury and disease.

Heart disease is the number one cause of death in the United States, accounting for one in four deaths each year. Fortunately, most forms of heart disease are preventable by making lifestyle changes, including exercising, practicing good nutritional habits, and reducing stress in your everyday life.

February is American Heart Month. Our team at Therapy Fit can help improve your heart health by helping you learn how to eat a well-balanced diet, exercise regularly, and avoid anything that can cause damage to it.

What To Expect In Physical Therapy

At your first appointment, your therapist will do a full body If you're looking for a safe way to improve your heart health, physical therapy is a great option. At Therapy Fit, our team of experts can play a leading role in preventing, reversing, and managing heart-related conditions. Our therapists can help you improve your heart health by advising you on lifestyle adjustments that include daily exercises, nutrition, and stress reduction strategies based on your individual needs.

Our team comprises movement experts who have the knowledge and training to evaluate and treat several kinds of acute and

chronic pain conditions and abnormal physical function related to an injury, disability, disease, or unhealthy lifestyle.

We perform a thorough evaluation that includes your overall health status to create an exercise plan that ensures you're getting as much physical activity as you can throughout the day. This will consist of treatments to address any injuries you may have and to help prevent other health issues.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and improve your overall health by getting your blood flowing and your heart rate up. Participating in regular physical therapy appointments can help lower your cholesterol and blood pressure, significantly decreasing your chances of cardiac arrest in the future.

ARE YOU IN PAIN?

Call Today to Schedule
Your Appointment

(972) 587-9404





TIPS FOR BETTER HEART HEALTH



Taking action and maintaining a healthy lifestyle will assist you in making sure your heart is healthy. When your heart doesn't get enough attention, significant problems might arise in the artery lining, leading to plaque buildup. Plaque forming in your arteries is the cause of heart attacks and strokes.

The following are some of the ways you can make sure your heart continues to perform at its best.

Exercise to increase your heart rate: Walking and biking around your area regularly can help you raise your heart rate. Exercising regularly can help you lose weight, reduce your stress and improve your mood.

Participate in strength training: Strength training is one of the most effective injury-prevention strategies for the body and heart. Your therapist can help you develop safe strength-training techniques.

Maintain mobility of the joints and muscles: Regular stretching and mobility work keeps you active and makes you feel better. The more

active you are, the healthier your heart is! Knowing the right workouts and therapies for your joint and muscle health will help you feel better and enhance your overall function.

Eat healthy meals: Nutrition plays a huge role in heart health. Plant-based foods, whole grains, lean meats, and healthy fats like fatty fish and olive oil should all be in your diet. Fried foods, trans fats, processed foods, and added sugar should all be avoided.

Manage your stress: Stress can raise blood pressure, so do your best to find daily ways to relax. The less stressed out you are, the less tension and stress you place on your heart. Exercising, getting adequate sleep, stretching before bed, or taking a nightly warm shower are all things that could help with relaxation.

The best approach to keep your heart strong and healthy is to exercise regularly. It's a natural, safe, and effective way to help improve your heart function! Physical therapy is an excellent method to add additional physical activity to your daily routine.

Caring for your heart is just as important as caring for any other part of your body. For American Heart Month, our team at Therapy Fit can help you get back into shape safely and healthily!

Contact us this month to learn how you can improve your heart health by incorporating more physical activity into your life!

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



PATIENT SUCCESS SPOTLIGHT



“Feeling ready to do another IronMan”

“Everyone at Therapy Fit is so kind and helpful! From the moment I arrived, I was impressed with the most courteous staff. They even worked me in during busy holiday schedules! Dr. Reddy, Mo, and the rest of the team are all 10/10. Excellent facility, & top of the line modalities! Feeling ready to do another IronMan thanks to them and already recommended to friends and family!” - N. H.

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EXERCISE YOUR MIND WITH SUDOKU

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

<http://1sudoku.com>

Level Hard

CALL THERAPY FIT AT 972.587.9404

TO SCHEDULE YOUR APPOINTMENT TODAY!

EXERCISE OF THE MONTH



This exercise helps to strengthen your core.

BRIDGES

Begin on your back. Bend your knees and keep your back flat on the ground. Gently, contract your abdominals and hold to keep your back flat as you move up into the bridge position. Remember to breathe. Gently, squeeze your butt muscles and lift your hips off the ground. The goal is to have your hips aligned with your knees and shoulders. Hold for 5 seconds and repeat 10 times.



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

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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!

