



# NEWSLETTER

## WE NEED YOUR HELP!

Last year you nominated and voted Kinetix Physical Therapy the Best of the Best PT Clinic in Gainesville! We're counting on you to do it again by nominating us so that we can make it to the voting round.

**Nomination Round Dates: 5/9/22-5/27/22**

Please visit [gainesville.com/contests](http://gainesville.com/contests), go to Beauty/Health and type in Kinetix Physical Therapy to nominate us in the following categories:

- 1. Best Physical Therapist**
- 2. Best Car Accident Care**
- 3. Best Imaging Center**
- 4. Best Diagnostics**



*The Voting Round will be in July...so stay tuned.*

Thank you for your continued support and helping us grow to be the Best of the Best for Physical Therapy, Diagnostic Testing (EMG/NCS) and Musculoskeletal Ultrasound Imaging in Gainesville.

## HOW CAN WE HELP YOU?

Have you had joint or muscular pain in the past month? If yes, then we have good news. There is a FREE consultation appointment waiting for the first 10 people who call and attend by May 31, 2022.

**Find out the cause of your pain and how we can help you reduce or eliminate it. Call 352.604.3367 now.**

Call Today To  
Schedule An  
Appointment

What To Expect  
In Physical  
Therapy

Don't Keep  
Your Success A  
Secret!



# NEWSLETTER



## PREVENT INJURIES BEFORE THEY START WITH PHYSICAL THERAPY

CALL 352.604.3367 TODAY TO COME BACK TO PHYSICAL THERAPY

Do you have persistent joint or muscular pain due to an acute injury? Have you searched for safe and natural ways to relieve your pain and prevent future reinjuries?

At Kinetix Physical Therapy, our skilled therapists can perform an injury assessment to help identify the steps you need to take to resolve your aches and pains now and, more importantly, prevent injuries in the future! We offer custom orthotics, diagnostic testing, and gentle laser therapy to help you recover and eliminate joint and muscle pain.

Give us a call today to hear more about our injury prevention services and how we can ensure your treatment with us will be what you need to get back in the game and prevent future problems!

### TIPS FOR PREVENTING INJURIES

If you've suffered from pain and injury in the past and you want to figure out how to stop them in the future, schedule a consultation with one of our physical therapists today. We will educate you about what your body tells us and what you can do to reduce your injury risks. Some of the most important steps you can take include the following:

- 1. Proper sleep:** Sleep is one of the most effective strategy that everyone can do to reduce their risk of injuries. Research has shown that people sleeping less than 6 hours a night are more likely to injure themselves. In comparison, sleeping 8-10 hours per night has the most significant effect on injury prevention.
- 2. Strength training:** Building strength has been shown to reduce injuries to muscles, tendons, and joints. Strengthening is one of the most effective strategies you can do to help stay injury-free.
- 3. Nutrition matters:** A scientifically-backed approach, like the Mediterranean Diet, helps provide the nutrition you need to recover from injury and reduce the risk of future injuries. Processed foods, foods high in sugar and fat, limit your body's ability to heal and perform at a high level.

Surprisingly, multiple research studies have concluded that stretching and flexibility are not as effective for injury prevention as previously thought. The tightness you feel may indicate weaknesses or joint restrictions and not be related to the flexibility of your tissue. Stretching can feel good, and people like to do it, but other proven methods are more effective for preventing injuries.

# WHAT TO EXPECT AT KINETIX PHYSICAL THERAPY

CALL 352.604.3367 TODAY TO SCHEDULE AN APPOINTMENT!

At Kinetix Physical Therapy, we offer injury screenings to help determine if you need physical therapy to resolve your pain and identify your likelihood of experiencing an injury in the future. Your body tells you what it can and cannot do in subtle ways, and we can help figure out what it is trying to communicate to you!

We will analyze how your body moves and perform a physical assessment of your soft tissue and joints to understand better why you are hurting. This information can help identify mobility deficits and weaknesses that make you more susceptible to injuries. After your initial screening, your physical therapist will develop a plan to help significantly lower your risk of future injury. This may include manual therapy, technique and form assistance, therapeutic exercise, or any of our additional services that your physical therapist sees fit.

## PAIN RELIEVING TECHNIQUES AT KINETIX PT

If you're living with joint and muscle pain due to an injury, our clinic provides several services and physical therapy, that can help you recover. Our custom orthotics, laser therapy, and diagnostic testing services are all available to our patients in need!

**Custom orthotics:** For foot injuries, we offer custom orthotics. Custom orthotic inserts will improve how your feet and lower legs feel and provide improved body alignment! Orthotics are similar to insoles, but they are custom-designed and made of materials that can last longer than prefabricated orthotics.

