

NEWSLETTER

YOU'RE INVITED TO SEE & LEARN ABOUT THE LATEST IN DIAGNOSTIC TECHNOLOGY AT KINETIX

**THURSDAY, MARCH 11TH AT 5:30PM
OR SATURDAY, MARCH 20TH AT 10AM**
Seats are limited so register now by
calling us at 352-505-6665.

Did you know that Kinetix Physical Therapy is the only approved Hands-On Diagnostic Testing Center in Gainesville? Our Physical Therapists are now performing musculoskeletal ultrasound and electrodiagnostic studies. Musculoskeletal ultrasound (MSKUS) allows physical therapists to see inside muscles, tendons, ligaments, joints, and nerves that are causing your pain. Electrodiagnostic tests include nerve conduction studies (NCS) and electromyography (EMG). NCS involves the recording of electrical signals that are transmitted to and from the brain by your nerves. EMG uses a tiny little pin to observe and record this electrical activity within your muscles to help determine an accurate diagnosis with the location, severity, and extent of the problem. The best part is that all these tests are done at our office.

Come to this event, see how it works and how it can benefit YOU for a more accurate diagnosis and faster recovery.

This live event has limited capacity and will meet all CDC guidelines. **Call us now to register at 352-505-6665.**



"I had a diagnostic ultrasound for my right shoulder pain. It was really cool to see my shoulder structure on the screen. Dr. Cui looked at both shoulders to get a baseline to compare the muscles and tendons. Luckily, he didn't see any tears in my shoulder, which was reassuring that I can do the strengthening exercises without the worry of worsening my shoulder. The ultrasound is a big benefit to PT at Kinetix to being confident about the treatment process and outcome."

- Josh

INSIDE:

- Physical Therapy Catered Toward Your Needs & Goals!
- Patient Success Spotlight
- Healthy Recipe



NEWSLETTER

LIVE A HAPPIER & HEALTHIER LIFE WITH PHYSICAL THERAPY!



A healthy, strong, and active lifestyle is what everyone strives for. However, it is not always easy to obtain, especially for those suffering from chronic pain. The very thought of going out and exercising with your aches and pains may leave you feeling uncomfortable.

Fortunately, there is a simpler solution to gaining the active lifestyle you desire. Physical therapy can help you achieve optimum levels of health and fitness, all while reducing your pain.

If you are looking for a healthier, stronger, and more active lifestyle, contact Kinetix Physical Therapy today!

Getting on track with physical therapy: The purpose of physical therapy remains the same, no matter what you are seeking its services for.

Still suffering from the lingering pain of an injury? Recovering from surgery and trying to get your range of motion back? Are your joints simply not what they used to be, and you are looking for relief?

Whatever the case may be, physical therapists are dedicated to relieving your pain and getting you back to your peak level of physical health.

A physical therapist is a movement specialist, educated in analyzing mobility issues with walking, running, jumping, bending, stretching, and almost every other form of physical activity.

At Kinetix, our physical therapists use diagnostic testing, including musculoskeletal ultrasound and electromyogram (EMG) and nerve conduction studies (NCS) to find the root cause of your pain. A more accurate diagnosis guides the PT to creating a more targeted plan of care leading to a faster recovery.

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



PHYSICAL THERAPY CATERED TOWARD YOUR NEEDS & GOALS!

Physical therapy is generally comprised of three important phases: pain relief, strengthening, and functional integration. Some people are apprehensive toward physical therapy because they believe it will hurt them; however, the opposite is usually true. Physical therapy is aimed at pain relief and strengthening. This is achieved through manual therapy, laser therapy, stretching and a customized exercise plan.

An active lifestyle is also dependent upon movement. Our physical therapists will cater your treatment plan around specific movements designed to increase your strength, flexibility, balance, and overall mobility. Your physical therapist will assist you with many of these exercises, but will also provide some simple ones that can be done at home.

The end goal of physical therapy is living the life you want, free from painful limitations. That can only happen when you apply the concepts you learn from your treatments to the outside world. Our physical therapists are as dedicated as you are, and will encourage you to achieve all the goals you set forth in the beginning.

Aspire toward a happier and healthier life today: Maintaining a healthy lifestyle takes work, but once you get into the groove of it, it becomes much easier. For example, eating nutritious foods is one of the easiest ways to improve your health (although we know those sweets are hard to kick.)

