

SCHEDULE AN EVALUATION

THERAPY FIT NEWSLETTER

JUNE 2022



Get Moving Again!

FIND RELIEF AFTER TOTAL JOINT REPLACEMENT

Have you had a recent total joint replacement of the knee or hip? Do you still have pain or weakness when walking, climbing stairs, or squatting down to retrieve a dropped item? You may benefit from physical therapy after surgery.

At Therapy Fit, our physical therapists can provide you with the guidance you need to restore your motion, strength, and ability to perform daily activities without pain or limits!

A total joint replacement is a surgical procedure where the arthritic or damaged joints are removed and replaced with a device called a prosthesis. The prosthesis is designed to replicate the movement and function of a normal joint.

Our clinic provides joint replacement rehabilitation to those who had a replacement procedure or even those experiencing limitations months and even years after their procedure.

If your knee and/or hip joints are a constant source of pain, weakness, or limitation in any way, Therapy Fit can help provide you with some relief.

How To Tell When You Need A Joint Replacement

If you have tried treatments including medication, physical therapy, and activity modifications without relief, you may be a candidate for a total joint replacement.

The most common reasons for a joint replacement include:

- **Severe joint damage.** This is typically due to advanced/end stages of osteoarthritis or rheumatoid arthritis.
- **Severe trauma to the joint(s).** Fractures and dislocations often lead to joint replacements. Some injuries can only be addressed through surgical treatment, depending on how critical the damage was.
- **Chronic pain.** If your pain constantly affects your daily life and no other treatments have seemed to help, your doctor may suggest surgery.

If you believe you may require total joint replacement surgery, it is essential to prepare yourself for the process.

Continued inside.

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ARE YOU IN PAIN?
Call Today to Schedule
Your Appointment

(972) 587-9404



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What Can You Do to Prepare for Total Joint Surgery?

Consulting with one of our physical therapists can help prepare you physically, mentally, and emotionally for your upcoming surgery. Understanding what to expect has been shown to help achieve post-operative goals faster.

Our pre-operative assessment and treatment session helps decrease the length of stay post-operatively, reduces anxiety before and after surgery, improves self-confidence, and establishes a relationship with your physical therapist.

You can help ensure a smooth surgery and speedy recovery by planning. You can also ensure an early return of your function by learning what to expect and what exercises to perform. In addition, you can take steps to manage your first weeks at home by arranging for help and preparing with assistive items, such as a shower bench or a long-handled reacher.

Physical Therapy After Total Joint Replacement

Whether you have total hip or total knee replacement, physical therapy will be necessary for rehabilitation. Your physical therapist will provide a treatment plan for you that will assist in restoring your range of motion, flexibility, strength, endurance, and overall mobility of the affected joint.



Your initial appointment will consist of a physical evaluation to determine what course of treatment will be best for your needs. Your physical therapist will create a specialized treatment plan based on your assessment to rehabilitate and bring you back to your optimum physical health.

At first, your treatment plan will consist of passive physical therapy, primarily focused on pain relief, swelling control, and restoring basic mobility. This may include manual therapy, gentle therapeutic exercises, or any other combination of treatment services that your physical therapist deems for your treatment plan.

After your passive therapy, you will continue into active physical therapy treatments. These will include strengthening exercises, balance, and gait training to ensure you progress while simultaneously preventing falls or other injuries that could inhibit your progress.



In addition, at-home treatments will help make your recovery as quick and comfortable as possible, so your knee or hip can get back to its normal level of function!

Request An Appointment

If you believe you could benefit from our total joint replacement rehabilitation services, contact Therapy Fit today. We will get you back to living your best life, free from pain and limiting knee or hip pain!

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PATIENT SUCCESS SPOTLIGHT



"I am so thankful I found Therapy Fit! I had avascular necrosis of my right hip for a few years and ended up with a hip replacement. My last couple experiences with physical therapy were not great, tried 2 different places, so I considered just trying to rehab on my own. I found Therapy Fit online and decided to give it a try, and it was the best decision I could have made! Dr. Reddy is committed to my recovery and my therapy program is designed to meet my individual needs. He explains what I need to do and why, and I am so grateful for his expertise and all the information he provides. The hands on, manual therapy is crucial for my particular issues, and it has really made all the difference.

The staff are all so pleasant and competent, I love the time I spend at Therapy Fit and always leave feeling great. The progress I have made is remarkable, it has been a long road of issues for me and I finally have hope that I'll be able to function pain free and resume all my normal activities.

I tell my family and friends that if they ever need physical therapy, Therapy Fit is the place to go, above and beyond all other options. There is really no comparison. So thankful for the care I have received!" —Lorraine P.

SHARE YOUR SUCCESS STORY AND BE SOMEONE'S HERO

SHARE YOUR SUCCESS

Healthy Recipe

RAINFOREST SMOOTHIES



INGREDIENTS

- 3/4 cup frozen mango chunks
- 2 cups reduced-fat milk or plant-based milk
- 3/4 cup frozen pineapple chunks
- 2 tbsp honey
- 1/2 cup frozen chopped kale

DIRECTIONS — In a blender, purée the ingredients until smooth. Divide between 2 glasses. Enjoy!

Source: <https://www.savoryonline.com/recipes/177717/rainforest-smoothie>

CALL THERAPY FIT AT 972.587.9404

TO SCHEDULE YOUR APPOINTMENT TODAY!

EXERCISE OF THE MONTH



This exercise helps to strengthen your hips and core.

HIP HIKES WITH BALANCE SUPPORT

Stand on the leg that needs to be exercised. Hold on to a chair or counter for support. Start with your hips in a neutral position. Gently, move the hip of the off leg towards the ground. Using the chair for support, next lift the pelvis towards the ceiling. Repeat 10 times and then, switch legs.



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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



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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

