



# NEWSLETTER

## Celebrating Freedom From Pain

**WE WANT TO HONOR ALL FIRST RESPONDERS AND THEIR FAMILIES WITH A FREE PHYSICAL THERAPY CONSULTATION.**

*OFFER ENDS 7/30/22*

Are your aches and pains slowing you down? Do you want a long-term solution to fix it naturally without medication, injections or surgery? Get a quick 1-on-1 consultation with one of our physical therapists who will look at your health history, do a simple test and find the source of your pain. They'll let you know how physical therapy can help you get back to living life normally.

### **This is a perfect opportunity for those suffering from:**

- Joint Pain
- Muscular Pain
- Arthritis
- Balance & Dizziness
- And More



While you're here, learn more about our diagnostic testing and deep tissue laser therapy. Our physical therapists use diagnostic ultrasound, EMG and nerve conduction studies to pinpoint the root cause of pain. Laser therapy decreases inflammation, which helps to recover faster.

***This appointment is free but is limited to the first 10 people who call us at 352-505-6665. Hurry this offer ends 7/30/22.***

Strength Training  
Helps you Recover &  
Prevent Injuries

How Diagnostic  
Testing Can Help  
You

Don't Keep  
Your Success A  
Secret!



# NEWSLETTER

## STRENGTH TRAINING HELPS YOU RECOVER & PREVENT INJURIES

CALL 352.604.3367 TODAY TO COME BACK TO PHYSICAL THERAPY

Are you dealing with an old injury? Do you find it difficult to get active or are worried you will hurt yourself if you try? Are you unsure where your pain is coming from? At Kinetix Physical Therapy, we can help you pinpoint the cause of your pain, resolve old injuries, and teach you strengthening strategies to achieve your goals! Most people want to be healthier, stronger, and more active. This may sometimes feel difficult to accomplish due to pain, injuries, or poor lifestyle habits. Pain increases stress to the body; fortunately, strength training can help ease your discomfort while simultaneously improving your function and reducing the risk of future injuries. Our highly trained physical therapists can create a personalized strength training plan for your needs and goals. They have the proper knowledge and the time to listen, evaluate, and guide you toward a pain-free, stronger, and healthier lifestyle.

Using state-of-the-art physical therapy equipment, including musculoskeletal ultrasound and electrodiagnostic studies, our therapists can discover the root cause of your symptoms. At Kinetix Physical Therapy, we can help you get answers and resolve your aches and pains to get back to what matters most to you! Call our clinic today to learn more and start a new chapter on a healthier you!

### HOW STRENGTH TRAINING MAKES YOU HEALTHIER

Strength training is an integral part of rehabilitation and reaching your peak physical potential, but there are other health benefits, including the following:

- **Improved strength:** This is obvious, but improved strength allows you to better manage your daily tasks, such as carrying heavy groceries or recreational activities and sports.
- **Maintain a healthy weight:** Strength training helps burn calories efficiently, reducing total body fat. This, in turn, helps reduce the risk of chronic diseases like heart disease, cancer, diabetes, and orthopedic conditions like osteoarthritis.

- **Decreased risk of falls:** Multiple studies have demonstrated the benefits of strength training for reducing your risk of falls by improving your balance, coordination, and response to losing your balance. In addition, if you fall, you are less susceptible to serious injuries.
- **Reduces your risk of injury:** Strength helps improve joint range of motion and mobility of your muscles, ligaments, and tendons. This provides additional protection against damage. What's more, strength training can help correct muscular imbalances and take the load off of your body, decreasing your risk of injuries. Research has shown that strength training can reduce the risk of injury by up to 30%.
- **Improved heart health:** Multiple studies have shown that regular strength-training decreases blood pressure, lowers cholesterol (i.e., total and LDL levels), and improves blood circulation.
- **Improved mobility and flexibility:** Weaker muscles tend to have less range of motion. Strength training increases joint range of motion allowing for greater mobility and flexibility.
- **Improved bone strength:** Strength training is crucial for bone development by putting temporary stress on your bones, resulting in improved bone strength. Strong bones reduce your risk of osteoporosis, fractures, and falls, especially as you age.
- **Improves brain health:** Those who engage in strength training may have better brain health and protection against age-related cognitive decline.
- **Promotes improved joint health:** Strength training significantly improves joint pain and functioning during rehabilitation and preventative strategies.

Strength training helps build muscle, reduce pain, improve mobility and overall function, and is typically used throughout the rehabilitation process. Try our Wellness Program to get even stronger after PT. Whether you are recovering from an injury or an underlying condition causing you pain, strength training will help you get back to your optimum physical performance.

# HOW DIAGNOSTIC TESTING CAN HELP YOU

CALL 352.604.3367 TODAY TO SCHEDULE AN APPOINTMENT!

Diagnostic testing is used to help diagnose an injury or specific medical condition. Testing is an invaluable tool that helps ensure we accurately identify the underlying reasons for injury and/or pain. This, in turn, helps us provide treatments that lead to better outcomes in a shorter amount of time. No matter what musculoskeletal injury you are dealing with, we can identify the root cause of your pain. Our highly skilled physical therapists conduct a thorough evaluation to help clarify which test is most effective based on the region and tissues involved to help you resolve your problem once and for all! The two most common diagnostic tests our physical therapists are now performing are musculoskeletal ultrasound and electrodiagnostic studies.

Our team will use these tests to quickly and effectively determine an accurate diagnosis and clarify what tissues are involved. Once we determine the extent of the problem, we will design a program to resolve the condition!

**CALL TODAY TO SCHEDULE AN APPOINTMENT!**

Don't let any long-term problems get in the way of enjoying your life! Call Kinetix Physical Therapy for an appointment today!

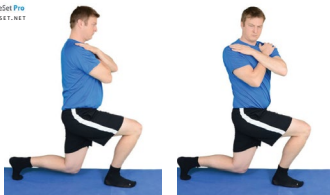
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## Exercise Essentials

### LUNGE & TWIST

Step forward with one leg. Bend your front knee as you allow your back leg to bend, and lower yourself until your forward knee is about 90 degrees. Once in this position, rotate your shoulders and torso until you feel a slight stretch in the core. Push through the heel of your lead foot and extend your hip and knee to raise yourself back up. Alternate between legs for two sets of ten reps on each side.

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## Save the Date

7/19/22 – 7/31/22

The Gainesville Sun's Best of the Best voting round is coming soon. Thank you for nominating us to the top 5 in the best Physical Therapist & Imaging categories! Now help us win by casting your vote. We'll send you an email with instructions soon.

## Caprese Salad

### CAPRESE:

- 4 medium tomatoes, sliced
- 1/4 c fresh basil leaves
- 1/2 lb fresh mozzarella, sliced

### BALSAMIC VINAIGRETTE:

- 2 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1 tsp ground mustard
- 1/8 tsp salt
- 1/8 tsp pepper



**DIRECTIONS:** Arrange the tomatoes, cheese and basil on a serving platter. Whisk the vinaigrette ingredients; drizzle over salad. If desired, sprinkle with additional salt and pepper.

<https://www.tasteofhome.com/recipes/caprese-salad/>

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.



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

## Patient Success



"My primary challenge was about my commitment to health. I began to work, change and take responsibility for my health and find joy when heading to the gym. I appreciate James and the Kinetix staff for its guidance and for helping me to realize my journey to health in every faculty of life." — Jack

Contact James McDavid, EP-C, Certified Exercise Physiologist, Fitness Nutrition Specialist at [jmcdavid@kinetixpt.com](mailto:jmcdavid@kinetixpt.com)

## 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**