

SCHEDULE AN EVALUATION

# THERAPY FIT NEWSLETTER

## Don't Ignore Your BACK PAIN

**Lower back pain affects up to 80% of all people, and it is the leading cause of disability around the world. The back is solid, and at the same time, one of the most vulnerable parts of the body. You rely on it so heavily – whether to shoulder your emotional stresses or physically lift something you need to carry with you.**

There is nothing you can do without using your back. Whether you are sitting, standing, lying, or moving, your spine is involved. One of the leading causes of lower back pain is prolonged sitting. Often the cause of your pain is inactivity, not a specific traumatic event.

It can be frustrating to worry that your back is constantly at risk. At times a minor event causes the most severe episode of back pain. Events like driving, sitting at a desk, or watching TV at night are all common everyday activities that lead to an episode of lower back pain. For some, it is a more significant event like a car accident, a lifting incident, or an injury playing sports.

Regardless of the intensity of the activity, lower back pain seems to be waiting to happen.

It is no wonder that so many people experience back pain every year. Even more mysterious is why so many ignore their back injuries year after year!

When you break an arm or get a cut on your leg, you are likely to do something about it right away. Yet when pain begins in the back, people often wait to see what happens instead of finding a physical therapist to guide them to relief and proper management for the future.

For many people, physical therapy can help resolve back pain – often within just a few weeks. Even if you've suffered for months with lower back pain, there's still hope.

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**Back pain can become chronic without proper guidance from a skilled physical therapist!**

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**HAVE A PT SUCCESS STORY  
YOU WANT TO SHARE?**

**Leave Your Favorite PT A Review**

**Leave a Review**

Thank You!

**CALL US AT 972.441.7074 TODAY!**

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## Understanding Back Pain

Back pain may be common, but it is not normal. There are many different reasons you may be experiencing back pain, and ignoring any of them is not a good idea.

Although most people recover within 2-4 weeks, some people, when left untreated, experience lower back pain for months leading to long-term pain and dysfunction.

Some of the most common issues associated with back pain include:

- Improper posture or prolonged positions (i.e., prolonged sitting)
- Spinal muscle and tissue damage (i.e., lifting strains or trauma from accidents)
- Limited hip, spine, and pelvis mobility
- Limited muscle flexibility
- Spinal/pelvic muscle weaknesses (aka "core" weakness)
- Poor abdominal, pelvic and back muscle coordination (i.e., compensations due to injury)

The source of acute pain comes from injury or irritation of the muscles, joints (including the intervertebral discs and facet joints), nerves or surrounding ligaments, and other soft tissue. Chronic back pain (i.e., lasting more than three months) is associated with older individuals and women. Chronic pain is also more common in overweight or obese people, sedentary lifestyles, and/or high-stress environments.

Find a physical therapist to give you clear, consistent, and personalized information on your prognosis, treatment options, and self-management strategies. Your therapist will provide you with the most up-to-date methods and ongoing support, ensuring that you do not experience any further injury as you recover from your back pain.

### PT Is an Effective Solution for Your Back Pain

Your physical therapist will identify why you are having pain and the best treatment options your body needs. This will likely include the following:

**Targeted exercises** that are specialized to the region of the back that is experiencing the most pain. These exercises help build strength and support the surrounding muscles.

**Guided stretching** to improve your range of motion and alleviate your pain. The goal is to support optimal back health.

**Support and guidance** with creating routines and habits for managing the current and preventing a future episode of lower back pain. These habits may include stress reduction strategies, cardiovascular activities, and strength-building activities.

Lower back pain can hinder your ability to reach, lean, kneel, lift or bend. It can also affect your time spent with friends and family. The good news is that with guidance from your physical therapist, you can find solutions and get back to living the life you enjoy!

