

NEWSLETTER

KINETIX PHYSICAL THERAPY CELEBRATES

13 Years

February 9th-February 10th

YOU'RE INVITED TO OUR 2021 ANNIVERSARY EVENT!

It's our Anniversary, but we're celebrating YOU with a special gift! A FREE Physical Therapy Consultation. Reservations are limited, please RSVP now by calling 352-505-6665.

Free Consultations are for:

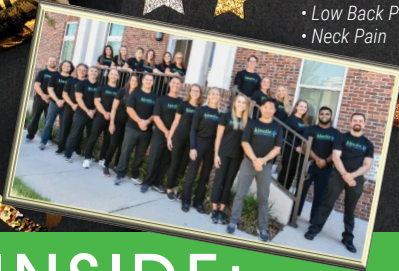
- All past clients who have not been to PT recently
- All present clients who have another problem currently not being treated
- All family, friends, neighbors & co-workers of our past & present clients

To keep you safe, your consultation is 1-on-1 with a PT. For those immunocompromised, a telehealth or virtual consultation is available. We follow all CDC and local safety mandates.

A consultation is ideal if you are suffering with:

- Low Back Pain
- Neck Pain
- Dizziness
- Knee Pain
- Sciatica
- Imbalance
- Shoulder Pain
- Arthritis
- And More...

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INSIDE:

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NEWSLETTER

COMMON CAUSES & SOLUTIONS FOR PERSISTENT HIP & KNEE PAIN



FREE CONSULTATION
COME BACK
kinetix
PHYSICAL THERAPY
Offer expires 02/10/21 | Give us a call to reserve your spot!

For many people, hip and knee pain can be a way of life. It can pose issues when trying to enjoy leisurely walks, climb upstairs, or bend down to retrieve a dropped item. It can greatly hinder your ability to perform and enjoy daily activities.

Your hips are the body's largest "ball and socket" joints, meaning that your "femur" (hip bone) fits perfectly into your "acetabulum" (hip socket.) There is a cushion of cartilage in your hips that helps prevent friction as your hip bone moves within the socket. However, it is possible for the cartilage to wear down or become damaged with age or physical exertion. It is also possible for the muscles and tendons surrounding the hip to experience overuse. If a fall or other injury occurs, the hip bone can also break or become dislocated.

The knee joint is also one of the most complicated joints in the body, as it has to bear up to 6 times your body weight when running or jumping. This incredible joint has to move over a million times each year and over 80 million times over a lifetime. This is also the reason why things can go wrong, resulting in injury and pain.

If your hip or knee pain is limiting you from living the life you want, don't hesitate to contact Kinetix Physical Therapy as soon as possible. We'll help you get moving freely once again!

Subscribe to receive our digital newsletters on our website today at www.kinetixpt.com!



WHY AM I EXPERIENCING HIP & KNEE PAIN?

There are many reasons why you may be experiencing hip or knee pain. Some of the most common causes include:

- **Arthritis.** Osteoarthritis and rheumatoid arthritis are the most common causes of hip and knee pain. Arthritis causes inflammation of the joints and can lead to a quicker breakdown of cartilage in the hips. This can lead to pain or stiffness with movement.
- **Strains.** Muscles or tendons can become strained due to overuse and repeated activity. This causes inflammation, which can result in pain. So, if you feel achy after walking too far, it may be your body's way of telling you you've done too much!
- **Fractures and breaks.** As we age, our bones start to become brittle, increasing the probability of fractures and breaks. This is something to keep in mind as you participate in physically demanding activities and hobbies. Have fun, but remember to be careful!
- **Dislocation.** Dislocations of the hip and knee can occur as a result of a fall or other sort of trauma. If you are experiencing pain from a recent slip or fall, you may be feeling the symptoms of a dislocation.
- **Tears.** There are four ligaments in the knees that have a possible risk of tearing. The most commonly torn ligament is the "anterior cruciate ligament," or ACL. It is also possible for cartilage to tear, causing pain. Tears are typically a result of some sort of trauma experienced in the painful area.
- **Bursitis.** "Bursae" are liquid sacs that can be found between tissues. They help ease friction from tissues running together; however, they can also become inflamed due to overuse and repeated activity, resulting in pain. Even activities such as standing too long may result in achiness from irritated bursae later.
- **Tendinitis.** Your tendons are thick bands of tissue that connect your muscles to your bones. Tendinitis occurs when your tendons become inflamed, which, again, is a result of overuse and repeated activity.

