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# NEWSLETTER

## *Patient Experience with Diagnostic Testing at Kinetix*

**YOU DON'T NEED A REFERRAL FROM YOUR PHYSICIAN TO GET DIAGNOSTICS AT KINETIX!**



"I was experiencing shoulder pain and saw a post on Facebook from Kinetix PT offering a diagnostic ultrasound evaluation to find out where pain may be coming from. I was concerned that I had a tear in my shoulder. Dr. Scott Eddins performed diagnostic ultrasound and reassured and showed me that there was not a tear in my shoulder. He then developed a plan to allow me more range of motion and develop more strength to play golf again. This particular plan allowed me to hit my lowest golf score in many years! The entire Kinetix team made such a positive impact on me that I decided to come out of retirement and join their team as a Business

Relations Specialist! I'm excited to visit physician offices and other businesses in the community to share my personal story and how Kinetix is making a difference in our community by offering diagnostics and relieving pain naturally." **—Bill**

"Before I came to Kinetix, I was having a lot of pain in my neck and tingling down both arms. Dr. Scott Eddins used their diagnostic tools, EMG and musculoskeletal ultrasound to clarify the problem. I also had laser therapy along with manual therapy and stretches. These modalities all combined to reduce my neck pain and intensity and frequency of the tingling. These modalities make Kinetix a cut above other PT clinics that I've been to in the past." **—April**



"I had diagnostic ultrasound for my right shoulder pain. It was really cool to see my shoulder structure on the screen. Dr. Cui looked at both shoulders to get a baseline to compare the muscles and tendons. Luckily, he didn't see any tears in my shoulder, which was reassuring that I can do the strengthening exercises without worry of worsening my shoulder. The ultrasound is a big benefit to PT at Kinetix to being confident about the treatment process and outcome." **— Josh**

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- Physical Therapy Diagnostics vs MRI
- Benefits Of Spring Cleaning
- Team Spotlight



# NEWSLETTER



## PHYSICAL THERAPY DIAGNOSTICS VS MRI

Are you living with chronic pain? Have you been given different explanations for why you're still having pain? Do you wish you could have someone do a test to figure out what you're dealing with? At Kinetix Physical Therapy, we can help you get answers using diagnostic testing and resolve your aches and pains once and for all! Whether you have been suffering from chronic pain or have a recent injury, our physical therapists can help. We are skilled at using musculoskeletal ultrasound and EMG/Nerve Conduction studies to discover the root cause of your symptoms.

At Kinetix Physical Therapy clinic, once we pinpoint your problem, we will design a cutting-edge, hands-on program and speed up your recovery! Call today to schedule your appointment and determine if our diagnostic testing is right for you.

### WHAT ARE DIAGNOSTICS IN PT?

Our physical therapists are trained to use diagnostic testing in conjunction with our clinical examination. This ensures improved accuracy in identifying the underlying reasons for injury and/or pain, leading to better outcomes, better patient satisfaction, and lower costs.

### We use the following tests in conjunction with our physical therapy assessments:

**Musculoskeletal ultrasound:** MSKUS uses the same technology as cardiology or obstetric visits to produce images of muscles, tendons, ligaments, nerves, and joints. The test can be done at rest or with movement and is a valuable tool to pinpoint the source of pain. This test provides similar results to an x-ray, CT, or MRI; without the risk of radiation or claustrophobia. It can also assess tissues during movement.

### Musculoskeletal ultrasound is commonly used to diagnose the following conditions:

- Osteoarthritis and rheumatoid arthritis
- Tendonitis/Tendon Tears
- Bursitis
- Joint Effusion (fluid)
- Nerve Conditions- carpal tunnel and cubital tunnel

**Nerve Conduction Studies:** A nerve conduction study (NCS) is a test used to evaluate the function of the nerves. NCS measures how fast and how strong the electrical activity is in a nerve and can help tell whether

a nerve has been damaged. Problems with the nerves can cause pain, tingling, or weakness in your muscles.

**Electromyogram:** An electromyogram (EMG) is a test used to record the electrical activity of muscles. Our muscles move when nerve signals from the brain tell them to work. Electromyography measures how well your muscles respond to those nerve signals.

### Electromyograms and Nerve Conduction Studies are commonly used to diagnose the following conditions:

- Sciatica
- Disc herniations
- Diabetic neuropathy
- Carpal Tunnel Syndrome

Our highly trained physical therapists can quickly and effectively determine how your muscles and nerves are working using a specialized computer. Our team will use these tests to help us determine an accurate diagnosis and clarify what tissues are involved. Once we determine the chronicity, severity, and extent of the problem, we can design a program to resolve the condition!

