

SCHEDULE AN EVALUATION

THERAPY FIT NEWSLETTER

JUNE 2024

DISCOVER THE POWER OF PHYSICAL
THERAPY FOR YOURSELF!

[Click here](#) to watch video.



Relieve Your **CHRONIC HEADACHES** And **MIGRAINES** With Physical Therapy

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.

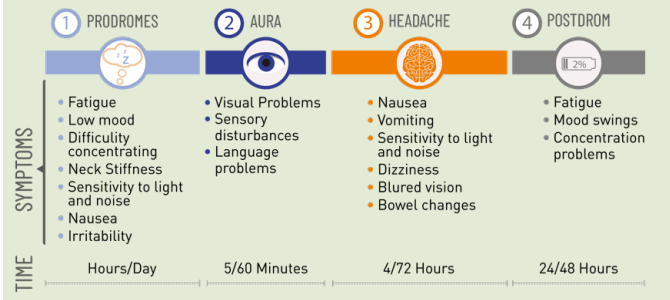
Myofascial release is a manual, hands-on treatment that helps with pain relief by easing the tension in your muscles. It is performed by a physical therapist and focuses on specific pressure points to bring the myofascial back to its elastic form.

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.

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.

Phases of a Migraine



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.

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.

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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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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 PT 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.

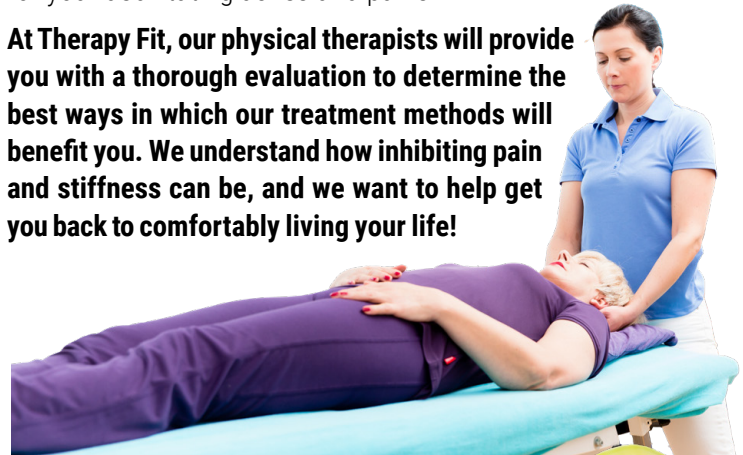
Next, our therapists will educate you on preventing future episodes through regular exercise. It's important to address issues when they begin so that they do not worsen over time.

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!



Discover the Power of Physical Therapy for Yourself!



Watch Colle's rehab to strengthen her flexor & extensor muscle group. [Click here](#) to watch video.



WATERMELON CUCUMBER LIME REFRESHER

INGREDIENTS

- Per each serving:
- 3 cups watermelon, cubed
 - 1/2 cucumber, diced
 - 2 limes, juiced

DIRECTIONS – Add the watermelon, cucumber, and lime juice to a blender, and blend until smooth. Using a mesh strainer, strain the juice over a large liquid measuring cup to remove the pulp. Use a spoon to help stir the pulp and press out the liquid.

Source: www.tasty.co/recipe/watermelon-cucumber-lime-juice

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EXERCISE OF THE MONTH

This stretch can help to loosen up the tightness.

SITTING CERVICAL SIDEBENDING RIGHT WITH OVERPRESSURE

Start by sitting upright in a chair with your low back supported. Tuck in the chin to straighten the neck. Place your right hand over the top of your head, with fingers pointed towards the ear. Keep your left hand on the back of the neck as support. Bend your neck to the right, allowing your right hand to assist you going deeper into the motion. Hold for 3 seconds.



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PATIENT SUCCESS SPOTLIGHT

"Everyone is extremely professional. They work in a holistic manner and have a broad base of knowledge and expertise. My condition was neck compression, weak back with many knots, and hand numbness. I received ultrasound, neck mobilization, electrical stimulation, and a wide range of exercises. After 4 weeks my numbness decreased, knots softened, and back strengthened. I left with a great set of exercises to continue."

—Janice G.

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

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

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



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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

