



www.kinetixpt.com | 352-505-6665

NEWSLETTER

Kinetix Physical Therapy Is Celebrating 14 Years!

On February 11th, we will celebrate YOU with a special gift...

****A Complimentary Physical Therapy Consultation****

THE FREE CONSULTATION IS 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

A CONSULTATION IS IDEAL IF YOU ARE SUFFERING FROM:

- Knee Pain
- Sciatica
- Dizziness
- Shoulder Pain
- Arthritis
- Imbalance
- Neck Pain
- Hip Pain
- & More...

*Reservations are limited to the first 20 people who schedule, so
please RSVP now @ 352-505-6665.*

INSIDE:

- 10 Realistic Resolutions
- Transition & Anticipation In 2022
- Patient Success Spotlight



NEWSLETTER



10 REALISTIC RESOLUTIONS

Making a healthy New Year's resolution is easy, but sometimes implementing successful change into a long-term routine can be more challenging. In fact, one-third of people who make New Year's resolutions will break them by the end of January. So, what causes people to fail when it comes to their health and wellness goals? Most often, people can't follow through with their New Year's resolutions because they haven't created realistic goals or a plan for success.

1. **Take Steps to Be More Active:** Look for ways to incorporate more movement into your day.
2. **Join the Kinetix Wellness Program:** James, our certified exercises physiologist and nutrition specialist, will help you set realistic goals during your consultation. He'll coach you and monitor your progress until you meet your fitness goals.
3. **Spend More Time With Family:** Being with your family more could positively impact your own personal health and also have a positive impact on them too.
4. **Practice Mindful Eating:** The key to improving your diet is often to change how you eat. Mindful eating can also include swapping unhealthy foods for healthier options. Try incorporating one or two changes at a time.
5. **Be Grateful:** Take a few minutes each day to reflect on the things you're grateful for and turning your thankfulness into action.
6. **Get Some Sleep:** Adults who sleep less than seven hours each night are less likely to be active and more likely to be obese.
7. **Step Away From Your Digital Devices:** When we stay connected, we become anxious, distracted, less productive, with disrupted sleep patterns and inability to establish emotional connections.
8. **Incorporate Self-Care Into Your Daily Routine:** Taking time for solitude and reflection can decrease stress and improve your overall outlook. This month, get a free PT consultation to reduce discomfort and pain.
9. **Stop Smoking:** Smoking puts you at a much higher risk for a long list of health problems.
10. **Change Your Definition of What Healthy Looks Like:** Being healthy is a series of small decisions that all point to one goal – to take care of the body and the life you've been given.

We hope that Kinetix Physical Therapy can be a small part of your healthy 2022. Would you like some guidance on how to make 2022 your healthiest year yet? Give your physical therapist a call today! 352-505-6665

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





TRANSITION & ANTICIPATION IN 2022

Transitions are a good time to stop and think. As we transition into 2022, we can't help but step back and be amazed by how much our Kinetix family has grown since we first opened our doors in January 2008. We started with 3 employees and now have a team of 29. We began treating patients in 1,250 square feet of space and now occupy 4,250 square feet of space. The best part so far? Being able to help over 15,000 people get out of pain naturally with physical therapy!

So much has changed over the past 13 years. We have added two kids and two dogs to our home, while Tony also completed a master's degree in Entrepreneurship at the University of Florida. We have experienced loss, joy, and even some fear at times.

Despite these changes, we hope you have continued to see our commitment to keep many things the same since we first opened our doors—to make you feel like part of our family and to help you be your healthiest with personalized care from our exceptional team. You continue to inspire us to be our best each and every day.

Transitions also cause us to look forward with anticipation at what is to come. This year, we are thrilled to be opening a second Kinetix location in Arbor Greens in Jonesville, FL. We hope you will continue to follow our progress on Facebook and through our email updates. We would love to have you stop by in the Fall of 2022 to see us at our new location!

We are forever grateful for your support,

Tony and Melissa Cere, Owners

NEW LOCATION COMING SOON



Sneak peek of our new location coming to Arbor Greens in Jonesville, FL in 2022!

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

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.



Patient Success Spotlight



"My experience/journey has been nothing short of amazing."

"I've been to physical therapy before, but none like Kinetix. My experience/ journey has been nothing short of amazing. With the care/guidance of Dr. Jake Reidy, Carter, John, and Sun my recovery was very productive. Let's not forget the great manual therapy for the hurt shoulder and neck. The personable customer service of the front office staff gave a great first impression that was definitely accomplished each and every visit. Thank you, guys and gals, so very much. -Lazonia"

Healthy Recipe

Garlic Parmesan-Stuffed Mushrooms

- 15 mushrooms
- 1 tbsp canola oil
- 2 tbsp garlic, chopped
- ½ tsp kosher salt
- ½ tsp black pepper
- 8 oz cream cheese, softened
- ¼ c italian breadcrumbs
- ½ c shredded parmesan cheese, divided



- 2 tsp fresh parsley, chopped
- 1 teaspoon kosher salt
- 1 tsp black pepper
- fresh parsley, chopped, to garnish

DIRECTIONS: Preheat oven to 350° F (180°C). Cut the stems off of each of the mushrooms and finely chop them, setting the mushroom caps aside for later. Heat the oil in a pan over high heat. Cook the chopped stems with the garlic, salt, and pepper for about six to eight minutes, constantly stirring. Remove from heat. In a medium bowl, combine cooked stems, cream cheese, breadcrumbs, half of the parmesan, parsley, salt, and pepper, mixing until evenly combined. Space out the mushroom caps evenly on a baking sheet, upside down. Spoon a generous amount of the cream cheese mixture on top of each mushroom. Top each mushroom with a sprinkle of parmesan cheese. Bake for 20 minutes. Garnish with a sprinkle of parsley, then serve!

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

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