

NEWSLETTER

Ease Your Pain With **FOOT LEVELERS CUSTOM ORTHOTICS**



Foot Levelers technology map your feet and develop custom orthotics that help to relieve neck, shoulder, back, hip, hamstring, knees, shin splints, achilles pain, and plantar faciitis

Manual Therapy is our specialty in relieving pain and Laser Therapy reduces inflammation and speeds healing. Our Physical Therapists also use other methods to diagnose, treat, speed healing, and promote wellness.

GET YOUR FEET MAPPED TODAY!

Read what our patients have to say:

"I started coming to Kinetix for pain in my ankle and foot. I was struggling to make it through the day, without limping. Thanks to, Dr. Tony Cere, and his crew, I am now walking without pain." -Terri

"Before PT, I had lots of pain in my knee. Any kind of activity, motion, or putting weight on it did not feel good. My PT, Dr. Sarah Cooke, did an incredible job! She pushed me to full recovery." -Mazen



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NEWSLETTER

EFFECTIVE KNEE & HIP PAIN RELIEF



There is an endless list of reasons as to why knee or hip pain may develop, from a slip or fall-related accident to a sports injury or even a car accident. Fortunately, however, with our physical therapy methods you can get moving with ease again in no time! Contact Kinetix Physical Therapy today to get started.

Don't Wait Until It Is Too Late! When you are dealing with a knee or hip injury, every step requires more effort than typical. This can really drain your energy level as you attempt to go about doing even basic tasks, such as taking care of your home or walking around the office. When an injury develops, seeking the support of a physical therapist is the best course of action. Working with a physical therapist soon after an injury develops can help reduce your recovery time and improve your ability to cope with the pain and discomfort by introducing you to targeted exercises and stretching techniques that can enhance your ability to recover from the injury.

What Can Physical Therapy Do to Help? Physical therapy is not a short-term solution for pain management. This is a long-term solution to the pain you are experiencing, through the use of targeted exercises and stretching techniques that are designed to strengthen the targeted areas and help the body recover and heal. At Kinetix Physical Therapy, we can also help you combat hip and knee pain through specialized methods and modalities, including, but not limited to:

- Deep tissue laser therapy
- Foot levelers
- Diagnostic ultrasound
- NCS/EMG
- Manual therapy

By identifying the exact points on the body that are not moving as they ought to be, it is possible to make a plan to improve flexibility, motion, strength, and coordination.

Who Needs Physical Therapy? Your hips and knees are essential to everyday movement; whether you are sitting, standing, walking, or running, you need your hips

and knees in great shape. Sometimes, when your hips and knees are in pain, it can cause you to change the way that you are moving, causing you to change the flow and pace of your gait. Other times, prolonged pain can cause you to stop doing the necessary movements that are indicative of healthy joints.

If you've experienced any hip or knee pain and are considering whether physical therapy is a good choice for your health needs, consider the following:

- From a standing position, are you able to lean over and touch your toes? If so, then this indicates that you have proper hip and low back flexibility. If not, then you may need to improve your flexibility and joint range of motion, and physical therapy could be helpful.
- In a sitting position, can you comfortably cross your legs, leaving your ankle to rest comfortably on the opposite knee? If this is painful, or one knee constantly must be lower than the other, then this may be indicative of knee concerns that could be addressed with physical therapy.
- From a standing position, with your feet planted flat on the floor, can you lower your body into a squatting position? You should be able to squat all the way down so that your back end is almost touching your heels. If you aren't able to do this, then physical therapy may be helpful in improving your range of motion.
- Standing near a wall or countertop, arrange your feet so that you are standing with the heel of one foot touching the toes of the other, as if on a balance beam, and see how long you can stand still. Can you balance for 10 seconds? If not, then physical therapy may be able to improve balance and coordination.

Get Started Today! Physical therapy provides targeted exercises that support the joints with precise movements, in order to help reinforce strength and range of motion. **For more information, contact your physical therapist to learn more about our treatment options that will suit your specific health needs!**

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



KNEE PAIN

Do your knees ache, pop and crackle every time you bend down to pick something up off the floor? If the answer is yes, the good news is you are not alone! Approximately 25% of adults have experienced knee pain at some point in their life that causes them to alter the way they move and ultimately affects their quality of life, if not treated. Knee pain can result from injury, overuse, improper body mechanics or disease. This pain can drastically limit one's ability to perform activities that they enjoy doing, like running, playing sports, getting in and out of the car, or getting up and down from the floor to play with kids or grandchildren. Luckily, there are practitioners who are specialists in the human movement system: physical therapists.

