



www.kinetixpt.com | 352-505-6665

NEWSLETTER

PRACTICE NEWS & HIGHLIGHTS



Breast Cancer Awareness

Thankfulness:

We are blessed and thankful to have these talented people on the Kinetix team. Each one embodies our Mission and Core Values.

Our Mission:

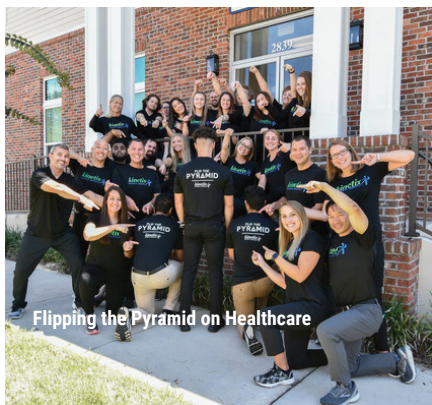
At Kinetix, our mission is to lead you to your best health through natural, innovative, and personalized care. During each step of your health journey, we will empower you to overcome pain and confidently reach your specific goals.

Our Core Values:

Be a Champion – commitment to greatness, coach and be coached, own the results.

Love your Tribe – dedication to the mission, overcome adversity together, elevate others.

Raise the Bar – Create memorable connections, embrace innovation, over deliver on excellence.



Flipping the Pyramid on Healthcare

INSIDE:

- Common Conditions That May Be Causing Your Shoulder Pain
- Practice News & Highlights
- And More!



NEWSLETTER

WHAT'S CAUSING YOUR SHOULDER PAIN?

Did you know that your shoulders are your most flexible and movable joints? Your shoulders have to move through an incredible 180 degrees of motion, while still maintaining stability and strength. The shoulder joint acts like a ball in a very shallow socket that is part of the shoulder blade. Some of the most important muscles in the shoulder, the rotator cuff, are actually the smallest.

The rotator cuff is made up of 4 muscles that are small, but vital to keeping the ball stable in the socket. When these muscles are weak or injured, the ball can jam up into the socket of the shoulder blade, causing inflammation and pain.

Your shoulders are extremely complex, comprised of multiple muscles, tendons, and bones. They provide you with the mobility you need to perform many of your tasks throughout the day.

If you have been living with shoulder pain, you can find natural relief with our physical therapy services. To learn more about how we can help you get back to your daily life, free of shoulder pain, contact Kinetix Physical Therapy today!

Understanding your shoulder pain. Your shoulder is a "ball-and-socket joint," meaning that the humerus (head of the upper arm bone) fits perfectly in the

corresponding space within the scapula (shoulder blade). Each end of the bone is protected by a thick layer of cartilage that prevents the bones from rubbing together.

Your shoulders can perform a wide variety of movements due to their structure - however, this also means that they are susceptible to an increased risk of injury because of their complexity. If tissues become damaged or inflamed around the shoulders, pain and discomfort can develop. This pain may range from a dull ache to shooting pains, depending on the severity of the condition.

If your pain is stemming from tendon impingement, it will generally occur as you lift your arm, fading before it is raised completely skyward. If your pain is a result of shoulder degeneration, it is likely that you will feel persistent aches every time you move your arm in certain directions. Pain from an acute injury can be sudden and intense, making it difficult for you to move your shoulder at all.

