

SCHEDULE AN EVALUATION

# THERAPY FIT NEWSLETTER

JULY 2024

DISCOVER THE POWER OF PHYSICAL  
THERAPY FOR YOURSELF!

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## IS BACK PAIN INTERFERING WITH YOUR EVERYDAY LIFE?

HERE'S HOW ONE OF OUR PATIENTS GOT BACK TO THE THINGS HE LOVED THE MOST

**The chances are very good that you'll experience back pain at some point in your life. You might lift a piece of furniture that's a little too heavy for you. You might develop pain from prolonged sitting. Or you might just notice a "random" back pain that likely stems from repetitive or awkward movements.**

No matter the source of your back pain, physical therapy with Therapy Fit can help you find relief. We know that when you're in the throes of debilitating pain, pinpointing the underlying cause is probably the least of your concerns. But to our team of experts, understanding the cause is the first step in helping you get the treatment you need.

To illustrate this, let's look at a story from our files. Daniel developed back pain that was dramatically impacting his day-to-day life. It kept him on the couch during the day and wide awake at night—but our therapists helped him find lasting relief.

### Meet the Patient (And His Back Pain)

Daniel was a computer programmer in his late 30s who spent his workday tapping away on his computer keyboard. In his spare

time, he enjoyed playing board games with his buddies, taking his German shepherd to the dog park, and whipping up meals for his girlfriend.

One day, Daniel was digging out a dead shrub in his backyard when he felt a sudden spasm in his lower back, followed by a sharp jolt of pain. He stopped for the afternoon, but the pain hadn't receded the next day. Or the next.

Daniel's back pain was intense enough that it didn't just cause pain; it also impacted his mobility. Forget digging out a shrub; now, Daniel could barely walk his dog! And while the pain lessened somewhat while he was sitting, it was still bothersome enough to distract him from work.

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

**Leave Your Favorite PT A Review**

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Thank You!



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CALL US AT 972.441.7074 TODAY!

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## Enough's Enough: Daniel Visits a Physical Therapist

Eventually, Daniel's girlfriend told him he needed to seek treatment. She suggested he try a physical therapist, as she'd had a good experience with physical therapy after her own back injury.

At the PT clinic, Daniel shared his symptoms and noted that the pain had started while he was doing yard work. His therapist also guided him through several movement screens, testing Daniel's range of motion and strength.

By the end of the appointment, Daniel's therapist had determined that Daniel likely had an issue with his lumbar discs (the cushions found between vertebrae) from digging out the tree root; he'd twisted his body while lifting a heavy clump of dirt, damaging his discs.

However, part of the reason Daniel suffered the injury was because the muscles in his back and core were weakened due to his sedentary job. Without strong core muscles to support his spine, he was more susceptible to an injury, particularly when performing manual labor without any conditioning or warmup.

## A Personalized Treatment Approach

Daniel's physical therapist didn't want to just mask Daniel's symptoms. He wanted to resolve the underlying injury and help Daniel prevent future injuries. To accomplish this, he created a customized treatment plan that walked Daniel through the following steps:

- **Relieve acute pain:** Manual therapy techniques like back mobilization and soft tissue manipulation offered an all-natural alternative to pain medication.

- **Restore mobility and build strength:** A therapeutic exercise program helps address the underlying muscular weakness that set Daniel up for an injury in the first place. By building up the strength in his back and core, Daniel was able to provide more stability and support to his spine.

- **Address lifestyle factors:** Another factor in Daniel's injury was his sedentary job. His physical therapist offered suggestions to help offset the prolonged sitting involved in computer programming, including taking stretching breaks every 30 minutes and investing in a standing desk.

- **Prevent another injury:** Finally, the therapist showed Daniel how to use proper technique when working in the yard and suggested some warm-up methods the next time Daniel needed to perform strenuous movements.



**Does Daniel's story resonate with you? Just like him, you don't have to suffer! Schedule an initial consultation at Therapy Fit to get started on the journey to lasting pain relief.**

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## TOMATO, MOZZARELLA & BASIL BRUSCHETTA

### INGREDIENTS

- 1 (32-oz) can whole tomatoes, drained
- 1 cup fresh basil leaves
- 4 tbsp extra-virgin olive oil
- 6 cloves garlic, peeled
- Kosher salt & freshly ground black pepper
- 2 large French baguettes, sliced 1-inch thick (about 36 slices)
- 1 1/2 lbs fresh mozzarella cheese, sliced 1/4-inch thick

**DIRECTIONS** – Preheat oven to 375 degrees F. In the bowl of a food processor, add drained tomatoes, 1 cup basil leaves, olive oil and 2 cloves garlic. Pulse until smooth, but somewhat chunky. Season with salt and pepper. On a baking sheet, line up baguette slices. Toast in oven for about 3 minutes. Working quickly, rub the remaining garlic on the toasted side of each slice and then lay a piece of mozzarella cheese on top. Place bread back in oven for about 45 seconds. Remove from oven and spread one tablespoon of the tomato mixture on each piece. Place bruschetta on decorative platter and garnish with basil leaves.

Recipe: <https://www.foodnetwork.com/recipes/giada-de-laurentiis/tomato-mozzarella-and-basil-bruschetta-recipe-1940921>





# EXERCISE OF THE MONTH

This exercise helps strengthen the core.

## TRUNK ROTATION IN SIDE BENDING

Start by standing up with your feet spread to just outside hip-width and one foot in front of the other. Reach both hands to your front foot and then reach your arm up toward the ceiling and slightly toward your back leg. Hold for 2 seconds.



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## PATIENT SUCCESS SPOTLIGHT

*"All the therapists here are so knowledgeable and friendly! They really care about you as a person. I worked with Dr. Reddy and he really knows his stuff. He had clear answers to all my questions and knew what parts to work on for me. I highly recommend this place!"*

—Kaitlyn L.

**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



## 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

