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NEWSLETTER

CHECK OUT THIS SPECIAL OFFER

Summer activities can lead to all kinds of aches & pains.

If you're suffering from knee pain, shoulder pain, back pain, sciatica, neck pain or something else...

Now is your chance to do something about it. Find out the root cause of your pain and how PT can help you reduce or eliminate it.

Call for your FREE one-on-one physical therapy consultation today at 352-505-6665.

This special offer is for our past patients, current patients and their families. There are only 30 appointments available and they usually fill up fast.

This offer ends 9/24/21.

We look forward to seeing you soon!

— The Kinetix PT Team



INSIDE:

- Finding Relief For Arthritis, Without Harmful Drugs
- But Wait – Won't Exercise Increase My Pain?
- Healthy Racine



NEWSLETTER



FINDING RELIEF FOR ARTHRITIS, WITHOUT HARMFUL DRUGS

Millions of Americans deal with the aches and pains of arthritis on a daily basis.

In fact, of the 40 million people in the United States who suffer from this class of diseases, one-third say that it limits their leisure activities and daily tasks. 25% also say they are in chronic, debilitating pain on a daily basis.

While there are several medications on the market that limit pain, there are none that can treat the physical issue that is occurring within your joints. Fortunately, physical therapy can. If you are looking to find relief for your arthritis by treating it at the source – without the risks of side effects from harmful drugs – contact Kinetix Physical Therapy today.

Why is physical therapy better than medication?

A common treatment for arthritis is medication, usually for pain manageability. Your physician may prescribe NSAID pain relievers, corticosteroids, antirheumatic drugs, or antibiotics for your arthritis treatment. Medication is easy - you pop it in your mouth, chase it with water, and your pain subsides shortly afterward.

However, they can also cause some unfavorable side effects, and in some cases they can be habit-forming. With NSAIDs, you run the risk of blood clots, heart attack, or stroke. With corticosteroids, you run the risk of cataracts, high blood sugar levels,

and bone loss. Luckily, there is a much safer and healthier alternative to treating arthritis: physical therapy.

A physical therapist's main goal when treating arthritis is reducing stress on the joints, increasing strength, and improving pain free range of motion. Some benefits to working with a physical therapist include:

- **Stretching/exercise.** Light exercises and stretching will help to increase range of motion in the affected areas.
- **Proper posture.** Posture work will help to reduce stress on your joints.
- **Weight control.** Your physical therapist will work with you to control your weight through exercise and diet. Controlling your weight helps to prevent added stress on weight-bearing joints.
- **Rest.** Your therapist will also recommend a schedule for rest and sleep to complement your exercises. This helps the body to heal and will hopefully reduce your amount of arthritic inflammation and pain.

At Kinetix Physical Therapy, we use specialty services, such as deep tissue lasers, foot levelers, diagnostic ultrasound, NCS/EMG, and more to help you feel your best!

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BUT WAIT – WON'T EXERCISE INCREASE MY PAIN?

To put it simply – no! Your physical therapist will prescribe gentle, targeted exercises that will help your joints move freely, and will add in periods of rest during your sessions.

While many people believe that the aches and pains of arthritis are best treated with sedentary activities and rest, that is not necessarily the case – exercise keeps the body limber and warms up muscles, which prevents stiffness that can become exacerbated by arthritis.

Extended “rest” can also lead to muscle atrophy, or deterioration of muscle tissue. While arthritis generally affects the joints of the body, muscle loss increases stress on the joints, allows them to move in ways that are unhealthy and causes more pain. By doing gentle exercises under the discretion of your physical therapist, you can actually ease your arthritic aches and pains! Low-impact exercises also contain several benefits that are not necessarily associated with the painful symptoms of arthritis. For example, feelings of fatigue that are so common in arthritis patients can be greatly reduced by low impact exercise.

After just 30 minutes of gentle physical activity, the brain is flooded by the feel-good hormones called endorphins that block pain, minimize any discomfort associated with exercise, and even create a feeling of euphoria. Furthermore, exercise increases flexibility in stiff joints and makes it easier to fall asleep and stay asleep at night.

How can I get started on treatments?

Every treatment regimen is different based on your body's needs and your particular type of arthritis. The best way to get started on a natural, safe, and healthy treatment through physical therapy is by calling and scheduling a consultation with one of our physical therapists today.

Your physical therapist will examine your symptoms, severity of pain, and location of the arthritis, in order to determine the best individualized treatment plan for your specific needs. If you are living with arthritis, or you think you may be experiencing arthritic symptoms, don't hesitate to contact Kinetix Physical Therapy. We'll get you feeling comfortable again in no time – without the need for pain management drugs!

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

BBQ CHICKEN TORTILLA PINWHEELS

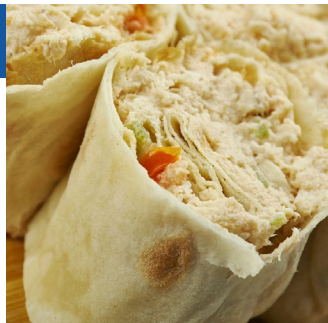
INGREDIENTS

- 8 oz cream cheese, softened
- 8 ounces bacon, cooked & diced
- 1 c (4 oz) grated mozzarella cheese
- 1/2 c chopped fresh cilantro leaves
- 1/2 c barbecue sauce
- 1/2 c finely chopped red onion
- 1 tsp garlic salt
- Freshly ground black pepper
- 4 10-in flour tortillas

DIRECTIONS:

In a large bowl, combine cream cheese, mozzarella, barbecue sauce, diced chicken, bacon, cilantro, onion (if using), garlic salt, and pepper until well-blended. Smooth the top of the cream cheese mixture in the bowl and use a butter knife to mark an “X” over the surface, thereby dividing it into equal fourths. Scoop 1/4 of the mixture out of the bowl and spread it over the entire surface of a tortilla. Roll up tightly. Repeat with the other three tortillas. Wrap each roll in plastic wrap and refrigerate until firm, at least 1 hour up to overnight. Use a sharp knife to cut rolls into 1/2-inch slices and serve.

<https://www.fivehearhome.com/bbq-chicken-tortilla-pinwheels-appetizer-recipe/>



Subscribe to receive our digital newsletters on our website today!

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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](tel:352-505-6665) or kinetixpt.com.



Staff Spotlight

Carter Meyers, PTA

Carter is a Physical Therapist Assistant having graduated from the Santa Fe PTA program in 2017. He is also a graduate from Georgia Southwestern State University with a BS in Education with a concentration in Recreation as well as a graduate from Georgia State University with a MS in Sports Administration.



Carter grew up playing soccer and was a 4 year starter for his college team. After finishing his college career, he went on to share his wealth of soccer knowledge and become a youth soccer coach and holds a USSF "C" coaching license. Carter has been a youth soccer coach since 2008. He has coached at Gainesville Soccer Association (GSA) Academy.

Over the years, Carter has gained experience working with people of all ages in some type of health/education/sports/wellness realm and loves helping people meet their full potential. Outside of work, he loves spending time with his family and watching his favorite team, Texas Longhorns.

Patient Success Spotlight



"I appreciate all the help and feel much better"

"I appreciate all the help and feel much better than when I started. Prior to treatment, I experienced constant pain in my back, right hip and leg that worsened with activity. Now, I'm almost pain-free with only slight aggravation on occasions. Thanks to Dr. Jake and Carter." -Linda"

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

352-505-6665