

# NEWSLETTER



We want you to enjoy this Summer, so we're offering you a free gift! Get your joint or muscular aches and pains checked out with a **Complimentary Physical Therapy Consultation.**

**Reservations are limited, so please RSVP for your 1-on-1 consultation with a Physical Therapist @ 352-505-6665.**

**Complimentary 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

**This is ideal if you are suffering with:**

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

**What happens at this free consultation?** It's a short appointment to discuss your pain. The Physical Therapist will:

- Pinpoint the source of your pain
- Do a simple test to check your strength and how well you're moving
- Guide you to the right solution

**We have 20 spots available...reserve your complimentary consultation...before it's too late! Call us at 352-505-6665.**

## INSIDE:

- When Should I See A Physical Therapist?
- Patient Success Spotlight
- Healthy Recipe



# NEWSLETTER

## HOW DO I KNOW IF I NEED PHYSICAL THERAPY FOR MY SCIATICA PAINS?



Physical therapy is one of the most effective ways to treat sciatica pains. If you are living with sciatica, you know how uncomfortable it can get. Many people with sciatica describe their symptoms as "shooting pains," typically down one side of the body.

When suffering from Sciatica, Physical Therapy can help relieve your pain and speed up the healing process. Because of this, it is in your best interest to consult with a physical therapist before symptoms become too severe.

**How can physical therapy help me?** In a study published by Spine, a respected medical journal, physical therapy treatments for sciatica pain were seen to be a highly effective option. When a patient begins their physical therapy sessions early enough, they are able to manage their pain quickly and straightforwardly. Additionally, physical therapy is much more budget-friendly for the average person, especially when symptoms are addressed early.

This study found that over a one-year period, people who had taken 10 sessions of physical therapy had better results for their sciatic pain than those who were only given guidelines for treatment. The authors attributed the cost-effectiveness of the physical therapy approach in part to using it as a first line of defense against sciatic pain and back pain. When Physical Therapy is performed at the start, there is an increase likelihood that Sciatica will not require an invasive surgery.

Our Physical Therapists at Kinetix PT can perform NCS/EMG testing to help accurately diagnose Sciatica. If you are living with sciatica, or you think you may be experiencing sciatica symptoms, contact Kinetix Physical Therapy today to discover how we can help.

Subscribe to receive our digital newsletters on our website today at [www.kinetixpt.com](http://www.kinetixpt.com)!



# WHEN SHOULD I SEE A PHYSICAL THERAPIST?

A good rule of thumb is to come in for a free consultation as soon as you begin to notice sciatic pains – from there, your physical therapist can let you know what the best course of action will be. Sciatica symptoms may include shooting pains down one leg, buttock, or persistent aches and/or numbness in the lower back. Additionally, any dull or piercing aches along the sciatic nerve may be an indication of sciatica.

If pain goes from dull to severe, that is a strong indication that physical therapy intervention is needed. The severity of pain you feel can change depending on how compressed your sciatic nerve becomes. The more compressed it is, the more painful it will be. Severe pain, chronic pain, or persistent numbness or weakness along one side of the body that doesn't seem to go away are all signs that physical therapy is needed. Incontinence may also occur as an indication that your sciatica is getting worse – if your sciatic nerve becomes compressed in the area that controls your bladder and/or bowel function, you may lose control of those functions.

**How can I get started?** Why wait to find relief? Contact Kinetix Physical Therapy today to find out more about our physical therapy methods for treating sciatic aches and pains.

Physical therapy treatments will include targeted stretches and exercises to help strengthen the muscles around the sciatic nerve. Treatments may also focus on range of motion and postural improvement, in order to decrease stress on the sciatic nerve and prevent pain from returning in the future.

At Kinetix Physical Therapy, we also use manual therapy to decrease tension in the muscles and decrease pain. Another method of treatment we utilize includes laser therapy to decrease inflammation, promote tissue healing, and quickly get out of pain. If your pains are stemming from having poor alignment, our PTs can provide you with Foot Levelers Orthotics to



help promote proper alignment/posture from the bottom up to help prevent irritating positions.

If you are ready to get rid of your sciatica symptoms, don't hesitate to contact us today. **We'll get to the root of the issue so you can get back to living your life comfortably!**

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

## PINK SUNRISE STRAWBERRY SMOOTHIE

### INGREDIENTS

- 1 cup frozen strawberries
- 1/4 cup frozen raspberries
- 1/4 cup blueberries
- ½ – 1 small beet frozen
- 1 ripe banana
- 1/2 cup kefir
- 1/2 cup milk – regular, nut, coconut, hemp, etc.
- 2 tbsp honey (optional)
- 1 tbsp hemp seeds
- 1/2 cup ice

### DIRECTIONS

Place all ingredients into a high-speed blender. Run on the smoothie setting or on high for 1-2 minutes or until completely smooth. Serve and enjoy!



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[www.kinetixpt.com](http://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 common causes of joint pain and how our diagnostic ultrasound, EMG and Nerve Conduction tests can find the root cause of it.

*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](http://kinetixpt.com).*



## Patient Success Spotlight



**"Helped me to the point that the cane is no longer necessary!"**

*"I had back and knee pain, especially the first thing in the morning and I had to use a cane to hobble around until it abated some. Dr. Sarah Cooke, Aaron Thomas, and the team have helped me to the point that the cane is no longer necessary. They taught me stretches that alleviate the pain and allow me to do whatever I want. I seldom need Tylenol! Thank you Kinetix team!" - Teresa*

## Staff Spotlight

### Sarah Cooke, DPT

Sarah Cooke received her Doctor of Physical Therapy degree from the University of Florida. She is very excited to join the Kinetix team to get people back to what they love doing!

Sarah grew up in Safety Harbor, FL and went out to San Antonio, TX to earn her Bachelor's degree in Rehabilitative Science at the University of the Incarnate Word where she was a member of the D1 Synchronized Swimming Team. She loves to be active and can be found working out at Orangetheory Fitness.



Sarah is passionate about educating people on how beneficial physical therapy can be and to promote health and wellness in the community. She is eager to be a lifelong learner and plans to earn her Orthopedic Specialist Certification in the coming years.

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**Are you in pain? Have you sustained an injury?  
Give your physical therapist a call today!**

**352-505-6665**