



NEWSLETTER

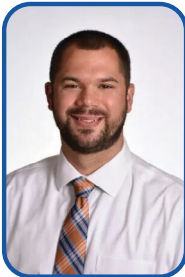
PT SPOTLIGHT



DR. TONY CERE, PT, DPT, MSE, MTC

What is something unique about yourself?

"I was raised on a bait farm (worm farm) in Alford, FL. My parents also had other businesses. As kids, we were paid for work we did on the farm, not paid for chores. Chores were just something we did. My parents did not just give us anything we asked for or wanted but they did give us what we needed. If we wanted other things we had to save up and pay the difference. We were taught you have to work hard for what you get, it will not just be given to you. Learning how to manage money at an early age was such a great lesson. It has greatly helped me in life."



**DR. SCOTT EDDINS, PT, DPT, SCCE, Clinical Director,
Diplomate of Clinical Electrodiagnosis**

Why did you pick PT for your profession?

"As I was graduating high school I knew I wasn't going to play college sports and needed to select a major and career path. I always loved science and took a care/prevention of injuries course with my athletic trainer. I realized I could blend sports and science through being involved in rehab. I did PT twice earlier in high school but didn't get much out of it. Since I was 15/16, I already knew everything! After learning about the potential of rehab I knew I could do it better and help people avoid the mistakes I made. I studied Applied Physiology and Kinesiology at UF and did my undergraduate intern at Kinetix PT. After working with Tony and other PTs I knew I wanted to do this and have been blessed to continue growing as a PT with Kinetix PT ever since."

In Florida, You Have
Direct Access to
Physical Therapy

Get Help At Our
Free Shoulder Pain
Workshop

Don't Keep
Your Success A
Secret!



NEWSLETTER



**IN FLORIDA,
YOU HAVE
DIRECT ACCESS
TO PHYSICAL
THERAPY**

CALL 352.604.3367 TO ASK US MORE ABOUT DIRECT ACCESS

Have you ever woken up with a pain in your back or a crick in your neck? Have you wished you could just see a Physical Therapist without jumping through hoops and waiting for an appointment with your primary care physician or orthopedic doctor? Or having to get tests before you can get the help you need? The good news is, you can!

Direct Access laws in Florida allow you to see a physical therapist when you want to, without getting permission or a referral from your physician or any other medical practitioner. However, in some cases, a referral may be required by your health insurance. We'll be happy to check your plan benefits for you. Our physical therapists are highly educated and trained to assess and treat patients without a physician's recommendation. You can call to request an appointment at Kinetix Physical Therapy when you decide you need our help, and we'll get you scheduled right away!

WHAT DOES DIRECT ACCESS MEAN?

Direct access allows you to be in control of your healthcare and gives you the ability to determine when you receive it. Direct

access laws in Florida allow patients to receive a physical therapy evaluation and treatment for up to 30 days without a physician's referral. Direct access eliminates arbitrary barriers and results in timely, more effective care. Direct Access eliminates wasting your time for the appointment to see a doctor, then the delays in getting more tests and waiting for a referral to physical therapy. This means less time, money, and frustration spent trying to get a physician's referral for a solution to your pain and discomfort.

Research has shown that going directly to your physical therapist reduces the cost of copayments to see your physician and/or specialist. It also reduces the total number of visits and length of care needed to resolve your condition. Not only do you stop wasting time, but you also stop wasting your money.

The bottom line is you get the help you need today! If you have questions about Direct Access or would like to schedule an appointment with one of our physical therapists, call Kinetix Physical Therapy today.

WHAT DOES IT TAKE TO BECOME A PHYSICAL THERAPIST?

CALL US WITH ANY QUESTIONS AT 352.604.3367

To practice as a physical therapist in the U.S., you must earn a doctor of physical therapy degree from a Commission on Accreditation in Physical Therapy Education-accredited physical therapist education program and pass a state licensure exam.

The length of professional DPT programs is typically three years. Primary content areas in the curriculum may include, but are not limited to, biology/anatomy, cellular histology, physiology, exercise physiology, biomechanics, kinesiology, neuroscience, pharmacology, pathology, behavioral sciences, communication, ethics/values, management sciences, finance, sociology, clinical reasoning, evidence-based practice, cardiovascular and pulmonary, endocrine and metabolic, and musculoskeletal. At Kinetix PT, we also offer our Physical Therapists additional training in electrodiagnostic testing and diagnostic ultrasound.

Approximately 80% of the DPT curriculum is classroom (didactic) and lab study and the remaining 20% is dedicated to clinical education. PT students spend on average 275 weeks in their final clinical experience. So rest assured that you are in expert hands with the Physical Therapists at Kinetix PT to diagnose, evaluate and treat your muscle, spinal and joint pain.

CALL US AT 352.604.3367 TODAY!

<https://www.apta.org/your-career/careers-in-physical-therapy/becoming-a-pt>



Exercise Essentials

SHOULDER CIRCUMDUCTION

Start by standing up straight. Place your fingertips on your shoulders with your elbows sticking straight out to your sides. Slowly begin making clockwise circles with your elbows without moving your fingers. Continue as directed and then switch directions. Repeat 3 sets of 10 reps each.



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

Come back to physical therapy by calling 352.604.3367

Request An Appointment Today!

At Kinetix Physical Therapy, our physical therapists are dedicated to high-quality and cutting-edge treatments. We will do what we can to help you feel good again!

If you want to get started right away, use your right to Direct Access and call our clinic today to set up an appointment!

We can help you get ready for the upcoming new year!

kinetix
PHYSICAL THERAPY

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

"I kept thinking I could work out my problems with my shoulder on my own. By the time I visited my doctor, I officially had a frozen shoulder. I would wake up in pain, had problems dressing, and couldn't exercise. Each week I felt progressively better once I started my PT at Kinetix Physical Therapy. CJ, Michael, Dr. Scott Eddins and so many others were professional, prompt, helpful and friendly. Laser therapy at the beginning of my treatment provided added relief. Thank you for helping me not only get back to my old self, but to be a better me!"

— Katherine



*Good News! You may have
already 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.



kinetix
PHYSICAL THERAPY

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

352.604.3367