

NEWSLETTER

Holiday Specials

DO YOU NEED SOME HOLIDAY GIFT IDEAS?

We have 3 healthy gift options for those on your list (or for yourself)!

1. Complementary consultation to find out how PT can help reduce pain symptoms.
2. Class IV laser therapy packages are now 10% off. They are already a good deal but now they're even more affordable. If you already have a package...upgrade at 10% off!
3. Foot Levelers custom orthotics are 10% off. Your ankle, knees, hips and back will thank you.

OFFERS END 1/8/21



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NEWSLETTER

PERSISTENT SHOULDER PROBLEMS?

CONTINUE YOUR PROGRESS TOWARDS RELIEF BY SCHEDULING AN APPOINTMENT



Do you have a daily struggle with your shoulders? Do normal tasks, such as sitting at your desk, bending down to grab a fallen item, or standing to cook dinner, cause a flaring pain between your blades or in the tissues between your shoulders and neck?

Chances are, this discomfort could be due to your posture. If you believe your stance could be contributing to your shoulder pain, call Kinetix Physical Therapy to schedule an appointment and discuss your treatment options.

How does improper posture affect the shoulders? Shoulders are a common pain area for poor posture. When we slouch, hunch, or lean forward too much, our muscles and tendons are being pulled in ways that they are not used to, thus causing inflammation and pain. The shoulders take the brunt of this pull, making them a common area of complaint.

Many patients who seek out physical therapy for their shoulder pain have a

condition referred to as "shoulder impingement." This happens when your rotator cuff tendons press on your "coracoacromial arch," or the arch of your shoulder.

When this happens, you may experience pain when sleeping in certain positions, reaching for something, or moving your shoulder in circular motions.

Poor posture is the most common cause of shoulder impingement, but other causes could be related to:

- Osteoarthritis
- General weakness in the shoulder
- Compression, due to trauma
- Repetitive reaching movements

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COMMON POSTURE ERRORS

Left untreated, poor posture in the shoulders can lead to long-term effects, such as tendinitis, nerve constriction, or even spine misalignment. Posture is also a contributing factor to kyphosis, or "postural hunchback", in which the shoulders and neck become abnormally curved. Some common errors in posture (and how to fix them) are:

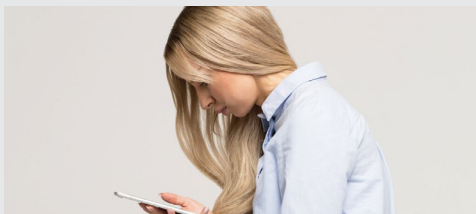
1. Slouching in a chair. – It is so simple to do, and we all do it. We're sitting at work, and around hour 4 we get tired. We slouch. We make ourselves comfortable – and we may even say like that for the rest of the day. However, slouching in a chair is a bad habit to get into, especially if you work at a desk job. The strain increases tension on the muscles, which will eventually cause pain. The best way to avoid this is to get into the habit of sitting correctly (upright, legs uncrossed, feet flat on the ground, legs a few inches away from seat of the chair) every day. This may not be easy at first, as your body may not be accustomed to the way it is supposed to sit. Try out some of these exercises to help correct your slumped stance and strengthen your natural posture:

- Bridges
- Back extensions
- Planks

2. "Text neck." – The term "text neck" is colloquial; however, it describes a position in which the head is tilted downward and the shoulders are hunched over (as if someone was looking down at a phone screen and texting.) This is also commonplace in desk jobs, as many people will experience "text neck" when hunching over their keyboards or sorting through files. This could be a sign of a tight chest and weak upper back, and over time this posture could worsen into rounded or hunched shoulders. Some exercises to help correct your "text neck," and strengthen your upper back and shoulders are:

- Chest stretches
- Pull-ups
- Seated rows

3. Rounded shoulders. – This type of posture error is also colloquially referred to as "mom posture." It is caused when the shoulders are rounded forward, instead of back, and the head and chest are slouched forward. To figure out if you have a "mom posture" stance, stand in front of a mirror and let your arms hang naturally. If your knuckles face more toward the front, instead of to the sides, you may have rounded



shoulders. Daily tasks that may contribute to this are bending down repeatedly throughout the day (much like a mom does to pick up a toddler or clean up their toys), sitting for prolonged periods of time, carrying heavy objects, driving a vehicle, or using a computer. Some exercises you can do to strengthen your shoulders and back, and correct this posture error are:

- Pull-ups
- Seated Rows
- Planks
- Bridges
- Chest stretches

How physical therapy helps: We recommend seeing a PT at Kinetix to learn how to do these recommended exercises correctly and for additional postural training. Our physical therapists at Kinetix Physical Therapy are dedicated to helping you achieve your highest level of physical ability. Improper posture is a difficult habit to break, but our staff will use the most sophisticated diagnostic tools, from movement investigation to gait analysis, to determine the specific problem areas of your posture. We will then determine the best course of treatment for your needs, and we will assist you in the necessary exercises and therapies that will ease your body into its intended stance once again. Don't let the weight of your shoulders hold you down – if you are experiencing shoulder pain, contact us today to set up a consultation. We'll get you victoriously waving your arms around in no time!

Sources: <https://www.medicalnewstoday.com/articles/318556.php>
<https://mayoclinichealthsystem.org/hometown-health/speaking-of-health/poor-posture-can-cause-shoulder-pain>
<https://www.nhs.uk/live-well/exercise/common-posture-mistakes-and-fixes/>
<http://theconversation.com/health-check-can-bad-posture-give-you-a-hunchback-56068>

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

SLOW-COOKER VEGETARIAN LASAGNA

INGREDIENTS

- 1 large egg
- 15-16-oz part-skim ricotta
- 5 oz package baby spinach, coarsely chopped
- 3 large portobello mushroom caps, gills removed, halved and thinly sliced
- 1 small zucchini, quartered lengthwise and thinly

sliced

- 28 oz can crushed tomatoes
- 28 oz can diced tomatoes
- 3 cloves garlic, minced
- 1 pinch crushed red pepper (optional)
- 12oz whole-wheat lasagna noodles
- 3 cups shredded part-skim mozzarella

DIRECTIONS

Combine egg, ricotta, spinach, mushrooms and zucchini in a large bowl. Combine crushed and diced tomatoes and their juice, garlic and crushed red pepper (if using) in a medium bowl. Generously coat a 6-quart or larger slow cooker with cooking spray. Spread 1 1/2 cups of the tomato mixture in the slow cooker. Arrange 5 noodles over the sauce. Spread half of the ricotta-vegetable mixture over the noodles and firmly pat down, then spoon on 1 1/2 cups sauce and sprinkle with 1 cup mozzarella. Repeat the layering one more time, starting with noodles. Top with a third layer of noodles. Evenly spread the remaining tomato sauce over the noodles. Set aside the remaining 1 cup mozzarella in the refrigerator. Put the lid on the slow cooker and cook on High for 2 hours. Turn off the slow cooker, sprinkle the reserved mozzarella on the lasagna, cover and let stand for 10 minutes to melt the cheese.

Source: <http://www.eatingwell.com/recipe/252492/slow-cooker-vegetarian-lasagna/>



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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?

BACK PAIN & SCIATICA:

- Do you have pain when you stand, walk, or sit?
- Do you experience pain shooting down your buttocks or leg?

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 or kinetixpt.com.

Relieve Shoulder Pain In Minutes

Try this movement if you want to relieve shoulder pain.

REVERSE FLY | SINGLE ARM WITH DUMBBELL

Start with one knee on a bench, dumbbell in hand as shown. Bring weight out to the side, even with your shoulder. Return to the start position with control. Repeat for 8-10 reps on each arm.

 SimpleSet Pro
www.simpleset.net



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



"My range of motion has improved greatly!"

"This is my second time to come to Kinetix. Before, I had a leg problem and I was very pleased with my progress. Now, I have a shoulder issue and I am again happy with my improvement. I was in pain with every movement at first, but my range of motion has improved greatly with the exercises and manipulation massage provided by my Physical Therapists, Sarah and Felicia and also, Brent, PTA." -Sharon