



www.kinetixpt.com | 352-505-6665

NEWSLETTER

KINETIX PHYSICAL THERAPY CELEBRATES *13 Years*

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...

FREE LIVE EVENT ON MARCH 11 AT 5:30PM

Our Physical Therapists have the technology to "see inside" your area of pain, perform muscle-nerve testing and determine the root cause of that pain. We are the only approved Hands-on-Diagnostics center in Gainesville and the experts in diagnosing, treating and relieving pain. Come to this event and "see" how it works. **Call now to register at 352-505-6665.**

Offer ends 2/26/21

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INSIDE:

- How Can Physical Therapy Treat My Arthritis?
- Patient Success Spotlight
- Healthy Recipe



NEWSLETTER

TIPS FOR SPOTTING & TREATING ARTHRITIS OF THE KNEE



Have you started to notice that your knees seem to be getting bigger? Do you notice popping, clicking, or grinding sounds with certain movements? Does pain ensue when you bend, squat, or kneel? When you first wake up in the morning, do you notice that your knees feel stiff, achy, or painful?

If you identify with any of these scenarios, you may be experiencing the effects of arthritis. The knees have two main fat pads, which reside just above and below the kneecap. These help to cushion the knee and assist with lubricating fluid flow around the joint. With arthritis, inflammation in the joint causes the fat pads to gradually thicken, choking the joint fluid flow. This leads to a vicious cycle of decreased lubrication, more "wear and tear", pain, and swelling.

If you have been living with stiff, achy, or painful knees, contact Kinetix Physical Therapy today to schedule a consultation. Our dedicated physical therapists will evaluate you, determine the areas of your daily life that are impacted, and create an individualized treatment plan for relieving the arthritic pains in your knee.

Common symptoms of arthritis: It can sometimes be difficult to determine if you are truly experiencing arthritic symptoms or if you simply have a joint that is tight or overworked. In addition to the aforementioned signs of knee arthritis, additional symptoms may include:

- Pain in the affected region, which may spread to surrounding body parts
- Stiffness
- Inflammation
- Muscle spasms
- Joint creaking, clicking, or popping sounds
- Increased pain with certain activities (such as work or physical activity)
- Decreased range of motion in the affected area
- Abnormalities in gait (such as limping)
- Swelling
- Weakness
- Warm sensation in the affected joint

If you have been suffering from any of the above symptoms and you are looking for relief, do not hesitate to contact us today, before your condition worsens. Arthritis is unfortunate, but with the help of Kinetix Physical Therapy, it can be very manageable.

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



UF



HOW CAN PHYSICAL THERAPY TREAT MY ARTHRITIS?

Regardless of the cause of arthritis, physical therapy plays a major role in the treatment of its symptoms. Physical therapy should always be the first method of treatment, before resorting to more aggressive procedures, such as surgery.

In fact, studies show 60-70% of knee osteoarthritis patients can avoid surgery by getting physical therapy treatments first. Furthermore, physical therapy is actually 40 times less expensive than a total joint replacement – so another great reason to try PT first!

Physical therapy works by increasing the lubrication in your joints through improved joint motion, strength, balance, and coordination. The better lubricated your knee joints, the less friction and wear occur, thus reducing inflammation and pain.

During knee treatments, our therapists work to improve your patella (kneecap) and joint mobility. This improves the mobility of the tissue around the joints, especially the fat pads. As a result, this leads to improved blood flow, joint lubrication, and decreased swelling.

Get started today! At Kinetix Physical Therapy, we are dedicated to treating each arthritic case individually. Each patient will receive their own personalized treatment plan, based on their specific needs. It is very common for the muscles that support the lower back, hips, and knees to become weakened from arthritis-related joint swelling and inactivity.

Your physical therapist will guide you through targeted, goal-specific exercises, aimed at reducing inflammation, providing greater support to the



joints, and helping your muscles regain their overall strength. At Kinetix, our class IV laser therapy is another great tool we can use to reduce your joint pain and inflammation.

Are you looking for fast pain relief, in addition to improved motion, strength, and the ability to do physical activities you thought were lost for good? Contact Kinetix Physical Therapy today to get your knees started on the right path to health. **Discover how you can move freely once again, with the help of physical therapy!**

Sources: Katz JN, Brophy RH, Chaisson CE, et al. Surgery versus physical therapy for a meniscal tear and osteoarthritis. *N Engl J Med*. 2013
<http://www.healthline.com/health/total-knee-replacement-surgery/understanding-costs#1>

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

PRESSURE COOKER WINTER SQUASH & LENTIL STEW

INGREDIENTS

- 2 medium shallots, thinly sliced
- 1 tbsp. finely chopped peeled fresh ginger
- 1 tbsp. vegetable oil
- 1 tsp. ground coriander

- 1/2 tsp. ground cardamom
- 1 small butternut squash, peeled, seeded and cut into 1 1/2" chunks
- 1 lb. green lentils, picked over
- 6 c. chicken or vegetable broth

DIRECTIONS

In a pressure-cooker pot on medium, cook shallots and ginger in oil for 5 minutes or until shallots are golden, stirring. Add coriander and cardamom; cook 1 minute, stirring. Add squash, lentils, broth and 1/4 teaspoon salt. Cover, lock and bring up to pressure on high. Reduce heat to medium-low. Cook 12 minutes. Release pressure by using the quick-release function. Stir in spinach, vinegar and 1/2 teaspoon each of salt and pepper.

<https://www.goodhousekeeping.com/food-recipes/healthy/a42399/pressure-cooker-warming-winter-squash-lentil-stew-recipe/>



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GET HELP AT OUR FREE WORKSHOPS

THESE FREE WORKSHOPS ARE COMING SOON!

BACK PAIN & SCIATICA SUFFERERS:

- Do you have pain when you stand, walk, or sit?
- Do you experience pain shooting down your buttocks or leg?
- Learn about the 3 most common causes of back pain and how to fix it.

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 back, 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](https://www.kinetixpt.com).



COVID-19 SAFETY PRECAUTIONS

- Taking the temperature of everyone coming in.
- Following strict sanitary protocols by making sure every surface in our clinic is thoroughly cleaned and wiped down at all times.
- We will be taking health protocols very seriously and will be doing our very best to ensure the highest levels of cleanliness and caution at all times.

Staff Spotlight

Katrina Dauphin,
Practice Administrator

Katrina joined the Kinetix team in 2009 and has worked her way up from Patient Care Coordinator to Practice Administrator. Katrina has a Bachelor's degree from Saint Leo University in Healthcare Management and a Master's degree in Healthcare Law from Nova Southeastern University with concentrations in compliance and risk management. With over a decade of experience in billing and collections, Katrina specializes in insurance and financial matters for both staff and patients. Always up for a Netflix marathon, Katrina enjoys real marathons as well, having completed several to date, and when not racing on a course or in life she likes to read, spend time at the beach, and travel.



Patient Success Spotlight



"I can now do all of those with no pain!"

"Before coming to Kinetix, I had trouble jumping, squatting, dancing, and running. I can now do all of those with no pain. Kinetix was great. Love the people, love the environment, love the vibe!" -Lauren