



NEWSLETTER



As our fifteenth year of serving our community comes to a close at Kinetix Physical Therapy, we are overwhelmed by your continued support and so very grateful for the opportunity to be a part of your health journey!

When we started our company in 2008, we had a goal to provide our patients with an experience unlike that of any other physical therapy clinic in town. We wanted to build a fun, motivating environment where patients enjoyed results that exceeded their expectations. Fast forward 15 years to where we are today with a team of 32 employees. Each and every one of them work daily to exemplify our core values. One of our favorites is "Raise the Bar: create memorable connections, embrace innovation in physical therapy care, and over deliver on excellence." This core value is really at the heart of everything we do for you, our patients. At least once a month, we sit down together as a team and read aloud some of the google reviews written by our patients. Wow, you sure do make us feel loved and inspire us to be the best we can be!

As we look ahead to 2023, we can't wait to have you visit our new clinic location opening at Arbor Greens in Jonesville. Construction is underway and we hope to be moved in by early March! We are excited to launch our new state-of-the-art clinic while also continuing to serve our Haile Market Square community that we have come to know and love.

We are forever grateful for your support,
Tony and Melissa Cere, owners

Arbor Greens
Location Recap

Get Help At Our
Free Shoulder Pain
Workshop

Don't Keep
Your Success A
Secret!



NEWSLETTER

10 REALISTIC RESOLUTIONS

Making a healthy new year's resolution is easy, but sometimes implementing successful change into a long-term routine can be more challenging. In fact, one-third of people who make new year's resolutions will break them by the end of January. So, what causes people to fail when it comes to their health and wellness goals? Most often, people can't follow through with their new year's resolutions because they haven't created realistic goals or a plan for success.

- 1. TAKE STEPS TO BE MORE ACTIVE:** Look for ways to incorporate more movement into your day.
- 2. JOIN THE KINETIX WELLNESS PROGRAM:** James, our certified exercise physiologist, will help you set realistic goals during your consultation. He'll coach you and monitor your progress until you meet your fitness and nutrition goals.
- 3. SPEND MORE TIME WITH FAMILY:** Being with your family more could positively impact your own personal health and also have a positive impact on them too.
- 4. PRACTICE MINDFUL EATING:** The key to improving your diet is often to change how you eat. Mindful eating can also include swapping unhealthy foods for healthier options. Try incorporating one or two changes at a time.
- 5. BE GRATEFUL:** Take a few minutes each day to reflect on the things you're grateful for and turning your thankfulness into action.
- 6. GET SOME SLEEP:** Adults who sleep less than seven hours each night are less likely to be active and more likely to be obese.
- 7. STEP AWAY FROM YOUR DIGITAL DEVICES:** When we stay connected, we become anxious, distracted, less productive, with disrupted sleep patterns and the inability to establish emotional connections.
- 8. TAKE STEPS TO REDUCE OR ELIMINATE YOUR CHRONIC ACHES AND PAINS:** Call Kinetix Physical Therapy for an evaluation to find out the root cause of your chronic pain and how we can help you fix it through our diagnostic testing, manual therapy techniques, laser therapy and more.
- 9. VOLUNTEER:** Find meaningful ways to help in the community.
- 10. CHANGE YOUR DEFINITION OF WHAT HEALTHY LOOKS LIKE:** Being healthy is a series of small decisions that all point to one goal — to take care of the body and the life you've been given.

We hope that Kinetix Physical Therapy can be a small part of your healthy 2023.



ARBOR GREENS LOCATION RECAP

CALL US WITH ANY QUESTIONS AT 352.604.3367

In 2022, we watched our 2nd location in Arbor Greens start to become a reality. We think you will love the modern design. It was well thought out with YOU in mind! Look for us to open our Arbor Greens/Jonesville location in February/March! In the meantime, we'll see you at our Haile location.



NEW YEAR'S BLACK-EYED PEAS FOR GOOD LUCK

INGREDIENTS:

- 1 pound dry black-eyed peas
- 2 tablespoons olive oil
- 1 large yellow onion, diced
- 2 cloves garlic, minced
- 8 cups water
- 2 (32 ounce) cartons chicken broth
- 1 pound smoked ham hocks
- 1 (14.5 ounce) can diced tomatoes
- 5 pepperoncini peppers
- ½ teaspoon garlic powder
- ¼ teaspoon ground thyme
- 1 bay leaf
- salt and pepper to taste

INSTRUCTIONS: Place the black-eyed peas into a large container and cover with several inches of cool water; let soak, 8 hours to overnight. Drain and rinse before using. Heat oil in a large stockpot over medium heat. Add onion and garlic; cook and stir until onion becomes translucent, about 5 minutes. Pour in 8 cups of water and chicken broth; bring to a boil, then reduce heat to a simmer. Stir in soaked black-eyed peas, ham hocks, tomatoes, pepperoncini, bay leaf, garlic powder, thyme, salt, and pepper. Cover and simmer until peas are tender, ham meat is falling off the bones, and the broth is thickened, about 3 hours.

<https://www.allrecipes.com/recipe/213029/new-year-black-eyed-peas/>



WWW.KINETIXPT.COM | 352.604.3367

GET HELP AT OUR FREE WORKSHOPS

SHOULDER PAIN SUFFERERS:

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

BACK PAIN & SCIATICA SUFFERERS:

- Do you have pain when you stand, walk, or sit?
- Do you experience pain shooting down your buttocks or leg?

If you have answered YES to any of these questions, then our FREE workshops may be a life-changing event for you or a loved one. Learn about the common causes of your 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.



Stay tuned for new workshop topics!

PATIENT SUCCESS STORY

"I'm back to normal activities such as working, running, weight training, sleeping, driving, etc. with no pain or pain medication. No surgery was required. I had one session of Laser Therapy and highly recommend it for immediate relief. Shoutout to Carter, Dr. Jake, Wyatt, Anna, Reid, and Caleb for their due diligence and manual therapy. Great attitudes by all!" — **Kristin**



NEW YEAR MEANS A NEW YOU!

Let Kinetix Physical Therapy Help You Reach Your Health & Fitness Goals This Year!

The professionals at Kinetix Physical Therapy will help you regain lost motion, strength, balance and coordination resulting from pain in your shoulders, back, neck, hips or knees.

Start the year off with a safe and conservative treatment that gets results, we can help to strengthen and increase your mobility, while decreasing pain.

Our goal is to empower you to actively manage your pain, increase your range of motion and get you moving again. We will get you back to living the life you deserve.

Happy New Year!

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