

SCHEDULE AN EVALUATION

THERAPY FIT NEWSLETTER



Reclaim Your Life After a STROKE



Have you recently suffered from a stroke? It is no secret that any neurological disorder can be limiting and debilitating, forcing you to find new ways to manage your daily life. While this can be frustrating, physical therapy can help improve your function so you can get back to living your life on your own terms! For more information on how we can help you reclaim your life after a stroke, contact Therapy Fit today.

What Happens During A Stroke?

A stroke is referred to as a Cerebrovascular Accident and is caused by the sudden death of brain cells due to lack of oxygen. This occurs when the blood flow to a particular portion of the brain is restricted from a clot or bleed. There are two different types of strokes. An ischemic stroke occurs when a blood vessel is blocked, typically due to "arteriosclerosis," which is a buildup of fatty deposits. A hemorrhagic stroke occurs when a blood vessel leaks or ruptures, due to a weakened area of the brain from abnormally-formed blood vessels.

The severity of symptoms and recovery period are dependent on where the stroke occurred in the brain, how extensive the damage was, and the duration of the stroke. A stroke can affect cognitive function, speech, the ability to swallow, walking, balance, strength, and function. Some common symptoms associated with strokes include:

- Slurred speech
- Facial droops
- Weakness or loss of function on one side of the body
- Blurred or double vision
- Instability
- Overactive reflexes
- Vertigo

- Reduced sensation to touch, or "pins and needles"
- Mental confusion, such as memory loss or difficulty remembering words

If you are experiencing any of these symptoms, it is important to seek medical attention. Physical therapy can help.

How Does Physical Therapy Help With Post-Stroke Rehabilitation?

Physical therapy is a vital part of the recovery for a person who has suffered from a stroke. A thorough evaluation is done in various stages of the rehabilitation process to determine

Continued on next page.

SCHEDULE AN EVALUATION

CALL US AT 972.441.7074 TODAY!

HAVE A PT SUCCESS STORY YOU WANT TO SHARE?
Leave Your Favorite PT A Review

Leave a Review

Thank You!

Continued from previous page.



SPOT A STROKE

LEARN THE WARNING SIGNS AND ACT FAST



B E F A S T



BALANCE

LOSS OF BALANCE,
HEADACHE
OR DIZZINESS

EYES

BLURRED VISION

FACE

ONE SIDE OF THE
FACE IS DROOPING

ARMS

ARM OR LEG
WEAKNESS

SPEECH

SPEECH DIFFICULTY

TIME

TIME TO CALL
FOR AMBULANCE
IMMEDIATELY



CALL 911 IMMEDIATELY

progression in strength, transfers, walking, balance, range of motion, and safety. Our licensed physical therapists approach the care of each person as an individual, adapting the best rehabilitative process to each case.

Occupational therapists work very closely in the process to improve upper extremity and hand function. Occupational therapists can also assist with speech therapy, by working with muscle deficits of speech, swallowing, and facial expressions. For patients experiencing decreased cognitive function following their stroke, cognitive challenges can help increase the functioning of the brain to problem-solve many of life's daily activities.

The long-term goal of any stroke rehabilitation plan is to improve physical function so the patient can be as independent as possible. Sometimes, a patient may have to relearn basic skills, such as walking, dressing, writing, speaking, or eating. At Therapy Fit, our advanced methods and modalities are equipped to help you relearn, recover, and reclaim your life.

According to Move Forward PT, some of the most effective physical therapy practices for helping patients relearn how to walk, use their upper body, and perform daily activities include:

- **Constraint-induced movement therapy.** It is common for one half of the body to be affected by stroke. With this treatment method, a constraint will be put on the arm on the strong half of the body, in order to force the patient to use the weakened arm to perform daily tasks. This will help rebuild strength and function.
- **Functional electrical stimulation (FES).** FES is performed on muscles that are extremely weak, in order to help them move. It can benefit stiff or painful areas of the body.
- **Motor imagery and mental practice.** This helps the patient regain function in their arms, hands, feet, and legs by "rehearsing"

the action out loud before performing it. This helps rebuild the responses between the brain and the body.

- **Positioning.** Positioning is used to help with transfers, such as sitting to standing or sitting to lying down. It works to reduce muscle pain, spasms, slowness, and stiffness, by helping the patient relearn proper positioning of their body.
- **Partial body weight support (BWS).** This is done to partially support the patient's body as they walk, usually on a treadmill. It helps the patient relearn proper walking functions, as the amount of support will be gradually decreased with improvement of posture, strength, balance, and coordination.
- **Biofeedback.** Biofeedback helps patients become more aware of how their muscles work and how to control them. It is done by attaching electrodes to the skin and displaying muscle activity on a monitor. By understanding the readings, the patient can better understand how their muscles are working.

Contact Our Clinic Today

If you have recently suffered from a stroke, don't hesitate to seek the proper rehabilitation. Get started on the path to reclaiming your life by scheduling a consultation with Therapy Fit today!



SCHEDULE AN EVALUATION

PATIENT SUCCESS SPOTLIGHT



"I absolutely love coming here for my physical therapy every week! The staff is so friendly and the therapists are so attentive! Every time I come I feel more and more healed and stronger. Keep working your magic team! I'm looking forward to becoming a stronger version of myself. Thank you for all that you do! I highly highly recommend Therapy Fit for anyone looking to improve their physical quality of life."

—Heena M.

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

CLICK HERE TO SHARE YOUR SUCCESS STORY

5 TIPS FOR BETTER HEART HEALTH!

- 1. Aim for lucky number seven.** Young and middle-age adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.
- 2. Keep the pressure off.** Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.
- 3. Move more.** To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.
- 4. Slash saturated fats.** To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.
- 5. Find out if you have diabetes.** Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.



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

ROASTED BRUSSELS SPROUTS WITH GOAT CHEESE AND POMEGRANATE



INGREDIENTS

- 1 pound Brussels sprouts, trimmed and halved
- 1 large shallot, sliced
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 2-3 teaspoons white balsamic vinegar
- ¼ cup crumbled goat cheese
- ¼ cup pomegranate seeds

DIRECTIONS: Preheat oven to 400 degrees Fahrenheit. Toss Brussels sprouts with shallot, oil, salt and pepper in a medium bowl. Spread on a large rimmed baking sheet. Roast the Brussels sprouts until tender, 20 to 22 minutes. Return to the bowl and toss with vinegar to taste. Sprinkle with goat cheese and pomegranate seeds.

<https://www.eatingwell.com/recipe/277561/roasted-brussels-sprouts-with-goat-cheese-pomegranate/>

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

