

## Who Could Benefit?

Everyone can benefit from regular exercise. Our Fitness in Therapy<sup>®</sup> program can compliment any ongoing rehabilitation service. It provides structural support and relaxes the muscles, enabling greater responsiveness during manual therapy, acupuncture, or other therapeutic interventions. It also provides self-awareness necessary for the safe performance of home, work and recreational activities.

Common ailments that may benefit from F.I.T.<sup>®</sup> include:

- Headache
- Neck & back pain
- Shoulder tendonitis
- Knee pain
- Plantar fasciitis
- Fibromyalgia
- Chronic Fatigue Syndrome
- Sciatica
- Carpal Tunnel Syndrome
- Repetitive stress injuries
- Fluid retention

Before beginning any exercise program, it is always a good idea to see your doctor to identify medical conditions that might require program modification.

# Fitness in Therapy<sup>®</sup>

## Hand-N-Hand Therapy

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## What is Fitness in Therapy®?

Fitness in Therapy® (FIT) is a tailored, therapeutic exercise program targeting fatigue, tightness, and weakness. These issues can creep into our lives and lead to a decline in physical fitness known as deconditioning. This deconditioning is a precursor to poor posture and pain, and is a common factor underlying injury.

According to the Surgeon General, each of us should do moderate exercise 30 minutes a day. Our F.I.T.® program can assist you in meeting your fitness needs. It addresses problems associated with a lack of exercise, inactivity from an injury or from exercises performed incorrectly. Through the careful design and monitoring of an appropriate exercise progression, fitness and improved performance can safely be achieved.

By participating in a regular and complete exercise program, individuals experience an improved sense of well being and overall health. F.I.T.® can easily be merged into your physical therapy program or can stand alone as a wellness/fitness intervention. The tools you will receive from this training will help you in all aspects of your life, from gardening, to parenting, to athletics and prolonged postures at the computer.

This better fitness will ultimately lead to improved mental and physical health.

## What can FIT® do for you?

Regular exercise can decrease the number of injuries a person sustains and lessens the severity of the injuries. Additionally, by integrating core strength with sports or activity specific exercise, you can gain a competitive edge while minimizing the risk of injury during activities of daily life.

Core strength, often confused with abdominal strength, is the primary stabilizing force in your body. The core muscles consist of the pelvic floor and the deep abdominal and back extensor muscles. These muscles hold your body upright, improve your balance and allow for greater strength in your arm and leg movements.

Muscular tightness or limited flexibility causes movement imbalances that leave the body at higher risk for injury. Muscles become overused and rigid, while others get under utilized and weak, thus creating a scenario for sprains and strains. Muscular weakness compromises our physical stability and core integrity, leaving our tissues vulnerable to overuse type syndromes like tendonitis. Poor endurance or decreased aerobic capacity leads to fatigue as a result of limited oxygen movement in the working muscles.

Fitness training can even help your mental health. Through fitness training you can reduce stress and depression all while increasing your energy level.

## What should you expect?

When you come for a F.I.T.® session, you will need to bring clothing comfortable for exercise. In the first session, we will identify areas of weakness, tightness, decreased muscular coordination and poor endurance. Subsequent appointments will consist of a combination of strength training, core strengthening, stretching, cardiovascular work, obstacle courses and circuit training to address issues identified in the first session.

At the start of each F.I.T.® session we will review your personal feedback and evaluate the effectiveness of your current program. During this session ~ 60 minutes we will carefully assess your progress and assign exercises, as needed, to support your fitness or rehabilitation goals.

Our clinic uses a combination of exercise, free weights, theraband, resistive exercise equipment and medicine balls for addressing strength training. We use mat and table techniques, therapeutic ball and body rolling ball exercises for stretching. Endurance is addressed through the combination of walking, stationary bicycling, free weights and therapeutic exercises. Obstacle courses will vary, and may consist of functional activities at varied paces that are necessary to improve body awareness necessary to keep you safe in the gym, home and work.