Physical activity is the hardest aspect to get in the habit of doing, especially if you are being held back by chronic pain. Some people try to mask their symptoms with anti-inflammatory or pain-relieving medications, while others, unfortunately, give up on the idea of being active altogether. Luckily, there is an alternative option: physical therapy. **Our physical therapists utilize Manual Therapy to loosen muscles and restore motion to your joints and Deep Tissue Laser Therapy to decrease inflammation resulting**



in less pain. With the help of a physical therapist, it is possible to reclaim your pain-free, healthy lifestyle, and get back to doing the activities you love.

Everyone has different needs based on the conditions of their bodies. There is no cookie-cutter approach to health and wellness, as one treatment plan may not work the same for one person as it would for another. Your physical therapist will work closely with you to evaluate your mobility, balance, range of motion, and severity of pain. Your physical goals will also be taken into account when creating your treatment plan, as well as any health risks that may be holding you back. At your initial evaluation, you may be asked to perform basic movements, such as sitting down, standing up, walking, lifting, stretching, or other motions. Once your physical therapist has a clear picture of what you need, he or she will begin constructing a treatment plan to help relieve your pain and achieve your goals.

In the end, an active lifestyle is more than possible, even if you struggle with chronic pain. If you are looking to improve your health, strength, and physical activity, look no further – Kinetix Physical Therapy is here to help. **Schedule a consultation with one of our physical therapists today and get started on your journey toward better health and wellness!**

Sources: http://www.apta.org/uploadedFiles/APTAorg/About_Us/Policies/Practice/PTRoleAdvocacy.pdf
<http://www.apta.org/Media/Releases/Consumer/2013/12/5/>

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

VEGETARIAN BLACK BEAN TACOS

INGREDIENTS

- 1 tbsp olive oil
- ½ small yellow onion, diced
- 1 garlic clove, minced
- 1 15oz can black beans, drained
- ½ tsp cumin
- ¼ tsp smoked paprika
- 1/8 tsp cayenne pepper
- ½ tsp kosher salt
- Ground black pepper
- 1 tbsp tomato paste
- 1 tsp water
- 8 hard corn taco shells,
- 4 oz Hass avocado
- Juice from 1/2 small lime
- ½ cup shredded cheddar cheese
- 1 plum tomato, diced
- 1 cup shredded romaine lettuce

DIRECTIONS

Preheat oven according to taco shell package directions. Lay taco shells on a sheet pan in an even layer and bake for 6-7 minutes. Heat a large skillet over medium heat. Add the canola oil, swirl to cover pan then add the onion and sauté 2-3 minutes. Add the garlic and sauté 30 seconds more. Add the beans, spices, tomato paste and water and mix until combined. Cook about 3 minutes. In a small bowl, mash avocado with a fork until smooth. Add lime juice, salt and pepper. Place taco shells on a flat surface. Layer each shell with 1/8 of the bean mixture, then the cheese, mashed avocado, tomatoes and lettuce. Serve immediately.

<https://www.skinnytaste.com/black-bean-tacos/>



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www.kinetixpt.com

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?

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 or shoulder 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.



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

Dr. Scott Eddins, PT, DPT, CCCE



Dr. Scott Eddins, PT, DPT, CCCE graduated from the University of Florida with a B.S. in Applied Physiology & Kinesiology in 2012 and also received his Doctor of Physical Therapy from the University of Florida in 2016. Scott has been a member of the Kinetix family since 2011 as a volunteer, undergraduate intern, and rehab aide prior to attending physical therapy school. Scott serves as the Center's Coordinator of Clinical Education and helps facilitate placement of volunteers, undergraduate interns, and doctoral students into our facility as well as the liaison to UF DPT Equal Access Clinic where he supervises student physical therapists. Outside the clinic, Scott enjoys playing soccer and golf, but most importantly spending time with his family, Kasandra, Mason, and Mackenzie.

Patient Success Spotlight



"I am very happy with my recovery!"

"I've been to two other centers for physical therapy, and I had my doubts about coming to Kinetix. Coming here was the best decision I made regarding physical therapy. In the beginning, I had trouble with all of the exercises, but not anymore. I am very happy with my recovery. A big thanks to Dr. Scott Eddins and Carter." - James