So, what can I do? Hip and knee pain can be a scary thought, especially with all the hustle and bustle of living a busy life. Luckily, there are some actions you can take at home to try and soothe or prevent pain:

- **Foot Levelers Orthotics.** One way to avoid hip and knee pain is by wearing Foot Levelers Orthotics. For nearly 70 years, Foot Levelers has been making custom orthotics that are clinically proven to help reduce pain and improve whole-body



- wellness by balancing the body from the ground up.
- **Deep tissue laser therapy.** Laser therapy is a safe, effective, and non-invasive way to treat pain and aid in the recovery of many conditions. Laser treatments work by releasing photons into the tissues surrounding the affected area that is being treated. These photons help decrease inflammation, speed up the healing process, and increase circulation to the injured area.
- **Stretching.** When your joints tighten up, pain can get much worse. Help alleviate and prevent this pain by doing a daily stretching routine in your legs, hips, and back, to help release any pressure on those areas.
- **Listening to your body.** At the end of the day, always listen to your body. If you've been on your feet for two hours and you feel your knees tightening up, it may be time to take a small break.
- **Diagnostic imaging to help confirm a possible tear.** Diagnostic testing. If you are experiencing uncomfortable symptoms, it is likely that ultrasound diagnostic testing could help figure out the issue and provide you with relief. That's the biggest advantage of PT diagnostics: looking inside the body to find out more details and information regarding your pain.

Contact Kinetix Physical Therapy for additional assistance! Having a regular physical therapy checkup ensures that your joints are working at their peak performance. In addition, any problems will be discovered early, preventing the onset of arthritis and joint injury. If you do have arthritis or have had surgery, then a regular physical therapy check-up is especially important. At Kinetix Physical Therapy, we can provide you with a joint analysis to determine any problem areas in the hip or knee joints, and treat them accordingly. **Schedule a consultation with one of our expert physical therapists today to discover how you can live life with freely moving joints!**

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

BALSAMIC BERRY VINAIGRETTE SALAD

INGREDIENTS

- ¼ cup balsamic vinegar
- 2 tbsp plain fat-free Greek yogurt
- 1 tbsp sugar-free strawberry preserves
- 1 ½ tsp olive oil
- 1 tsp Dijon-style mustard
- 1 clove garlic, minced

- ¼ tsp kosher salt
- ½ tsp black pepper
- 3 cups fresh baby spinach
- 3 cups torn romaine lettuce
- 1 small Braeburn/Gala apple, thinly sliced
- ½ cup crumbled blue, feta/goat cheese
- ½ cup pomegranate seeds
- ¼ cup chopped walnuts

DIRECTIONS

For vinaigrette in a small bowl whisk together vinegar, yogurt, preserves, oil, mustard, garlic, salt and pepper. In an extra-large serving bowl, combine spinach, romaine, apple, cheese, pomegranate seeds and walnuts. Drizzle with half of the vinaigrette; toss to coat. Pass the remaining vinaigrette.

<http://www.eatingwell.com/recipe/260360/balsamic-berry-vinaigrette-winter-salad/>



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www.kinetixpt.com

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?

KNEE PAIN:

- Is your knee stiff?
- Does your knee ache or "give out" on you?

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. Learn about the number one mistake most people make with shoulder or knee pain and how we can help.

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 Hip Pain In Minutes

Try this movement if you want to relieve hip pain.

HIP ADDUCTOR STRETCH

Begin in the side lunge position as shown. Your leg should be out to the side and slightly behind you, both feet flat on the floor. Keeping your back straight, lunge deeper to the side until you feel a stretch along the inside of your leg. Hold for 20 seconds and repeat 5 times on each leg.

 SimpleSet Pro
www.simpleset.net



Patient Success Spotlight



"Now I'm 100% back in football, and am running all the time!"

"I was injured playing football and decided to come to Kinetix for PT. Within a month, I was so much better, and now have no noticeable pain. Before PT, I could barely run, now I'm 100% back in football, and am running all the time. Thank you Dr. Jake and Carter." - Joel

Staff Spotlight



Congratulations to Dr. Felicia and Michael on the birth of Jackson.