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



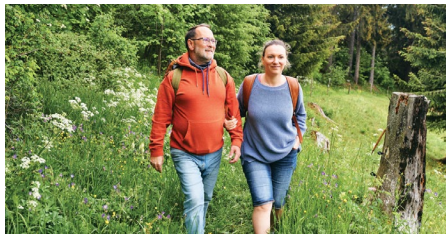
# WHAT ARE THE ADVANTAGES OF PT DIAGNOSTICS?

There are a lot of advantages to having an accurate diagnosis, including resolution of your symptoms, less wasted time figuring it out, and financial savings. Unfortunately, dealing with referrals to different specialists, insurance company authorization delays, and scheduling backups, the time it takes to get a test, let alone the test results, can be weeks or even months.

The real-time musculoskeletal ultrasound and EMG/Nerve Conduction studies are faster and cheaper. In addition, the scans are not invasive and happen with the patient conscious and, in some cases, moving. Your physical therapist can interact with you and guide the test if necessary. The financial costs add up with each copayment or coinsurance for each visit with the different practitioners.

Physical therapy diagnostics are significantly less expensive when compared with an MRI. The highest cost for an MSK Ultrasound is \$200, but many insurance plans will either cover partly or in full, whereas the average price of an MRI is \$1,200 to 2,600. The benefits of having a real-time diagnostic test are substantial. The financial savings, time savings, and reducing the stress of dealing with insurances and multiple practitioners are clear advantages we can provide you.

Instead of wasting more time figuring out your next step, contact Kinetix Physical Therapy, and let us help get you on the right path. Our team of highly trained physical therapists can help you resolve your condition and get back to doing what you love!



**REQUEST AN APPOINTMENT TODAY!**

At Kinetix Physical Therapy, we treat patients looking for answers to their questions and solutions to their problems. We can identify the source of your symptoms using the most advanced diagnostic tools while saving your time and money! If you are looking for a clinic at the forefront of diagnostics and evidence-based interventions, request a meeting with one of our specialists today!

Sources: [https://link.springer.com/chapter/10.1007/978-3-319-99124-5\\_40](https://link.springer.com/chapter/10.1007/978-3-319-99124-5_40) • <https://link.springer.com/article/10.1186/s13075-019-1824-z#> • <https://link.springer.com/article/10.1007/s11926-020-00971-w> • [https://www.researchgate.net/publication/319607897\\_Cost-effectiveness\\_of\\_magnetic\\_resonance\\_imaging\\_weighted\\_ultrasound\\_for\\_the\\_detection\\_of\\_symptomatic\\_full-thickness\\_supraspinatus\\_tendon\\_tears](https://www.researchgate.net/publication/319607897_Cost-effectiveness_of_magnetic_resonance_imaging_weighted_ultrasound_for_the_detection_of_symptomatic_full-thickness_supraspinatus_tendon_tears) • <https://www.radiologyinfo.org/en/info/article-kinetic-imaging-costs>

**CALL 352-604-3367 TODAY TO SCHEDULE AN APPOINTMENT!**



## Benefits Of Spring Cleaning

- 1. ALLERGY SYMPTOM REDUCTION.** A thorough cleaning can greatly reduce the amount of dust in your home, which is helpful since about 20 million Americans are allergic to dust mites, according to the Asthma and Allergy Foundation of America.
- 2. CLEANLINESS PRODUCES HAPPINESS.** Maybe you don't enjoy the process of cleaning, but the end result will leave you smiling. A 2010 study at the University of California, Los Angeles even found that having a clean home can improve your mood and reduce your risk of depression.
- 3. DECLUTTER AND DO A GOOD DEED BY DONATING.** An essential part of a successful spring cleaning is getting rid of old items that are no longer used or worn. Apply the rule of thumb that if you haven't made use of something in a year, it's time for it to go. Fill bags and boxes of things, then donate them to a local charity so they can still be beneficial to someone else. Giving to others is an act that is associated with greater self-esteem, lower stress levels, and overall happiness.

Sade, DE and Repetti, R. No place like home: home tours correlate with daily patterns of mood and cortisol. *Personality and Social Psychology Bulletin*. January 2010. Accessed 4 April 2017. <https://www.ncbi.nlm.nih.gov/pubmed/19934011>.

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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 352-604-3367 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!*



## Team Spotlight

### DR. MICHAEL MCWILLIAMS, PT, DPT

Dr. Michael McWilliams, PT, DPT graduated from the University of St. Augustine with a Doctorate of Physical Therapy. While interning at Kinetix, he enjoyed the culture of excellence that he experienced. He firmly believes in the Kinetix mission and core values. Michael is a member of the American Physical Therapy Association. Michael is an athlete at heart and participates in many sports. He loves participating in baseball/softball, volleyball, triathlons, and weightlifting. He knows that each person can prefer a different form of exercise and encourages all forms of exercise. He is committed to improving the human experience and helping people be the best they can be.



# kinetix

PHYSICAL THERAPY

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

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