

SCHEDULE AN EVALUATION

THERAPY FIT NEWSLETTER



ANYONE CAN SUFFER A WORKPLACE INJURY Therapy Fit Can Help You Get 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?

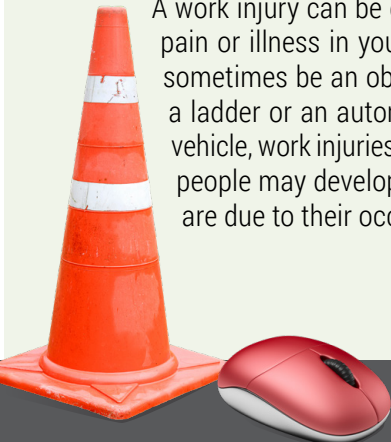
A work injury can be defined as anything that causes you pain or illness in your work environment. While this can sometimes be an obvious injury, such as a harsh fall off a ladder or an automobile accident while in a company vehicle, work injuries can also be more subtle. Sometimes, people may develop 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...



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ARE YOU IN PAIN?
Call Today to Schedule
Your Appointment
(972) 587-9404



ANYONE CAN SUFFER A WORKPLACE INJURY

Therapy Fit Can Help You
Get Back On The Job



Continued from previous page.

How Will Physical Therapy Benefit Me?

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!



GET MOVING TO HELP WITH BACK PAIN!

As we hop into spring, take the time to move more, especially if you're struggling with back pain.

Sitting too much can impact your lower back – not to mention your overall health. At Therapy Fit, we encourage you to find ways to incorporate more movement throughout your day. It doesn't have to be a burden! Here are just a few ideas:

Stand up. If you sit for work, try to stand up every 30 minutes or so, even if it's just for a few moments.

Go for walks. On days when the weather is nice, take a quick walk around the block.

Move in front of the TV. We all love to lounge in the evenings, but try standing or stretching while you veg out.

For more movement tips, reach out to Therapy Fit!



PATIENT SUCCESS SPOTLIGHT



"Special shoutout to Therapist Mani who goes over and beyond to get you back in shape."

"Very well trained and professional staff. Dr. Gopinath is a knowledgeable and caring therapist who advises the right plan as per your condition. Special shoutout to Therapist Mani who goes over and beyond to get you back in shape." - B.V.

WE MAKE IT EASY TO LEAVE A REVIEW

SHARE YOUR SUCCESS STORY AND BE SOMEONE'S HERO

You may be the inspiration someone needs to find relief from their pain or change their life to become healthier, stronger, and more active. Make a difference – share your success today!

[SHARE YOUR SUCCESS](#)

[SCHEDULE AN EVALUATION](#)



972 587-9404

WWW.THERAPYFITPT.COM

EXERCISE YOUR MIND WITH SUDOKU

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<http://1sudoku.com>

Level Hard

CALL THERAPY FIT AT 972.587.9404

TO SCHEDULE YOUR APPOINTMENT TODAY!

EXERCISE OF THE MONTH

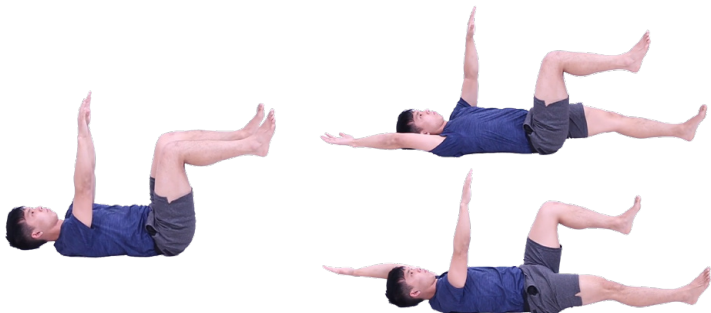


This exercise helps to strengthen your core.



DEADBUG (EXTENDING LEGS)

Start by lying flat on your back. Brace your abdominals and raise your legs with your hips and knees bent to 90-degrees. Raise both arms straight over your chest. Slowly lower one arm back over your head and extend one leg straight out without touching the floor. Bring them back in and repeat with the opposite arm and leg. Repeat 10 times.



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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
- Work Injury
- Sports Injury
- Chronic Pain
- Foot and Ankle Pain
- Women's Health
- Neurological Disorders
- Urinary Incontinence
- Balance and Gait Disorders
- Ankle Sprain
- Torticollis
- Plus More Conditions



THERAPY FIT PHYSICAL THERAPY

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WWW.THERAPYFITPT.COM

SCHEDULE AN EVALUATION

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