Quality orthotics can relieve pressure, reduce discomfort, and increase stability to lower your chances of sustaining an injury to the foot or ankle.

To reap the most benefits, you will need custom orthotics made to match your foot's exact shape. When providing the best custom orthotics, our physical therapist will consider your current medical conditions and activity level. We can create orthotics customized to the contours of your feet, providing you with the best amount of function, support, and comfort.

**Diagnostic testing:** Physical therapists can use diagnostic testing and their clinical examination to aid in evaluating patients' symptoms. Diagnostic testing is beneficial in determining the root cause of joint and muscle pain.

Ultrasound diagnostic testing is a tool that uses sound waves to see inside painful areas of the patient's body. It allows your physical therapist to analyze certain joints, muscles, ligaments,

and nerves in the affected area, both at rest and with movement, to pinpoint the source of the pain. When combined with the patient history and overall presentation, this combination of diagnostic testing with the clinical exam leads to even greater accuracy in diagnosis and treatment!

Dealing the numbness and tingling in your legs and arms? Have you noticed decreased sensation or weakening muscles? We also offer EMG and NCV testing to see and hear how your muscles and nerves are working. An EMG (Electromyogram) measures the electrical activity of muscles at rest and during contraction. An NCV test (Nerve Conduction Velocity) measures the health of your nerves.

Diagnostic tests offer a way for your physical therapist to treat current injuries and determine what needs to change with your movements so that more damage doesn't occur in the future.

**Laser therapy:** Laser therapy is a safe, effective, and non-invasive way to treat pain and aid in the recovery of many conditions. Laser treatments work by releasing photons into the tissues surrounding the affected area that is being treated. These photons help in relieving pain, energizing cells, and increasing circulation to the injured area. Laser therapy can treat both acute and chronic conditions, and your therapist will customize treatments for your specific joint or muscular disorder.

Call Today To Schedule  
An Appointment

At Kinetix Physical Therapy, our team of physical therapy experts treats injuries and prevents future injuries with the help of diagnostic testing, custom orthotics, laser therapy, and various other services. If you've been noticing pain in your joints or muscles, it's time to call in the professionals!

Request an appointment today with one of our specialists and watch your pain-free life unfold before your eyes.

Sources: <https://link.springer.com/article/10.2165/00007256-20013140-00003>  
• <https://bjsm.bmj.com/content/52/24/1557/abstract> • <https://pubmed.ncbi.nlm.nih.gov/29352373/> • [https://journals.lww.com/acsm-csmr/Abstract/2021/06000/Sleep\\_and\\_Injury\\_Risk.3.aspx?context=FeaturedArticles&collectionId=1](https://journals.lww.com/acsm-csmr/Abstract/2021/06000/Sleep_and_Injury_Risk.3.aspx?context=FeaturedArticles&collectionId=1)

**kinetix**  
PHYSICAL THERAPY

Come back to physical therapy by calling 352.604.3367

WWW.KINETIXPT.COM | 352.604.3367

# GET HELP AT OUR FREE WORKSHOPS

## BACK PAIN & SCIATICA:

1. Do you have pain when you stand, walk, or sit?
2. Do you experience pain shooting down your buttocks or leg?
3. Learn about the 3 most common causes of back pain and how to fix it.

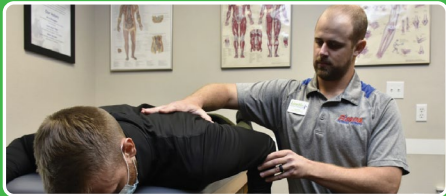
## SHOULDER PAIN:

1. Do you have pain when reaching overhead or behind you?
2. Is your shoulder pain keeping you awake?

**THESE FREE WORKSHOPS ARE COMING SOON!** 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).*



## Patient Success

"My experience here has been better than any other PT in the last 15 years! **My flexibility has improved dramatically and makes a difference in all my everyday activities.** My goal was to get back on a motorcycle with my husband and ride comfortably. We've started riding again! I've put off 3 surgeries due to the help I've received here. The laser therapy has helped my progress greatly. I've recommended Dr. Sarah Cooke and team to several people already!" — **Susie**



## Don't Keep Your Success A Secret!

Leave a review for our practice & help us connect with the community. We make it easy to leave a review! Scan the code with your camera app, and post your success story on our Google Reviews page.



**kinetix**  
PHYSICAL THERAPY

**ARE YOU IN PAIN? HAVE YOU SUSTAINED AN INJURY? GIVE US A CALL TODAY!**

**352.604.3367**