

SCHEDULE AN EVALUATION

# THERAPY FIT NEWSLETTER

DECEMBER 2023



## HOW PHYSICAL THERAPY HELPS CHRONIC HEADACHES & MIGRAINES

**Have you noticed pain on one side of your head? Do you have tension in the neck that radiates up and leaves you with a nagging headache? There are many different types of headaches and various causes for each of them. Fortunately, the therapists at Therapy Fit know how to figure out where your headaches are coming from and the quickest way to get rid of them!**

If you live with chronic headaches or migraines, myofascial release can help you find relief.

Myofascial release is a manual, hands-on treatment that helps with pain relief by easing the tension in your muscles. It is performed by a physical therapist and focuses on specific pressure points to bring the myofascial back to its elastic form.

Every headache requires a different approach to resolving it, which is why attempting to treat every headache you experience with the same treatment or the same medication doesn't work. Fortunately, at Therapy Fit, our therapists will skillfully address your individual needs.

**Give our office a call today, set up a consultation, and discuss how our treatment services could benefit you!**

### How Myofascial Release Can Help You Find Relief

If you live with headaches or migraines, you know how painful and debilitating they can be. Attacks are usually characterized by painful throbbing or pulsing on one side of the head, which can also be accompanied by changes in vision, nausea, vomiting, sensitivity to light, or sensitivity to sound.

When the muscles around your neck become tight, your mobility of the affected area becomes restricted, and any movements you make can result in pain. Myofascial release reverses this sensation by loosening up the constricted space, thus promoting more effortless mobility and less pain.

*Continued inside.*

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Thank You!

**CALL US AT 972.441.7074 TODAY!**



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This targeted form of treatment has been known to relieve the pain of chronic headaches and migraines by massaging the tightened muscles around the head and neck and promoting a quicker healing process.

These manual techniques help reduce pain and keep the head and neck moving. They also help chronic headache and migraine sufferers sleep better and experience attacks less frequently.

## How Physical Therapy Uses Myofascial Release In Your Plan

Your therapist will perform a thorough assessment to identify the type of headache you are experiencing and the specific treatments that will be the most beneficial. The main emphasis of physical therapy is giving you the tools to manage your pain.

We will educate you on the most effective exercises and postures to complement our hands-on interventions. Our goals include:

- Reduce pain quickly through myofascial release and other manual therapy techniques
- Reduce pain with postural education and targeted movements/exercises
- Minimize the risk of recurring pain through strengthening exercises and behavioral changes
- Minimize the use of medication or surgery to eliminate pain

Manual therapies, including myofascial techniques, effectively reduce pain. However, when combined with targeted stretches, the results improve even more! Our therapists will identify specific stretches to alleviate pain and restore your motion. In addition, we will educate you on the movements and positions that are provoking your pain.

Next, our therapists will educate you on preventing future episodes through regular exercise. It's important to address issues when they begin so that they do not worsen over time.

Too often, people wait until they have severe headaches. Typically the longer you wait, the more challenging it is to reduce your pain. Regular manual sessions can reduce and may even prevent future episodes.

## Call Today To Schedule An Appointment

If you are experiencing neck pain and/or chronic headaches and you think you could benefit from myofascial release, give our office a call today.

Scheduling an appointment is the first step in getting a new treatment added to your plan and finding relief for your debilitating aches and pains.

**At Therapy Fit, our physical therapists will provide you with a thorough evaluation to determine the best ways in which our treatment methods will benefit you. We understand how inhibiting pain and stiffness can be, and we want to help get you back to comfortably living your life!**



## 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](#)



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# LAST CHANCE TO TREAT YOUR BODY TO A TUNE UP & USE YOUR BENEFITS BEFORE THEY'RE GONE!

You may qualify for FREE PHYSICAL THERAPY.

If you have met your insurance deductible this year, or have unused money in your HSA account, it could cost you little or nothing to come to Therapy Fit for your aches and pains from now until the end of 2023. Or, if you want to work on improving your strength before heading into 2024, we can help you with that too! Our highly experienced team of physical therapists offers specialized treatment services designed to help you meet your goals. Let us help you get a head start on next year, before your deductible renews again!

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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

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- 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