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COMMON CONDITIONS THAT MAY BE CAUSING YOUR SHOULDER PAIN

- **Strains and sprains.** A strain occurs when a muscle or tendon is stretched too far or torn. A sprain occurs when a ligament is stretched too far or torn. Strains and sprains can result in an ongoing shoulder pain that may make it difficult to partake in exercise or even daily tasks. If the strain or sprain is minor, it can sometimes be iced at home and heal with rest. More severe strains and sprains will often require physical therapy treatments.
- **Torn cartilage.** When a cartilage tears, you may experience a number of painful symptoms. You may experience decreased strength and a limited range of motion in the affected shoulder. You may also experience pain when moving your arm in certain ways. If you are suffering from a torn cartilage, physical therapy can provide relief.
- **Dislocation.** Dislocation of the shoulder occurs when the head of the humerus pops out of place. This type of injury is extremely painful and unfortunately makes you more vulnerable to recurrence after the first dislocation occurs.
- **Arthritis.** Osteoarthritis and rheumatoid arthritis are the two most common types of arthritis. Osteoarthritis occurs when the cartilage in the shoulder joint experiences significant "wear and tear," typically due to age or excessive overuse. Rheumatoid arthritis occurs when the immune system sees the joints as a threat. The immune system attacks the joint and surrounding tissues of the shoulder joint, resulting in pain and inflammation.
- **Tendinitis.** Tendinitis in the shoulder joint occurs when the joint is excessively overused. Symptoms include swelling and painful impingement when raising the affected arm. This typically happens due to the demands of a sport or labor-intensive job, which can cause the tendons to experience ongoing inflammation.
- **Frozen shoulder.** Medically referred to as "adhesive capsulitis," frozen shoulder can occur if you have been bedridden for an extended period of time or if your arm has been in a cast or sling for a while. When you don't have opportunities to exercise the shoulder, the tissues can stiffen up on you, thus causing this painful condition to occur.



Find effective shoulder pain relief today. Two of the primary goals of physical therapy are 1) to alleviate your pain and 2) to improve your function. Your physical therapist will work with you to make sure that both of these are achieved throughout your physical therapy sessions.

Your physical therapist will design a treatment plan specifically for you, which will include targeted stretches and exercises. It may also include any additional methods or modalities that your physical therapist deems fit, including ice and heat therapies, manual therapy, class IV laser therapy, or electrical nerve stimulation.

There are a wide range of conditions that can be treated with the help of physical therapy. If you are living with shoulder pain, don't let it limit your life any longer! **Find natural, safe, and effective relief with Kinetix Physical Therapy today!**

CALL(352) 505-6665 TODAY TO SCHEDULE AN APPOINTMENT!

PUMPKIN SOUP

INGREDIENTS

- 6 c vegetable stock
- 1 ½ tsp salt
- 4 c pumpkin puree
- 1 tsp chopped fresh parsley
- 1 cup chopped onion
- ½ tsp chopped fresh thyme
- 1 clove garlic, minced
- ½ c heavy whipping cream
- 2 tsp black pepper

DIRECTIONS

Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered. Puree the soup in small batches (1 cup at a time) using a food processor or blender. Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.

<https://www.allrecipes.com/recipe/9191/pumpkin-soup/>



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GET HELP AT OUR FREE WORKSHOPS

THESE FREE WORKSHOPS ARE COMING SOON!

SHOULDER PAIN:

- Do you have pain when reaching overhead or behind you?
- Is your shoulder pain keeping you awake?

BALANCE OR DIZZINESS SYMPTOMS:

- Have you fallen because you're unsteady?
- Do you experience dizziness?

If you have answered YES to any of these questions, then one of these FREE workshops may be a life changing event for you or a loved one.

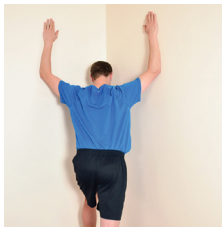
Our clinic is following CDC and local guidelines to keep you safe by limiting the number of attendees. Register now at [352-505-6665](https://www.kinetixpt.com) or [kinetixpt.com](https://www.kinetixpt.com).

Relieve Shoulder Pain In Minutes

Try this movement if you want to relieve shoulder pain.

CORNER PECTORAL STRETCH

Stand facing a corner with your arms on different walls. Lean into the corner until you feel a stretch across the front of your chest. Stand in a lunge to make sure you stay balanced. Hold for 15 seconds and repeat as needed.



 SimpleSet Pro
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HAVE YOU MET YOUR ANNUAL INSURANCE DEDUCTIBLE?

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything. Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.



If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2021.



Patient Success Spotlight



"Now my quality of life has improved greatly!"

"When I initially came in, I was severely limited in the use of my shoulders. I had chronic pain, worse with reaching for things or reaching behind my back. I had trouble with basic activities such as dressing, and I was unable to work out like I used to. Now my quality of life has improved greatly. I am out of pain, have full range of motion, and back to my full workouts. Many thanks to Dr. Scott Eddins and the team." - Karen