

SCHEDULE AN EVALUATION

THERAPY FIT NEWSLETTER

OCTOBER 2023

DON'T BECOME JUST ANOTHER OPIOID STATISTIC



SEE HOW PHYSICAL THERAPY CAN HELP YOU AVOID OPIOIDS AFTER AN AUTOMOBILE ACCIDENT

Are you tired of being told that medication is your only option? Have you been looking for a more holistic approach to your injuries? At Therapy Fit, our physical therapists can guide you to solutions without using strong medications.

If you have recently been in a car accident, you know how frightening it can be. Automobile accidents can result in injuries ranging from mild aches and pains to severe whiplash.

In many cases, you may be prescribed strong medications, including opioids, as a way to ease your pain during your recovery process. Unfortunately, opioids are highly addictive and contain undesirable side effects.

It is also estimated that millions of Americans misuse the pain-management drugs they're prescribed when recovering from an injury – such as those sustained during car accidents. According to the CDC, overdose deaths involving prescription opioids more than quadrupled from 1999 to 2019.

Fortunately, physical therapy is a much safer and more effective pain-management solution. Physical therapy can help in your recovery from an automobile accident by reducing pain and inflammation, in addition to restoring your range of motion.

Our team is here to help you recover from the injuries you sustained in your car accident. Contact Therapy Fit today to schedule an appointment and get back on track to leading a life you love, free of pain.

The Dangers of Using Opioids

It is important to note that opioids and over-the-counter drugs are very different. For the most part, Advil, Tylenol, and ibuprofen are safe to use in moderation if you are trying to find immediate relief when recovering from your car accident. There aren't many significant health risks when people turn to over-the-counter medications to help ease the pain.

Continued inside.

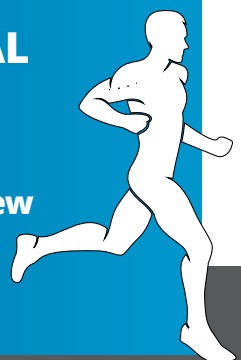
SCHEDULE AN EVALUATION

**OCTOBER IS NATIONAL
PHYSICAL THERAPY
MONTH**

Leave Your Favorite PT A Review

Leave a Review

Thank You!



CALL US AT 972.441.7074 TODAY!



Continued from previous page.

Opioids are one of the most commonly used medications for pain management. Their use for acute or terminal pain is well accepted, but their role and benefit for chronic, non-cancer related pain is controversial. But for a more serious injury you may have sustained during an accident, prescription-strength medications may be issued.

One of the primary reasons for the controversy is the well-known psychological addiction that can occur from using these medications. Opioids are highly addictive and are the most commonly abused prescription medication.

More than 2 million people in the United States become addicted to pain medication every year, many of the medicines being opioids. Opioids are a highly dangerous class of substances, and the risks of opioids often outweigh the rewards. The more severe side effects of opioids include depression, overdose, and addiction. The withdrawal symptoms when stopping opioid use are also a serious problem that can be avoided by not getting started on them in the first place.

You don't need to have a history of addiction to become dependent on opioids. Many people who become addicted have never had any issues with drug dependency in the past. Fortunately, physical therapy can help provide the same pain relief in a much safer, healthier, and natural way.

How Physical Therapy Can Help

If you were injured in a car accident, physical therapy is a form of treatment that will help in both easing your pain and helping your body heal. Unlike opioids, physical therapy aims to provide long-term relief instead of short-term. Physical therapy goes beyond pain relief and works to improve your body's overall function by getting to the root of the problem.

Sustaining a crash-related injury may hinder your ability to stand, walk, run, work, and move altogether. Physical therapists treat pain through movement and teaming up with you to improve or maintain your mobility and quality of life. We will address these areas of function at your initial appointment and throughout the entirety of your treatment plan.

The main goal of any physical therapy program is to relieve pain and get you back to your optimum levels of physical function. Your typical treatment plans will incorporate a series of treatments based on the nature of your condition, aimed at providing relief and recovery.

Depending on your injuries and pain, our treatments are focused on reducing pain. This may include any combination of targeted exercises and stretches, manual therapy, ice and heat therapies, ultrasound, or electrical stimulation.

Your treatment plan will also address strength, flexibility, and overall mobility to facilitate functional gains that allow the return to daily activities and recreational and work activities.

If you've been in a car accident, Therapy Fit is here for you. Our advanced holistic methods will help you recover the right way – without harmful risks. We'll be your support system during every step of your treatment plan. Contact us today.



PATIENT SUCCESS SPOTLIGHT

"Therapy fit has changed my mom's life..."

*"My mom was deemed basically a vegetable after her hip surgery. She was in rehab and struggled to get back her mobility. We looked into Therapy Fit and Dr. Reddy has changed my mom's life. She is regaining her strength and making such improvements. **My mom hasn't walked in 4 years and with Therapy Fit she has been making progress!**" –Annie A.*

SHARE YOUR SUCCESS STORY AND BE SOMEONE'S HERO

CLICK HERE TO SHARE YOUR SUCCESS STORY

SCHEDULE AN EVALUATION



A Reminder To...

**USE IT
OR
LOSE IT**



Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered YES, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses. This means the cost could be minimal or **COMPLETELY COVERED** by your insurance plan.

Let us help you get a head start going into 2024, before your deductible renews again!

CONTACT THERAPY FIT TODAY TO SCHEDULE YOUR APPOINTMENT!

SCHEDULE AN EVALUATION

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

4617 Coit Road, Ste 150
Frisco, TX 75035

Phone: 972.441.7074

WWW.THERAPYFITPT.COM

SCHEDULE AN EVALUATION

NATURAL HYDRATION!



HOMEMADE ELECTROLYTE DRINK

Ingredients

- 1 cup coconut water
- 1 cup filtered water
- 1 tablespoon raw honey
- Juice of 1 lemon or 1½ limes
- 1/8 teaspoon sea salt

Directions: Add all of the ingredients into a blender and blend until combined. You can also stir everything together in a large mason jar.

<https://coconutsandkettlebells.com/diy-natural-electrolyte-drink/>

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!

972.441.7074