## Call Our Clinic Today

**When you experience an injury to your back, even if you're unsure how it occurred, it is important to find out the cause as quickly as possible.**

**Working with a physical therapist can help you identify the source of your back pain and help you get started with putting an end to your back pain once and for all.**



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## PATIENT SUCCESS SPOTLIGHT

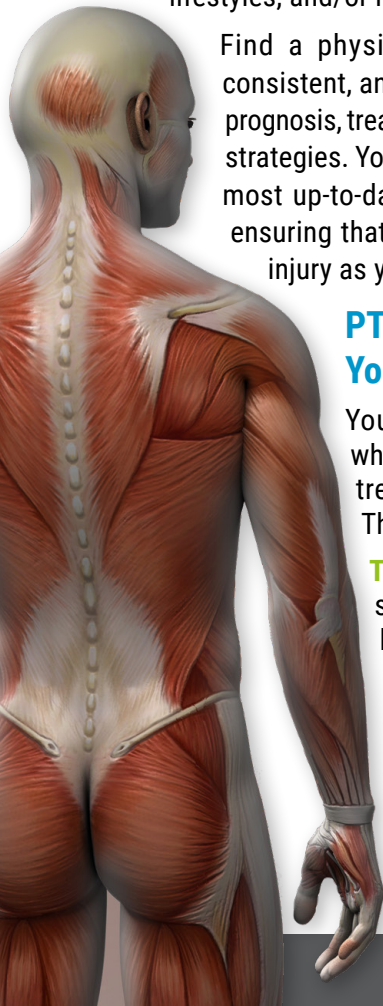


*"I hadn't been to any PT before and Therapy Fit has been my first and best place for my issue. Clean environment and wonderful staffs. I have been suffering from chronic neck pain and headache. Coming to Therapy fit and meeting Dr. Reddy, who thoroughly examined my problem, led my pain to reduce with my headache almost gone in 2 months. Dr. Ana has magic in her hands and I love the way she mobilizes my neck. She's so friendly and caring. I can see much improvement in past few months. Mo and other therapists are so good and make me comfortable. I would highly recommend this place!"*

—Vaishu G.

**SHARE YOUR SUCCESS STORY  
AND BE SOMEONE'S HERO**

[CLICK HERE TO SHARE YOUR SUCCESS STORY](#)



# FIRST DAY HIKES

## A FUN, ACTIVE WAY TO KICK OFF 2024!

Every January, state parks across the country encourage people to celebrate New Year's Day with a hike in their local park — and this year, Therapy Fit is joining in on the fun!

Hiking and exercising outdoors provides a wealth of physical and mental benefits. Even a thirty-minute walk on an easy trail will get your heart pumping, improve your balance, and build strength. But even just being outdoors has its benefits—studies show that spending time in forested or wild areas can promote relaxation and improved mental health.

It's an old belief that what you do on New Year's Day sets the tone for the rest of the year. A First Day Hike on January 1st will help get you in the right mindset for an active, healthy 2024!



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## STAFF SPOTLIGHT



**DR. GOPINATH THIPPAREDDY, PT, DPT**

Dr. Reddy, PT has over 20 years of clinical experience besides 7 years of teaching experience. He completed his Bachelor of Physical Therapy in 1998

followed by a Post Graduate in Developmental Rehabilitation in 2001, a Master in Physical Therapy in 2007 (Oakland University), and a Doctorate in Physical Therapy in 2013 (University of Montana).

Dr. Reddy has extensive experience in Orthopedics including post-surgical management. He is an expert in Manual therapy and practices routinely spinal mobilization for various acute/chronic back, pelvic problems and neck injuries. Dr. Reddy also practices Sports rehabilitation, Cardiac rehabilitation and Pulmonary Rehabilitation. Dr. Reddy has been very effective in treating orthopedic conditions and has averted surgeries in many patients successfully thereby reducing the duration of rehabilitation. Dr. Reddy spends his free time working out in the gym regularly, doing kick boxing, ice skating, soccer and traveling with family.

## 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](http://WWW.THERAPYFITPT.COM)

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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!

# 972.441.7074

