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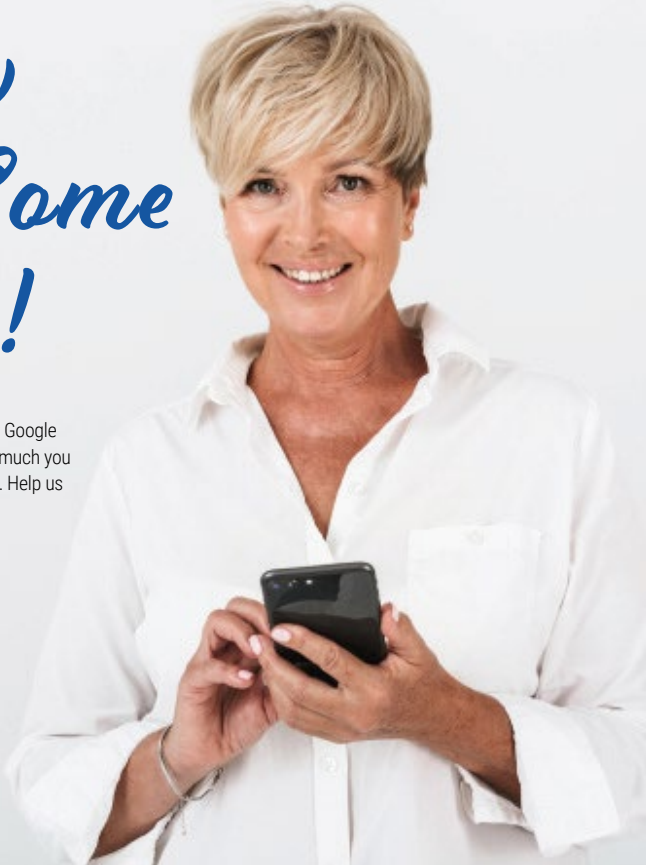
# NEWSLETTER

*Show  
Us Some  
Love!*

Scan the QR Code to visit our Google Review page and tell us how much you love Kinetix Physical Therapy. Help us help more people!



 SCAN ME



## INSIDE:

- How Healthy Are You, Really?
- Our Wellness Program
- Patient Success Spotlight





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# NEWSLETTER

## HOW HEALTHY ARE YOU, REALLY?

### KEEPING A PULSE ON YOUR WELLNESS LEVELS IS AN IMPORTANT PART OF MAINTAINING GOOD HEALTH

Are you getting as much physical activity into your daily routine as you should be? No matter your age, it's critical that you get up and move around every day! Kinetix Physical Therapy emphasizes the importance of physical activity and wellness in our clinic. Our biggest priority is to see that our patients are healthy and feeling their best. Did you know that physical therapy can play a role in improving your overall wellness? This is especially true if you are recovering from an injury, living with a chronic condition, and recovering from or preparing for surgery. Call our clinic today to schedule an appointment, and in the meantime, keep reading to learn how physical therapy can keep you active and healthy!

### HOW PHYSICAL THERAPY CAN HELP YOU TO BE HEALTHIER

Physical therapists are movement experts who can help improve your quality of life by developing an exercise program, providing hands-on care, and educating about your condition and overall health and well-being. At Kinetix Physical Therapy, we will cater your treatment plan around specific movements designed to increase your strength, flexibility, balance, and overall mobility.

We will start with natural pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent injuries. We will also incorporate balance and

coordination exercises to stimulate the nervous system and help ensure you can avoid an injury in the future and stay as active as possible!

### CAN PHYSICAL THERAPY IMPROVE MY EVERYDAY LIFE?

Yes! A physical therapist is educated in analyzing your ability to perform regular movements (i.e., functional mobility). By analyzing how you move, your therapist can identify issues with bending, stretching, squatting, kneeling, walking, running, jumping, and almost every other form of physical activity. Your physical therapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities.

