

SCHEDULE AN EVALUATION

# THERAPY FIT NEWSLETTER



## Hand Therapy Why is it Important?

Hand therapy is an important part of our treatment practices at Therapy Fit. While the title only specifies hands, this form of therapy focuses on the upper extremity as a whole, which also includes the wrist, forearm, elbow, arm, and shoulder. Hand therapists will treat injuries and ailments that affect the upper extremity and work toward returning the affected area to its highest level of function.

If you are suffering from pain in the upper extremity, or if you have been living with a chronic condition that has been affecting the upper extremity, don't hesitate to call us today! We will schedule an appointment for you and figure out the best steps for your treatment plan.

### Benefits of Hand Therapy

Hand therapy can treat a vast variety of conditions. Some of the most common include:

- Strains
- Sprains
- Impingement
- Tendinitis
- Arthritis
- Bursitis
- Carpal tunnel syndrome
- Cubital tunnel syndrome

The upper extremity is used multiple times throughout the day. Just think of your morning routine: you get out of bed, brush your teeth, shower, get dressed, make breakfast, and commute to work. In just that small portion of the day, you have already used your hands, wrists, forearms, elbows, arms, and shoulders hundreds of times. If you are suffering from one of the above conditions, or from a generalized pain that you can't figure out, it can make completing even simple activities (such as your morning routine) difficult.



Hand therapy can help with that. It can relieve pain and get you back to comfortably performing your daily activities. In fact, according to the American Physical Therapy Association, conservative treatments have worked even better than surgical treatments for the correction of certain conditions, such as carpal tunnel syndrome.

### But How Exactly Does It Work?

A hand therapist typically uses manual techniques to manipulate the affected area, in order to release tension, swelling, and pain. Through the use of massage and hands-on treatments,

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CALL US AT 972.441.7074 TODAY!

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Leave a Review

Thank You!



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patients can find significant improvement – sometimes after just one session! In some cases, additional techniques, such as ice and heat therapies, ultrasound, or electrical stimulation may also be used as part of your treatment plan, in order to enhance the healing process.



Perhaps one of the biggest roles of a hand therapist, however, is prescribing targeted stretches and exercises. These will be dependent upon your diagnosis and will focus on improving your range of motion, strength, and overall function, so you can safely and comfortably perform your daily activities once again. A large part of hand therapy is helping patients regain their independence in day-to-day tasks and improving their quality of life.



### What Now?

If you have been suffering from upper extremity pain, contact Therapy Fit today. We'll help you schedule a consultation so one of our Certified Hand Therapists can evaluate the extent of your condition and create a personalized hand therapy treatment plan for you.

**Your upper extremities are important aspects of your everyday life – find relief for them today. Contact Therapy Fit today to schedule a consultation and get started!**



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## PATIENT SUCCESS SPOTLIGHT



*"It's my great pleasure to write this review for Therapy Fit. There is an ocean of Physical Therapy centers available in this area and it's so difficult to choose the right one for your needs. I have gone to many physical therapy clinics before for other injuries, and mostly have been directed right away to do exercises after checking in (nowadays these can be done even by watching Youtube videos.) I am extremely grateful for the hard-work of manual therapy the team here puts in. How blessed to have landed here.*

*I have a rotator cuff tendon injury (tears including surrounding related structural injuries). I was unable to lift my hand. My first appointment was with Dr. Reddy, with whom I have continued to get treated and benefited from. He is truly a very compassionate, knowledgeable and humble doctor, who is also extremely passionate about his work with patients. He clearly explained what was going on with my injury, as well as the expectation and path of progress. His hard-work is an inspiration. Appointment after appointment for nearly six months now, I haven't seen him compromise his work.*

*I also got to see Dr. Mani a few times. His joint mobilizations and taping sessions, delivered with his warmth and compassion have immensely helped me.*

*I also got to see Dr. Anandi (Dr. Ana). She immediately put me at ease. One visit with her and I was blown away by her compassion and empathy. Thank you Dr. Anna.*

*I must also mention the excellent supporting staff. Mo, in my particular case, has helped me immensely with her very caring ultrasound sessions. Thank you Meghana for the very professional and pain relieving mobilizations. The entire team here has aided me by enabling my exercises with their friendliness. Thank you my friend, Jennifer.*

*This kind of attention to detail that a patient gets at Therapy Fit is very rare. I have no complaints – I am utterly grateful. So blessed to have discovered this place. I have made tremendous improvement so far and am on the path to recovery!*

*The team at Therapy Fit truly deserves five stars!*

*Thank you Dr. Reddy and the entire team at Therapy Fit. May the care and goodwill you bring to ALL of your patients bring you everlasting success!" –Rang S.*

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

**CLICK HERE TO SHARE YOUR SUCCESS STORY**

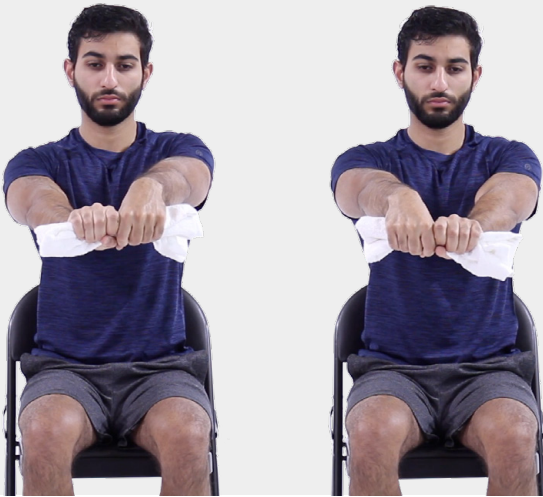


# EXERCISE OF THE MONTH

This exercise helps to strengthen your hands.

## TOWEL WRINGING

Grab a towel with both hands. Slowly move your hands in opposite directions to twist the towel holding for two seconds.



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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



## THERAPY FIT PHYSICAL THERAPY

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Start your morning off with this quick and easy, nutritional meal!

## Avocado-Egg Toast

### INGREDIENTS

- ¼ avocado
- ¼ teaspoon ground pepper
- 1/8 teaspoon garlic powder
- 1 slice whole-wheat bread, toasted
- 1 large egg, fried
- 1 teaspoon Sriracha (Optional)
- 1 tablespoon scallion, sliced (Optional)

**DIRECTIONS:** Combine avocado, pepper and garlic powder in a small bowl and gently mash. Top toast with the avocado mixture and fried egg. Garnish with Sriracha and scallion, if desired.

Source: <https://www.eatingwell.com/recipe/267169/avocado-egg-toast/>

## 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

