

NEWSLETTER

FREE WORKSHOPS FOR YOUR WORKPLACE

Did you know that the Kinetix Physical Therapists can come to your workplace and present a free workshop? We customize our workshops based on the individual workplace needs.

- Back Pain
- Shoulder Pain
- Knee Pain
- Workplace Ergonomics
- Customized workshops

Business owners and their employees rave about our interactive workshops, topics and live demonstration. The Kinetix Physical Therapists are experts in healing all types of joint pain naturally, without medication, injections or surgery.

At the workshop, they will talk about the common causes of joint pain and show you exactly how you can heal your pain and get you back to the things you love (and used to do).

If you are the business owner and think your employees would benefit from our workshops, email our workshop coordinator and she will set this up for you. If you think your co-workers would love to participate in our workshops, Alexia will be glad to talk to your employer. **Email her at alexial@kinetixpt.com.**



INSIDE:

- Common Causes Of Vertigo
- Patient Success Spotlight
- Healthy Recipe



NEWSLETTER

FIND BALANCE ONCE AGAIN BY RELIEVING YOUR DIZZINESS & VERTIGO



Balance is a big deal in our everyday world, but we take it for granted. Just think how long it took you to master walking, running, and jumping as a child. Your balance system is incredibly complex, and allows you to walk around over steps and obstacles without thinking. However, when balance is affected, it can be difficult to perform daily tasks and activities you enjoy.

According to the Centers for Disease Control and Prevention, "Thirty million older adults fall each year—resulting in about 30,000 deaths. Each year, 3 million older adults are treated for a fall injury. One out of every five falls causes a serious injury, such as broken bones or a head injury."

Dizziness and vertigo are common reasons why someone may experience issues with balance or sustain an unexpected fall. We've all had the sensation of being dizzy - as if you can't focus, can't see straight, can't stand upright without swaying or falling. You may even experience "tunnel vision," where your peripheral vision goes dark for a few seconds. Dizziness is common and can have many causes. Vertigo, however, is a little different. While dizziness is typically synonymous with "lightheadedness," which creates the illusion of being unsteady, vertigo is typically a response to a physiological factor that is causing a literal imbalance in your body. Those experiencing vertigo have reported feeling as if they are "rocking" or "spinning," even when they are sitting still. Read on to find out more.

Physical therapy for dizziness and vertigo is a common and effective course of treatment. For inquiries regarding vertigo testing, don't hesitate to contact

Kinetix Physical Therapy. If you've been feeling dizzy, or you think you may have some of the symptoms of vertigo, call our office today to schedule an appointment with one of our experienced physical therapists.

Why is my balance compromised by dizziness and/or vertigo? Just a few of the many factors that can lead to dizziness include lack of sleep, poor nutrition, overexertion, or a physical ailment, such as a head cold or the flu. Dizziness can also occur from something as simple as standing up too quickly after an extended period of rest. Some accompanying symptoms to dizziness may include:

- Loss of balance
- Lightheadedness or heavy-headedness
- Momentarily impaired vision (i.e. tunnel vision)
- Feeling woozy or faint

The causes of vertigo aren't nearly as vast. In fact, vertigo is most commonly caused by an imbalance in the inner ear, also known as the "vestibular system." Your vestibular system helps you maintain your balance and center of gravity by sending messages to your brain regarding your movement. When this is impaired, the necessary messages become blocked from your brain, and your movement becomes affected. You may feel as if the world is spinning around you, you can't focus your vision for prolonged periods of time, or you can't stand/move properly without feeling like you'll topple over.