Physical therapists are movement experts who specialize in understanding the synergistic relationships between one's musculoskeletal, neurological, and cardiopulmonary systems. Physical therapists have the knowledge to thoroughly examine, assess, and create a plan to address issues such as knee pain to help patients reach their goals and return to their maximum level of function. Physical therapy management of knee pain can range from a variety of different approaches consisting of exercises, stretches, and soft tissue mobilization to address any deficits uncovered during the evaluation process. This evaluative process will examine those "trouble" movements that cause pain in the knee, as well as look at other regions of your trunk and lower extremity to determine if there are any issues with the surrounding area.

More often than not, the cause of a person's knee pain may not be directly related to the knee. When evaluating a patient with knee pain, a physical therapist will look at the flexibility, strength, and mobility of the surrounding joints, like the hip and the ankle. The root cause of knee pain is commonly attributed to asymmetries and deficits with flexibility and strength in the hips and ankles. Sometimes these asymmetries are evident for a long time prior to the onset of pain. This is because your body will naturally compensate for these movements; however, over time these compensations can lead to pain.

Compensations are when our body alters its normal movement patterns in order to avoid pain. This can be something done intentionally or



subconsciously. These compensations can vary from changing the way that you walk to changing how you transition from sitting to standing. These compensations displace the workload from the affected muscles onto the uninjured muscle groups. When this happens, the muscles that were originally unaffected become overworked, due to compensation. Addressing these compensations will improve a patient's ability to perform the movements required for completing the necessary exercises to address any muscular imbalances.

After someone completes their physical therapy course of treatment, there are several ways to help take care of your knees! As physical therapists, we suggest taking part in regular exercise, getting adequate rest, and eating a healthy diet as ways to help improve the health of your knees once you are done with PT.

We create custom orthotics that are clinically proven to help reduce pain and improve whole body wellness. Foot Levelers custom orthotics help properly support your feet to prevent knee pain from occurring and to help avoid future issues.

If any exercises or movements cause you knee pain, or if your knee pain is preventing you from doing what you love doing, reach out to a physical therapist today!

Sarah Cooke, PT, DPT
Aaron Thomas, PTA
Kinetix Physical Therapy- Gainesville, Florida

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

EASY MANGO PROTEIN SMOOTHIE

INGREDIENTS

- 1/2 cup unsweetened vanilla almond milk
- 1/2 cup low-fat vanilla Greek yogurt
- 1 cup frozen mango chunks (or about 1/2 of a fresh, chopped mango with 1/2 cup of ice)
- 1 scoop vanilla whey protein powder
- 1 tsp honey or to taste (optional)
- 1 mint sprig (optional)

DIRECTIONS

Blend mango, ice (if using), yogurt, almond milk, protein powder, and honey together in a blender until smooth. Garnish with a mint sprig if desired, and enjoy!



Subscribe to receive our digital newsletters on our website today!

www.kinetixpt.com

GET HELP AT OUR FREE WORKSHOPS

THESE FREE WORKSHOPS ARE COMING SOON!

BACK PAIN & SCIATICA:

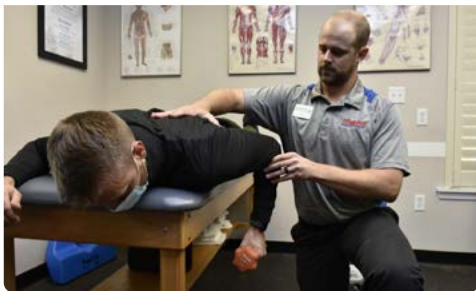
- Do you have pain when you stand, walk, or sit?
- Do you experience pain shooting down your buttocks or leg?
- Learn about the 3 most common causes of back pain and how to fix it.

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 or kinetixpt.com.



Staff Spotlight

Dr. Jacob Reidy, PT, DPT

Dr. Jacob Reidy, PT, DPT received his Doctor of Physical Therapy degree from the University of Florida. After completing his first clinical internship at Kinetix, He was eager to join the team because of the family-feel among the staff.

Dr. Reidy completed his undergraduate training at Clearwater Christian College where he played baseball and majored in Exercise and Sports Science and Bible. He is passionate about helping people get back to doing what they love without experiencing pain.

Originally from Chiefland, Florida, Jake enjoys spending time with friends and family. He is skilled in strength training and is an avid hunter, fisherman, golfer and raises chickens too.



Patient Success Spotlight



“Helped me to the point that the cane is no longer necessary!”

“When I started PT, I was experiencing hip and knee pain while conducting normal activities like lifting heavy objects, bending over, and tying shoes. My pain was particularly evident in the morning. Since PT, I am better able to handle everyday activities and pain has subsided. I have learned exercises to manage pain going forward. Thanks to Dr. Scott Eddins and staff at Kinetix.” - Gerald

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

352-505-6665