



WWW.KINETIXPT.COM | 352.604.3367

NEWSLETTER

WE ARE HAVING COMPLIMENTARY CONSULTATIONS, ON FRIDAY, SEPTEMBER 23RD

To address musculoskeletal aches and pains that people are experiencing.

But you are special! As a friend of Kinetix, we are offering you exclusive, pre-admission for a free consultation. Do you need a Fall tune-up to get back to normal for the holidays?

You don't have to wait for a particular day...schedule an appointment when it's convenient for you! Call this special number at 352-604-3367. This offer is available for the first 15 people who call us and ends 9/24/22. See you soon!

WELLNESS PROGRAM TESTIMONIAL



"James McDavid and Dr. Scott Eddins have been incredible for my fitness progress. From the first day, I've felt supported and understood in my physical limitations, and immediately felt an increasing sense of hope and self-efficiency in conquering those issues. James has been a perfect match as a certified exercise physiologist to coach me with an intensity and execution attitude that let me thrive here. Thanks, man!"

— Matt

CONTACT JAMES AT JMCDAVID@KINETIXPT.COM

It's Time to Get Back
Into an Exercise
Routine

Contact Kinetix
Physical Therapy
Today!

Don't Keep
Your Success A
Secret!



NEWSLETTER

IT'S TIME TO
GET BACK
INTO AN
EXERCISE
ROUTINE



CALL 352.604.3367 TODAY TO COME BACK TO PHYSICAL THERAPY

Have you gotten out of your exercise routine and are looking for guidance to ensure you are on the right path? Are you concerned with new aches and pains or put off taking care of an old injury? Our physical therapists at Kinetix Physical Therapy will help resolve any old or new injury and guide you through a safe return to exercise!

For many of us, a busy life causes significant disruption to our routines, especially working out at the gym and staying fit. For others, a sedentary lifestyle has led to more aches, pains, and concerns about overall health and well-being.

Your body, quite simply, was made to move. When starting back up with an exercise routine, whether working out on your own in a gym or in a group exercise class, you may have some pain and soreness when you return to your routine. Our physical therapists understand the safest ways to help you get back into your exercise routine and avoid injuries getting in the way!

At Kinetix Physical Therapy, our team will help make sure you resolve an old problem and guide you back into your regular exercise routine without any new aches and pains. Request an appointment today, so we can help you achieve your goals!

A SAFE RETURN TO EXERCISE

There are some important considerations when starting or resuming an exercise program. Our physical therapists are movement experts who guide people through rehabilitation and beyond. We will steer you in safe, effective ways to get in shape!

Always use proper form: No matter what type of physical exercise you try to get back into, maintaining your form (i.e., technique) is a crucial part. Understanding how to perform an exercise properly can be the difference between results and injury.

Your ability to safely perform exercises depends on maintaining good posture and proper body positioning. Our team of physical therapists can help identify joint restrictions and compensations your body makes due to injury or lack of physical activity.

As part of a comprehensive plan, our physical therapists will address various problems with custom orthotics. Several conditions of the feet can affect the rest of the body and interfere with your ability to exercise.

(Continued inside)

CONTACT KINETIX PHYSICAL THERAPY TODAY!

CALL 352.604.3367 TODAY TO SCHEDULE AN APPOINTMENT!

(Continued from outside)

Orthotics help address pain and discomfort in the ankles, legs, knees, hips, and back by facilitating a more efficient position for weight-bearing function overall. Our movement analysis is a comprehensive way to learn about how your body moves to ensure you improve your current form and limit the amount of impact on your joints during exercise.

Start slowly: It is important to start with baby steps to not add extra stress or strain to your joints and muscles. Pushing too far too fast only leaves you more prone to injuries.

Inactivity leads to physical limitations in the muscles and joints. Because your body is not prepared for the physical demands of exercise, it is common to make compensations that lead to poor technique and an increased risk of injury.

HOW PHYSICAL THERAPY CAN HELP

Our clinic offers a coordinated wellness program to help you meet your long-term goals during or after your therapy. Custom-designed on an individual basis, our certified exercise physiologists will work 1-on-1 with you to create a plan to help you live a satisfying life.

Exercise Essentials

SIDE-LYING CORE ACTIVATED LEG CIRCLES

Lie on your side with bottom leg bent and top one straight. Hand flat on floor in front, near your chest. Tighten your lower abdominals to keep your trunk still. Point the toes of the top leg and slowly make small circles first clockwise, then counterclockwise keeping the knee straight ahead or slightly upward. Repeat 5 times on each leg.



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

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

CHANGES YOU CAN MAKE TODAY

Small modifications to your daily routine can make a big difference to your overall health. Some changes to your routine that a physical therapist would approve of include:

- Choose the stairs instead of the elevator.
- Park farther away from your destination and walk the extra distance.
- Walk up and down the field while your children are playing sports.
- Get off the bus one stop early and walk the rest of the way to your destination.

Request An Appointment Today!

If you've been looking for proper guidance on how to get back in shape, our physical therapists at Kinetix Physical Therapy can help you achieve your goals!

Have you been keeping up with your appointments? One of the most important aspects of physical therapy is consistency. Contact us today to set up an appointment with one of our specialists!

kinetix
PHYSICAL THERAPY

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.

Have You Met Your Annual Insurance Deductible?

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything. Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2023. Have you undergone surgery recently? Call us today to schedule an appointment with one of our physical therapists. We'll guide you to affordable treatments that will place you one step closer to pain relief.

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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PHYSICAL THERAPY

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

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