

# NEWSLETTER

## EXCLUSIVE OFFER FOR OUR PAST PATIENTS

We have set aside a day on April 14<sup>th</sup> to offer a complimentary consultation. This is to address aches and pains that people in our community may be experiencing. But you are special! As a past patient of Kinetix, we are offering you exclusive, pre-admission for a FREE consultation...PLUS a complementary deep tissue laser session for later! If you're reading this...you don't have to wait for a particular day...schedule an appointment when it's convenient for you! Call us now.

### **DO YOU HAVE ANY OF THE FOLLOWING SYMPTOMS? IF SO, THIS IS PERFECT FOR YOU!**

- Strains/Sprains
- Back Pain/Sciatica
- Knee Pain
- Shoulder Pain
- Nerve Pain
- Foot Pain
- Neck Pain
- Dizziness
- And much more!

*Consultation and free laser session are for past patients only and not for those currently in physical therapy. Limited to the first 10 people who call. Your offer ends 4/28/23*



3 Ways To Prevent  
Back Pain While  
Gardening

All-Natural Pain At Our  
Free Workshops!

Don't Keep  
Your Success A  
Secret!



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## NIP PAIN IN THE BUD THIS SPRING

Is the risk of injury holding you back from participating in your favorite springtime activities like gardening? At Kinetix Physical Therapy, our therapists are movement experts who can help you recover from an injury and even show you how to avoid one in the first place.

Springtime is finally here, and with it comes a renewed sense of energy and drive to reach your fitness goals! It's more important than ever to stay on top of your health and make sure you're engaging in physical activities.

Gardening is an enjoyable way to get active, especially in the spring! Nothing beats the smell of blooming flowers, fresh air, and warm sunshine.

However, at Kinetix Physical Therapy, we understand that the fear of injury can prevent you from initiating the steps needed for a healthy and active lifestyle, especially if you've been injured in the past.

If you need an extra push to get ready to engage in your favorite springtime activity, physical therapy can help.

Request an appointment with Kinetix Physical Therapy today to learn more about how we can help with injury prevention and recovery this spring!

### HOW GARDENING MAY CAUSE BACK PAIN

Back pain typically develops due to an injury, poor postural habits, or repetitive movements like bending. This is why back pain is so common with spring gardening. The repetitive bending, digging, and reaching needed for gardening will often lead to lower back pain.

Gardening is a great way to get physical activity, and for a lot of people, the mental/emotional benefits are as important as the physical.

Although it is not often viewed this way, gardening is similar to a sports season. Just like athletes need to train in the offseason to have a productive, competitive season, gardeners need to learn how to prepare for their season. Fortunately, our physical therapists can teach you the strategies to resolve injuries, old and new, and how to get into "gardening shape."



## LEARN ABOUT ALL-NATURAL PAIN RELIEF AT OUR FREE WORKSHOPS!

**BACK PAIN & SCIATICA:** Do you have pain when you stand, walk, or sit? Do you experience pain shooting down your buttocks or leg? Learn about the 3 most common causes of back pain and how to fix it naturally.

**SHOULDER PAIN/ROTATOR CUFF:** Do you have pain when reaching overhead or behind you? Is your shoulder pain keeping you awake? Learn about the common causes and problem areas of shoulder pain and how we can help you fix it. See our diagnostic ultrasound in action!

**KNEE PAIN:** Is your knee stiff? Does your knee ache or "give out" on you? Learn about the number one mistake most people make with knee pain and how we can help.

*Call to register now as seating is limited.*



## PATIENT SUCCESS

"Thanks to my team, I recovered from sciatica and I am once again able to cycle the Hawthorne Trail, walk 4 miles any day, and swim! I was first diagnosed with the EMG and Nerve Conduction tests in order to develop an appropriate treatment plan. Besides the manual manipulation, stretching and supervised exercise; the Laser Therapy proved to be very helpful in the recovery process. I stopped pain meds almost entirely. And I am truly grateful for all of you bearing with me and not giving up on me!" — **Christina**



## FREE WORKSHOPS FOR YOUR WORKPLACE!

Invite us to come to your workplace and show you how to heal joint pain naturally, without medication, injections, or surgery.

**Let's get this event on your calendar today!**

Email our business workshop coordinator, Bill Herring, [billh@kinetixpt.com](mailto:billh@kinetixpt.com)

"I work at a local business and Kinetix PT provided our employees with a FREE workshop focusing on neck, shoulder, and back pain. Amazing!! Dr. Scott Eddins provided a very informative & interactive presentation for our staff. HIGHLY recommend Kinetix if you want your employees to benefit from one of their awesome workshops." — **Mandy**

[WWW.KINETIXPT.COM](http://WWW.KINETIXPT.COM) | 352.604.3367

## 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**