



**kinetix**  
PHYSICAL THERAPY

[WWW.KINETIXPT.COM](http://WWW.KINETIXPT.COM) | 352.604.3367

# NEWSLETTER

**OUR #1 GOAL IS TO REDUCE OR ELIMINATE YOUR PAIN NATURALLY WITHOUT SURGERY, INJECTIONS OR MEDICATION.**

**We have solutions for joint and musculoskeletal pain and related symptoms.**

- *State-of-the-Art Diagnostics – Ultrasound, EMG and Nerve Conduction*
- *Customized Plan of Care*
- *Manual Therapy*
- *Laser Therapy*
- *Home Exercise Program*
- *Individualized Wellness Program*
- *Customized Orthotics and Sandals*
- *And More...*

We care about you and will treat you like family. Voted one of the best Imaging Centers in Gainesville for Musculoskeletal Ultrasound and Electromyography. Call 352.604.3367 to set up your evaluation today.



Physical Therapy  
Can Help Frozen  
Shoulders!

Contact Kinetix  
Physical Therapy  
Today!

Don't Keep  
Your Success A  
Secret!



# NEWSLETTER



## PHYSICAL THERAPY CAN HELP FROZEN SHOULDERS!

Do you notice pain and stiffness in your shoulder? Has your shoulder suddenly become very hard to move? You may be experiencing a frozen shoulder and will benefit from having a physical therapist help you resolve your problem. At Kinetix Physical Therapy, our physical therapists are skilled at alleviating pain and restoring motion so you can get back to doing what you love! We can help you get the answers you need using advanced diagnostic testing to pinpoint the source of your pain. Many different factors can lead to chronic shoulder pain. One of the most painful and debilitating conditions is a frozen shoulder, also known as adhesive capsulitis. Dealing with shoulder pain can make completing daily tasks nearly impossible. Often people sacrifice their quality of life due to the pain and limitations.

Adhesive capsulitis is a condition characterized by stiffness and pain in your shoulder joint. Signs and symptoms typically begin gradually without a specific cause and worsen over time. Physical therapy can help relieve and even eliminate your problem! If you're experiencing shoulder pain, contact Kinetix Physical Therapy today. Our physical therapists will be able to do a full assessment, figure out if the source of your pain is a frozen shoulder, and help you get on the road to recovery.

### WHAT IS A FROZEN SHOULDER?

Frozen shoulder is a condition that develops when the tissue in your shoulder joint tightens and restricts movement. It is thought to be caused by inactivity that occurs after injury or alongside another shoulder problem, such as a rotator cuff injury, broken arm, or recovering from surgery. The exact causes of a frozen shoulder are not fully understood. A few factors that may put you more at risk for developing a frozen shoulder include:

- Diabetes
- Hypothyroidism and hyperthyroidism
- Parkinson's disease
- Cardiac disease

Most people struggling with frozen shoulders complain of pain, discomfort when moving or using the affected joint, or even a total loss of movement in that shoulder. Adhesions from the shoulder can become stiff or inflamed. Fortunately, physical therapy has been shown to help alleviate pain and mobility losses.

### WHAT TO EXPECT WITH PHYSICAL THERAPY

At your consultation, one of our physical therapists here at Kinetix Physical Therapy will assess your condition, pinpoint the exact source of your pain, examine your medical history, and evaluate your mobility and strength. Our team will evaluate your condition using advanced diagnostic testing, including musculoskeletal ultrasound (MSKUS). MSKUS can help determine the integrity of the joint and muscles to rule out other causes of shoulder pain and stiffness. MSKUS is a tool that uses sonic waves to see inside painful areas of the patient's body. It allows your physical therapist to analyze movement in certain joints, muscles, ligaments, and nerves in the affected area to determine the source of the pain. This test provides similar results to that of an x-ray, CT, or MRI; however, it is non-invasive and much safer. The use of sonic waves does not put you under any exposure to radiation as similar tests do, and real-time imaging provides more accurate results. This test allows our therapists to see where your pain is coming from and, as a result, help facilitates a quicker recovery.

### THERE ARE THREE STAGES IN THE DEVELOPMENT OF FROZEN SHOULDERS:

- 1. Freezing:** In this stage, you gradually experience more and more pain. As the pain worsens, you start to lose range of motion.
- 2. Frozen:** This stage is characterized by motion loss, whereas the painful symptoms may improve. Daily activities are typically challenging during this phase.
- 3. Thawing:** Shoulder motion improves during this stage, and there is typically a complete return to normal or close to normal motion and strength.

# CONTACT KINETIX PHYSICAL THERAPY TODAY!

CALL 352.604.3367 TODAY TO SCHEDULE AN APPOINTMENT!

It's pretty standard for patients to see our physical therapists in the freezing stage after they've already been experiencing pain for a little over half a year or nine months. At this point, they're already in a lot of pain and pretty used to not being able to move their shoulders the way they'd like to.

Our comprehensive treatment plan will consist of targeted stretches and specific home exercises to speed up the recovery process and regain your motion, reduce your pain and restore any lost strength.

Physical therapy for frozen shoulders focuses primarily on pain relief, using modalities such as Deep Tissue Laser Therapy, which can increase circulation and decrease pain and inflammation. Laser therapy is endorsed by professional clinical organizations, including the World Health Organization (WHO), American Physical Therapy Association (APTA), and the International Association for the Study of Pain (IASP®), with over 3,000 research studies having been conducted in the field. In addition, we take a hands-on approach using targeted manual therapy techniques like soft tissue work and joint mobilizations. Your physical therapist's ultimate goal is to restore mobility and range of motion to the affected shoulder. The quicker we can address your pain symptoms and range of motion deficits, the sooner you get back to doing what you love!



## Exercise Essentials

### SHOULDER X ROTATION

Move through the following four shoulder positions slowly and one right after another, forming an X pattern. Repeat 10 times on each shoulder.

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WWW.SIMPLEXIT.NET



*If you have any questions, concerns or pains while performing this exercise don't hesitate to give our office a call.*

## We Can Help You Recover Better.

If you have been experiencing recurrent or chronic shoulder pain, it is essential to consult with a physical therapist as soon as possible to find out if your problem is a frozen shoulder. Our diagnostic tools can clarify once and for all what condition is causing your shoulder pain.

Physical therapy is a safe and natural treatment option that can successfully help patients of all ages recover from their shoulder injuries.

Call Kinetix Physical Therapy today to learn more about the benefits of physical therapy for shoulder pain, and begin your journey toward living a pain-free life!

Sources: <https://www.koreascience.or.kr/article/JAKO202032265179017.page> • <https://www.banglajol.info/index.php/BJMS/article/view/51550> • [https://ijcr.com/uploads/2754\\_pdf.pdf](https://ijcr.com/uploads/2754_pdf.pdf)

Come back to physical therapy by calling 352.604.3367

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# 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.



Register now at [352.604.3367](tel:352.604.3367) or [kinetixpt.com](http://kinetixpt.com).

## Patient Success



"What can I say?! This was my second time with the Kinetix team. Dr. Jake Reidy, Carter and the team were absolutely amazing. The time, care, research, and tenacity that they show day in and day out is unmatched at any other physical rehab center in North Central Florida. There is not one bad thing I could say about this group as they are so incredibly caring and accommodating to their patients. Is it weird to say I can't wait to get injured again so I can go back and see them? I think you know the answer... Don't waste your time anywhere else." — Art N.

## 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.



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

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