

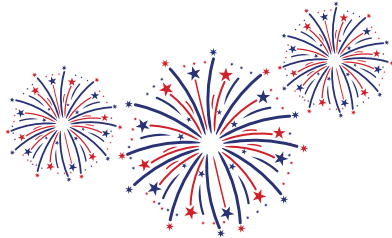
NEWSLETTER

Celebrating Our Freedom

WITH A FREE PHYSICAL THERAPY CONSULTATION.



Are your aches and pains slowing you down? Do you want a long-term solution to fix it naturally without medication, injections or surgery? Get a quick 1-on-1 consultation with one of our physical therapists who will look at your health history, do a simple test and find the source of your pain. They'll let you know how physical therapy can help you get back to living life normally.



This is a perfect opportunity for those suffering from:

- Joint Pain
- Muscular Pain
- Arthritis
- Balance & Dizziness
- And More

While you're here, learn more about our diagnostic testing and deep tissue laser therapy. Our physical therapists use diagnostic ultrasound, EMG and nerve conduction studies to pinpoint the root cause of pain. Laser therapy decreases inflammation, which helps to recover faster.

This appointment is free but is limited to the first 10 people who call us at 352-505-6665.

Hurry this offer ends July 30, 2021.

INSIDE:

- Get Back In The Game!
- How Can Physical Therapy Help?
- Healthy Recipe





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NEWSLETTER



GET BACK IN THE GAME!

Get Back in The Game with Relief for Your Sports Injury!

Did you know that according to the U.S. Centers for Disease Control, over 2 million high school athletes suffer from sports-related injuries annually? Additionally, 3.5 million kids under the age of 14 also receive treatment for sports-related injuries annually. This doesn't even include the number of adult athletes that get injured from a sport.

Whatever age you are, or level of physical ability you may have, physical therapy can help you in enhancing the healing process of a sports injury. With our sports injury rehabilitation programs, you will be able to get back to doing the activities you love in no time.

If you are looking for a quick and easy way to get off the sideline and return to your sport, contact Kinetix Physical Therapy today to consult with one of our physical therapists.

I have a sports injury – how did that happen?

"Sports injury" is a term that can be used to describe any injury sustained while exercising or performing some sort of athletic activity. There are two ways in which sports injuries can occur: suddenly, such as one football player colliding with another, or over time, through repetitive motions, such as improperly lifting heavy weights at the gym or running in ill-fitted shoes. Simply put, anything that results in pain while performing physical activity can be considered a sports injury.

Whether you rolled your ankle on the soccer field, swung your bat too aggressively on the baseball diamond, or strained your back while hiking your favorite trail, Kinetix

Physical Therapy can help you find relief. Your treatment plan will be dependent upon the nature of your injury, your health history, and whether or not the injury requires surgical intervention. If you've sustained a sports injury, please contact us as soon as possible. Any injury left untreated can become more severe over time.

Sports injuries can typically be placed into two categories: acute or overuse. Acute injuries are caused by a single specific incident, such as:

- Sprains
- Strains
- Fractures
- Tears

Overuse injuries are caused by excessive repetitive movements over time. Some examples of overuse injuries include:

- Frozen shoulder
- Flexor tendinitis
- Shin splints
- Tennis elbow
- Golfer's elbow

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HOW CAN PHYSICAL THERAPY HELP?

The overall goal of physical therapy is healing and prevention. In addition to treating the injury, our physical therapists will help strengthen the affected area, in order to prevent additional injury from occurring. Our physical therapists will also provide you with helpful warm-up and cool-down techniques for your sport, in order to lower your risk of sustaining another injury.

At Kinetix Physical Therapy, our physical therapists will create a treatment plan for you, based on your individual needs. Physical therapy is a natural and holistic approach to healing, including services such as:

- **Manual therapy.** This may include massage or joint mobilizations.
- **Modalities.** This may include specialized treatments such as deep tissue laser therapy or foot leveler orthotics as deemed appropriate by your physical therapist.
- **Diagnostic tests.** This may include diagnostic ultrasound therapy, or NCS/EMG.

Physical therapy has been proven to be successful in treating both acute and chronic injuries, such as ligament sprains, muscle strains, plantar fasciitis, bursitis, tendinitis, and more. Your physical therapist will teach you about what your body is experiencing and the recovery process it will go through. You and your physical therapist will work together to help you reach your physical goals, allowing you to be engaged and active in your rehabilitation.

Get started today

Physical therapy offers so much more than current symptom relief - it offers sports injury prevention and natural performance enhancement. If you are an athlete suffering from a sports-related injury, don't waste any more time on the sidelines. Take your recovery to the next level with our physical therapy team. Confirm your appointment with one of our experienced physical therapists today and get started on the right track toward returning to the sport you love!

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

FRESH FRUIT AND YOGURT ICE POPS

INGREDIENTS

- 2 cups fresh blueberries, raspberries, strawberries and sliced bananas, mixed
- 2 cups plain or vanilla yogurt

- 1/4 cup white sugar
- 8 small paper cups
- 8 popsicle sticks

DIRECTIONS

Place the mixed blueberries, raspberries, strawberries, sliced bananas, yogurt, and sugar into a blender. Cover, and blend until fruit is chunky or smooth, as desired. Fill paper cups 3/4 full with fruit mixture. Cover the top of each cup with a strip of aluminum foil. Poke a popsicle stick through the center of the foil on each cup. Place the cups in the freezer for at least 5 hours. To serve, remove foil and peel off the paper cup.



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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 or kinetixpt.com.



Patient Success Spotlight



"When you are in Kinetix, they take good care of you."

"Leanne Quinn and her team have helped me with my shoulder. In the beginning, it was very hard for me to complete some of the exercises. Over time, with her guidance, my shoulder was getting better. Overall, Leanne was phenomenal with my progress. Her assistants were great individuals and made my time here amazing. When you are in Kinetix, they take good care of you." - Nishauntae

Staff Spotlight

Leanne Quinn, PT

Leanne Quinn, PT, has over 20 years of experience in orthopedic physical therapy with an emphasis on manual therapy. Leanne graduated from Purdue University where she attended on a golf scholarship. She received her Masters of Physical Therapy from Old Dominion University.



Leanne has received advanced training and/or certification in muscle activation and active release technique, vestibular rehab, Pilates, various golf programs, pelvic floor rehab and many more. She has travelled extensively with the PGA Tours and her clients have included 10 PGA, LPGA and Senior Tour winners. Leanne loves dogs and has three of her own. She is also a Certified Canine Rehabilitation Therapist (CCRT).

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

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