



NEWSLETTER

NAVIGATING AUTO-RELATED INJURIES WITH OUR WHIPLASH AND BACK PAIN EXPERTS!

Get help fast...Get a physician's referral for PT then call Kinetix and we can see you the same day.

What we offer...

Our Diagnostic Testing Center has been voted one of the top centers in Gainesville!

- Diagnostic Ultrasound, EMG and Nerve Conduction Studies are used to determine the root cause of the pain.
- Laser therapy is used to decrease inflammation and speed healing.
- Manual therapy will loosen sore muscles and restore function to the affected areas.

Worried about costs? Don't be! Most auto insurances cover auto-related injuries. We work with attorneys too.

Tip...In Florida, you must see a physician within 2 weeks of your injury and get a referral for PT or risk losing your auto benefits. Please don't wait to see if your pain will go away on its own.

"I came to Kinetix after a horrible car accident, where I was rear ended at 65 mph. I had a neck sprain, lumbar sprain, pinched nerves, hip sprains and spasms which caused severe pain. I wasn't able to walk or stand for ten minutes at a time. I am now 100% back to my normal daily routine and life is good. Thanks to Dr. Scott Eddins and the Kinetix staff!" — Annette



Benefits of PT for
Your Overall Health

Contact Kinetix
Physical Therapy
Today!

Don't Keep
Your Success A
Secret!



NEWSLETTER

BENEFITS OF PT FOR YOUR OVERALL HEALTH



CALL 352.604.3367 TODAY TO COME BACK TO PHYSICAL THERAPY

Have you been struggling with persistent musculoskeletal pain? Have you been trying to recover from a sports or auto-related injury on your own? Are you looking for a hands-on, holistic approach to your recovery? Our highly skilled physical therapists at Kinetix Physical Therapy specialize in helping our patients address any limitation that may be affecting their healing and overall health!

Whether you're dealing with pain, weakness, trouble with your balance and gait, or recently had an injury; our physical therapists can help. October is National Physical Therapy Month, and our physical therapy team at Kinetix Physical Therapy wants to make sure that you know about all the services physical therapists provide to help people get back to active, healthy lives.

Our therapists are experts in treating all types of musculoskeletal injuries, including those caused by an auto accident. We understand the interconnectedness of the body and how important it is to get to the root of the problem to provide solutions that work. Request an appointment with Kinetix Physical Therapy today, and let us help you get back to the life you deserve!

What makes physical therapy a good choice?

Physical therapy is typically thought of for treating pain and injuries. Recent research studies show that physical therapy helps resolve pain, improves function, and enhances overall health and well-

being. Physical therapists are especially good at looking at the whole person and distinguishing symptoms from the source of the problem.

Some of the reasons to choose physical therapy at Kinetix Physical Therapy include:

We can help improve and restore your mobility: Our ability to function in day-to-day activities and advanced sports depends on how our individual joints move and how the joints and body move together.

Increasing joint range of motion and mobility of the soft tissues in your body (including the tendons, muscles, and fascia) will help you feel better and move better. We can help strengthen and correct any weaknesses and compensations: Whether you have had an injury, surgery, or even just bad habits, your muscles can become weak and impact your ability to move and function normally. These changes lead to compensations that prevent the resolution of your condition or create new problems. Our physical therapists are skilled at assessing the interconnectedness of the whole body to identify weaknesses, restrictions, and impairments in function. Once identified, we will teach you how to restore your strength and function.

(Continued inside)

CONTACT KINETIX PHYSICAL THERAPY TODAY!

CALL 352.604.3367 TODAY TO SCHEDULE AN APPOINTMENT!

In some cases, our therapists will use custom orthotics to help control the positioning and function of your foot to eliminate compensation patterns. A custom orthotic is an individually created device that resembles the insoles of a sneaker/shoe but is designed to treat and/or prevent abnormal foot motion. We can help you improve your overall health and well-being: When you see our physical therapists for pain and/or injuries, you will receive a total body approach. We will assess your medical history and current health status to ensure we address any factors influencing your recovery and overall health.

Our physical therapists can help you with recommendations for nutrition, strength and conditioning, injury prevention, and much more. Physical therapists are movement experts with training in all aspects of health, fitness, and physical performance.

We use diagnostic testing in conjunction with our clinical examination: Our physical therapists use advanced technology to help improve the accuracy in identifying the underlying reasons for your pain and injuries. We use musculoskeletal ultrasound imaging, nerve conduction studies, and electromyogram (EMG) tests to get to the root of your problems in real time! Using these diagnostic tests in our clinic leads to better outcomes, improved patient satisfaction, and lower costs. We also utilize our deep tissue laser therapy when needed to decrease pain

and inflammation and to help you get back to normal naturally. Laser treatments are also completely pain-free and can be used for both acute and chronic conditions. Our physical therapist will educate you on all the factors that may be putting you at risk and teach you how to address them head-on. Request an appointment at Kinetix Physical Therapy today!

For National Physical Therapy Month, we would like to spread the word about the benefits of physical therapy!

At Kinetix Physical Therapy, our physical therapists treat patients looking for answers to their questions and solutions to their problems. We will identify the source of your symptoms using the most advanced diagnostic tools and provide the most advanced evidence-based interventions to get you the results you deserve.

We understand that no two pain conditions are alike, and no two treatment plans should be either. Our highly trained physical therapists will conduct a comprehensive evaluation that includes your medical history and a thorough physical examination. Next, we will develop a comprehensive program that addresses the whole person.

Sources - <https://academic.oup.com/ptj/article/95/10/1433/2686492> • <https://academic.oup.com/ptj/article/90/7/1014/2737793> • <https://bjsm.bmj.com/content/52/24/1557/citation-tools> • <https://www.sciencedirect.com/science/article/abs/pii/S1568897218302106>

Exercise Essentials

ANGEL ON BACK

Start by lying flat on your back with your arms straight down by your sides, your palms down, and your legs together. Slowly slide both arms straight up over your head and simultaneously slide both legs outward. Slide your arms back down and your legs back in. Repeat 3 sets, 10 reps each.



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

Request An Appointment Today!

Start fall off on the right foot so you don't miss out on family fun as the leaves start to fall. Our therapists use compassion, encouragement, and motivation in treating our patients, and your therapy will be centered around helping you get back to doing the things you love.

Call today to learn more about National Physical Therapy Month and the benefits of physical therapy at Kinetix Physical Therapy!

kinetix
PHYSICAL THERAPY

Come back to physical therapy by calling 352.604.3367

WWW.KINETIXPT.COM | 352.604.3367

GET HELP AT OUR FREE SHOULDER PAIN WORKSHOP

SHOULDER PAIN SUFFERERS:

- Do you have pain when reaching overhead?
- Is your shoulder pain keeping you awake?
- Is it hard to reach behind you?

If you have answered YES to any of these questions, then this shoulder pain workshop may be a life-changing event for you or a loved one. Learn about the common causes of shoulder pain and how our diagnostic ultrasound, EMG and Nerve Conduction tests can find the root cause of it.

Register now at 352.604.3367 or kinetixpt.com.



PATIENT SUCCESS STORY

"Before coming for physical therapy at Kinetix, I was having difficulty sleeping and performing simple household tasks. My right shoulder and upper arm pain made completing simple movements difficult. Dr. Scott Eddins recommended an ultrasound and other tests to determine the safest treatment plan. Having the tests gave me confidence to follow through with the exercises. Everyone who worked with me was considerate and kindly professional. Together the team helped me achieve freedom from the pain and better range of motion. Thank you, Scott, Rachel and Zach!!"

—Belinda



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.



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

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