



NEWSLETTER

CONGRATULATIONS DR. MELISSA CERE, PT, DPT

ON BEING SELECTED AS A WINNER OF THE **2023 FIERCE AWARDS!**



Co-Owner of **Kinetix Physical Therapy**, currently in Haile Market Square and Opening Soon in Arbor Greens/Jonesville



Mother of 2 Children

The Kinetix team is proud of Melissa's clinical success as a physical therapy expert in orthopedic manual therapy, TMJ, and women's health conditions including pelvic floor and breast cancer rehabilitation. In addition to leading their growing PT practice, she and her husband also help coordinate a youth leadership training program at their church and serve on the board of directors for the Widowhood Workshop Ministry, her family's passion project which seeks to promote a meaningful life after loss. Congratulations to Dr. Cere, a Fierce entrepreneur, PT, wife, and mother!

Finding Neck Pain
Relief At Kinetix
Physical Therapy

Get Help At Our
Free Workshops

Don't Keep
Your Success A
Secret!



kinetix
PHYSICAL THERAPY

WWW.KINETIXPT.COM | 352.604.3367

NEWSLETTER



FINDING NECK PAIN RELIEF AT KINETIX PHYSICAL THERAPY

Do you notice you have trouble turning your neck to look over your shoulder? Has holding your head up while sitting at your desk gotten harder and harder? What about at night, when you're in bed trying to get comfortable enough to fall asleep?

At Kinetix Physical Therapy, our physical therapists can help you find relief for your neck pain once and for all! Neck pain is common among adults, affecting up to 70% at some point in their lives. Even

small amounts of pain can impact your quality of life. Fortunately, physical therapy, diagnostic testing, manual therapy and laser therapy can help resolve the pains in your neck!

You don't have to continue searching the internet for quick fixes for your problem. Your pain relief journey starts here! If you're struggling with pain and discomfort in your neck, contact Kinetix Physical Therapy today to schedule your evaluation.

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WHAT CAUSES NECK PAIN?

CALL US WITH ANY QUESTIONS AT 352.604.3367

There are several common causes of neck pain, including a car accident or a slip-and-fall. There are also less dramatic causes like sitting at a desk all day or waking up with a crick in your neck. No matter the event that started the pain, there are often underlying causes that set you up for persistent neck pain. The most common causes of neck pain include sprains and strains on the muscles, tendons, and ligaments. For others, changes to the disc (i.e., a specialized tissue that sits between vertebrae throughout our spine) are the source of the pain.

Bulging and herniated discs are notoriously painful and common for people that experience nerve pain. The disc and cartilage degeneration can also lead to pain and difficulty moving the neck. Fortunately, our physical therapists are skilled at identifying the contributing factors and, more importantly, how to find relief. When neck pain develops due to a pinched nerve, the pain can quickly develop into tingling or numbness in the hands, arms, and fingers. For others, nerve pain radiates upward, resulting in severe headaches, and in some cases, even migraine-like headaches.

If you're experiencing chronic pain in your neck, know that there are safer options than surgery and medication that are available to you to combat your discomfort! The answer lies at our physical therapy clinic with our highly trained team who use diagnostics, and laser therapy.

HOW WE CAN HELP YOU FIND RELIEF

Our physical therapists will perform a thorough evaluation starting with your medical history and details about how, when, and where your symptoms began. Next, we will analyze your posture and movement to identify the primary source of your neck pain and the best course of treatment for your individual needs.

Our treatment plans focus on relieving your pain and improving your posture, mobility, strength, etc., educating you about managing your symptoms. Your program will likely include manual therapy (i.e., soft tissue work and/or joint mobilizations), targeted stretches, exercises, activity modification, or posture recommendations.

Your therapy may also include additional methods deemed fit by your physical therapists, such as diagnostic testing and laser therapy. Our Diagnostic Center offers Musculoskeletal Ultrasound, EMG and Nerve Conduction Studies to provide you with the best possible treatment plan. The main emphasis of physical therapy is education and instruction on effective exercises and proper posture to resolve your current symptoms and possible future symptoms.

Each session, you will receive your therapist's full attention. We'll listen to your unique story and specific issues to help us understand your body's needs and then work with our hands to improve the quality of your life. The main focus is your health and wellness goals. We know which methods will be best for your recovery, and we'll work together with you to understand the objectives and your overall expectations of therapy. The main goal is to get rid of your neck pain as soon as possible!

REQUEST AN APPOINTMENT TODAY!

Whether your discomfort is from a chronic condition or an injury, therapy can prove to be the greatest asset to your recovery. Call Kinetix Physical Therapy today to schedule an appointment and get on the fast track to resolving your joint and muscular pain and getting back to doing what you love!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC499985/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC499985/>



FREE WORKSHOPS & DIAGNOSTIC TESTING DEMONSTRATION

Learn about diagnostic musculoskeletal Ultrasound, EMG and Nerve Conduction Studies and how they help the PT to find and treat the root cause of your pain. We're the only Diagnostic Solutions Testing Center in Gainesville!

Save the Date for these upcoming FREE workshops:

- 3/4/23 Back Pain
- 3/18/23 Knee Pain
- 4/1/23 Shoulder/Diagnostics
- 4/14/23 Free 15 min. consult with a PT

Seating is extremely limited. Call to register now.



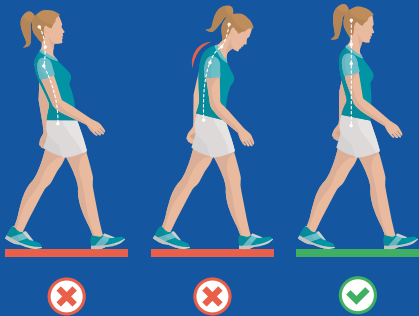
PATIENT SUCCESS

"After they helped with my ankle, I went straight to Kinetix to help me with back pain. I once again thoroughly enjoyed my experience. I went from feeling doomed to having a "bad back" like everyone in my family to deadlifting 70 pounds with confidence. It has been life changing. Dr. Jed Meyers set up what I thought was an impossible goal and I reached it and enjoyed every moment of it. I recently moved and everyone expected that I wouldn't lift any of the boxes because of my bad back. I told them "Not anymore" and was able to lift and move boxes with ZERO problem. I highly recommend!"

— Peggy



CHECK YOUR WALKING POSTURE



- Keep your head up and looking forward
- Allow your torso to twist and your arms to swing
- Gently keep your shoulders down and back – forcing your shoulders back prevents them from rotating properly
- Keep your stride short and roll your feet heel-to-toe

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

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