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COMMON CAUSES OF VERTIGO

- **Benign paroxysmal positional vertigo (BPPV).** This is the most common cause of vertigo. It occurs when the tiny calcium crystals located in your ears break apart and move around to different parts of the ear that they are not supposed to be in. This can cause sudden spinning sensations (vertigo) and inner-ear discomfort.
- **Meniere's disease.** This occurs when fluid builds up in your ear(s). This typically includes "ringing" sounds in the inner-ear and sudden waves of vertigo that may last for hours. You may also experience momentary hearing losses.
- **Vestibular neuritis.** This is an inner-ear infection that can cause vertigo.
- **Migraines.** Migraines can impact your vestibular system, thus causing episodes of vertigo which may be coupled with sensitivities to light or sound. Vision may also be impaired.
- **Stroke.** A stroke affects movement in your whole body. If you recently suffered a stroke, you may experience waves of vertigo which may linger for extended periods of time.

Some accompanying symptoms to vertigo may also include:

- Inability to focus or remain alert.
- Double vision.
- Nausea or vomiting.
- Arm or leg weakness.
- Difficulty seeing or speaking.
- Sweating.
- Abnormal eye movements.

How will physical therapy help? Dizziness and vertigo can both hinder your balance, limiting your ability to perform even the simplest of tasks. Luckily, no matter what the cause may be, physical therapy for dizziness and vertigo can help. Kinetix Physical Therapy has some of the most advanced techniques for diagnosing and treating both dizziness and vertigo, including vestibular rehabilitation.



Vestibular rehabilitation includes treatments such as the Epley maneuver, which allows for canalith repositioning to move the broken calcium crystals in patients experiencing BPPV, as well as Cawthorne head exercises, which focus on decreasing nerve sensitivity and improving vertigo.

Our Physical Therapists can perform diagnostic maneuvers like the Dix Hall Pike and Supine Roll Test to see where in the inner ear the crystal is loose.

Physical therapy is very important to strengthening joints and learning the right exercises to relieve dizziness and vertigo, in order to improve balance. A professional can help you develop a program that plays into your strengths while increasing your ability to balance and reduce bouts of unsteadiness.

Contact Kinetix Physical Therapy today to get started!

Sources: <https://www.mayoclinic.org/diseases-conditions/dizziness/symptoms-causes/syc-20371787>
<https://www.moveforwardpt.com/SymptomsConditionsDetail.aspx?cid=8faba487-14c0-482e-9280-c655e1776ebe>
<https://www.google.com/search?q=cdc+balance+statistics&oq=cdc+balance+statistics&aqs=chrome..69j57.3980j0j7&sourceid=chrome&ie=UTF-8>

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

ARUGULA, GRAPE, & SUNFLOWER SEED SALAD

INGREDIENTS

- 3 tablespoons red wine vinegar
- 1 teaspoon honey
- 1 teaspoon maple syrup
- 1/2 teaspoon stone-ground mustard
- 2 teaspoons grapeseed oil
- 7 cups loosely packed baby arugula
- 2 cups red grapes, halved
- 2 tablespoons toasted sunflower seed
- 1 teaspoon chopped fresh thyme
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

DIRECTIONS

Combine vinegar, honey, syrup, and mustard in a small bowl. Gradually add oil, stirring with a whisk. Combine arugula, grapes, seeds, and thyme in a large bowl. Drizzle vinegar mixture over arugula; sprinkle with salt and pepper. Toss gently to coat.



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GET HELP AT OUR FREE WORKSHOPS

THESE FREE WORKSHOPS ARE COMING SOON!

KNEE PAIN:

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

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](tel: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.

Patient Success Spotlight



Staff Spotlight

Dr. Rafael Cui, PT, DPT

Dr. Rafael Cui, PT, DPT received his Doctor of Physical Therapy degree from the University of Florida in 2018. Rafael had his first clinical internship at Kinetix and decided to return upon graduation after seeing first-hand the patient focused care the Kinetix family provides.



Dr. Cui has competitive experience in power-lifting, triathlons, boxing, and wrestling. He understands the importance of movement and is passionate about helping his patients return to doing what they love.

“Physical Therapy Can Be Fun!”

This patient is primarily working on increasing his balance, but we’re wanting to make sure he’s having a good time while doing it!