Our physical therapists will pinpoint problem areas and create a customized treatment plan to improve those areas. Through in-office sessions and at-home exercises, you will learn to restore your joint and soft tissue mobility as well as strengthen your muscles, improve your balance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

Kinetix Physical Therapy also offers ultrasound diagnostic testing for our patients in need and EMG and NCS testing. These tests serve as ways for us to pinpoint the actual cause of your discomfort so that you can recover and return to a healthy lifestyle.

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



# OUR WELLNESS PROGRAM

## OUR WELLNESS PROGRAM COULD HELP YOU FEEL YOUR BEST!

Kinetix Physical Therapy is proud to offer a coordinated wellness program to help you meet your long-term goals during or after your therapy. Custom-designed individually, our certified exercise physiologists will work 1-on-1 with you to create a plan to help you live a satisfying life. Our physiologists will meet with you to discuss your goals and work with you to establish a pathway to a brighter future. Our exercise programs are designed to tackle many problems areas and can even help with:

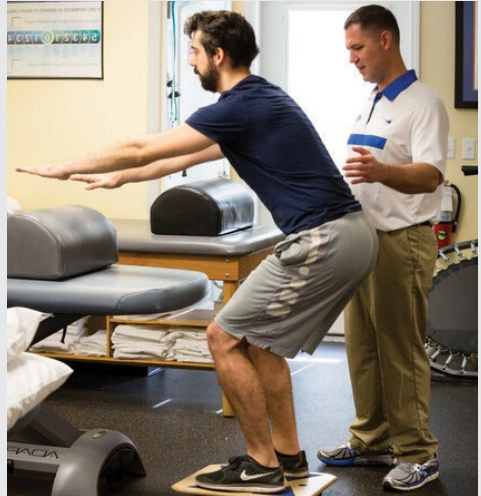
- Diabetes
- Endurance/Stamina
- Weight Loss
- Arthritis/Osteoporosis
- Sports Conditioning
- Heart Disease/High Blood Pressure

Whether it's enjoying long walks on the beach or getting back on the golf course, our specialized programs will get you where you want to be.

## CALL US TODAY

The end goal of physical therapy is living the life you want, free from painful limitations. That can only happen when you apply the concepts from your treatments to the outside world. Our physical therapists are as dedicated as you are and will encourage you to achieve all the goals you outlined in the beginning!

**In February, get a FREE wellness consultation to discuss your health goals. Email James to learn more at [jmcdavid@kinetixpt.com](mailto:jmcdavid@kinetixpt.com).**



## FEBRUARY IS HEART HEALTH MONTH

### *Celebrate With These Tips*

- 1. AIM FOR LUCKY NUMBER SEVEN.** Young and middle-age adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.
- 2. KEEP THE PRESSURE OFF.** Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.
- 3. MOVE MORE.** To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.
- 4. SLASH SATURATED FATS.** To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.
- 5. FIND OUT IF YOU HAVE DIABETES.** Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.
- 6. THINK BEYOND THE SCALE.** Ask your doctor if your weight is OK. If you have some pounds to lose, you'll probably want to change your eating habits and be more active.
- 7. DITCH THE CIGARETTES, REAL AND ELECTRONIC.** Smoking and secondhand smoke are bad for your heart. If you smoke, quit, and don't spend time around others who smoke as well. E-cigarettes are popular, but they're not completely problem-free. They don't contain the harmful chemicals in cigarette smoke but, they still do contain nicotine, so your goal should be to quit completely, not just switch to a less toxic version.
- 8. CLEAN UP.** Your heart works best when it runs on clean fuel. That means lots of whole, plant-based foods (like fruits, vegetables, nuts, and seeds) and fewer refined or processed foods (like white bread, pasta, crackers, and cookies).

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

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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:

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



## NEW LOCATION COMING 2022



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



## Patient Success Spotlight



*"Helped eliminate my back pain completely"*

*"I came in with lower back pain and was scared to lift weights in the gym because I was afraid of injuring myself. After a few weeks, Dr. Jake Reidy and Carter Meyers have boosted my confidence, helped me strengthen my back, and have helped eliminate my back pain completely. Thank you!"*

*-Virginia"*

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

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