

# NEWSLETTER

## EXCITEMENT IS BUILDING AT KINETIX PT!

The Gainesville Community's Choice Awards program is May 1-21. Each year, you have helped us to be recognized as a favorite Physical Therapy Clinic and Imaging Center in Gainesville! Nominate Kinetix Physical Therapy once a day at this web address or use your camera to scan the QR code: <https://yourchoiceawards.com/gainesville/>



### Here's how:

Navigate to the Beauty & Health category and select Physical Therapy Clinic AND Imaging Center. Type in Kinetix Physical Therapy. Once your choice has been selected, complete the registration form (on your first visit). Click the "Nominate" button.

*Thank you for your continued support of our family-owned business.*

## LOOK FOR THE OPENING OF OUR 2<sup>ND</sup> LOCATION AT ARBOR GREENS IN JONESVILLE SOON!

If you've driven down west Newberry Road to Jonesville, then you've noticed our building is nearly complete. We anticipate being open in June barring any delays. We're excited to bring our physical therapy and diagnostic services to west Gainesville.



Alleviate & Prevent  
Shoulder Pain

Daily Exercises  
That Can Help The  
Shoulders

Don't Keep  
Your Success A  
Secret!



# NEWSLETTER



## ALLEVIATE & PREVENT SHOULDER PAIN

Do you notice your shoulder is waking you up at night? Are you having difficulty reaching or lifting overhead? You might have a rotator cuff injury or another shoulder disorder. At Kinetix Physical Therapy, our physical therapists can help figure out what is causing your symptoms and how to resolve them so you can use your arm and get a good night's rest! The most common cause of shoulder pain is due to injury or dysfunction of the rotator cuff. The shoulder joint is formed where the upper arm bone (i.e., humerus) fits into the shoulder blade (i.e., scapula). It is known as a ball and socket joint.

The rotator cuff is a group of muscles and tendons surrounding the shoulder joint. The job of these muscles is to help move the arm and stabilize the ball in the socket. Shoulder pain occurs if the shoulder tendons are pinched by the bones of the shoulder resulting in the tendons becoming inflamed or damaged.

At Kinetix Physical Therapy, our physical therapists can help identify the cause of your shoulder pain and the steps needed to resolve it. We use diagnostic ultrasound to assess for any potential tears in your rotator cuff that may be the root cause of your pain. With this information, our therapist can create a more specific program to get you back to normal naturally. Our therapist also uses deep-tissue laser therapy to decrease pain and inflammation. Request an appointment today, and let us help you get your arm moving again!

### CONDITIONS THAT CAUSE SHOULDER PAIN

The shoulder is the most mobile joint in the body, allowing us to use our arms in various ways, including reaching, pushing, pulling, lifting, and throwing. The complexity of movement requires the upper back (i.e., spine), shoulder blade (i.e., scapula), and the arm bone (i.e., humerus), and all the muscles and nerves work together to achieve the mobility and function we are accustomed to. If any part of the system is not working correctly, we become more susceptible to injury. Repetitive stress or trauma can damage the shoulder complex and lead to pain.

**The most common shoulder problems fall into the following categories:**

- Tendon inflammation
- Bursitis
- Tendon tear (i.e., partial, complete, or degenerative)
- Instability (i.e., partial or total dislocation)
- Degeneration and/or arthritis
- Fractures

Our therapists will guide the most effective treatments, including manual therapy, exercise recommendation, and injury prevention strategies.

# DAILY EXERCISES THAT CAN HELP THE SHOULDERS

CALL US WITH ANY QUESTIONS AT 352.604.3367

Our team at Kinetix Physical Therapy will identify the underlying causes of your shoulder pain and develop a treatment plan based on your individual needs. We emphasize targeted stretches/mobility work strengthening exercises to help your recovery and prevent future problems.

If you are looking to get started with some safe stretches that are used to help improve your shoulder function, try the following exercises:

## ACROSS-THE-CHEST STRETCH

This exercise helps increase flexibility and range of motion in your shoulder joint and the surrounding muscles. Remember to stop if you feel increasing pain in your shoulder.

Start by bringing your right arm up and across your chest with your hand gently resting on your left shoulder, or use your left hand to support your arm by the elbow.

Use your left hand to gently press the right arm towards your chest until you feel a stretch in the right shoulder. Hold this position for 20-30 seconds and do 3-5 reps. Repeat on the opposite side.

## CHEST EXPANSION / POSTURE CORRECTIONS

This exercise promotes mobility of the upper back and range of motion in your shoulders. Slouching places the shoulder in a vulnerable position and makes you more susceptible to injury and pain. While standing, hold a strap or towel behind your back with both hands.

With control, move your shoulder blades toward each other while lifting your chest/breast bone. Finish by lifting your chin slightly to the ceiling.

Hold for 20-30 seconds and repeat 3-5 times.



## THREAD THE NEEDLE

Start on your hands and knees. Lift your right hand toward the ceiling with your palm facing away from your body. Next, lower your right arm under your chest and reach across your body to the left side with your palm facing up. Hold this position for 20-30 seconds and do 3-5 reps. Repeat on the opposite side.

Strengthening your shoulder muscles (i.e., rotator cuff and shoulder blade muscles) can also help support and stabilize your shoulder joint. Strength training can potentially decrease muscle imbalances and reduce the risk for shoulder injuries and shoulder pain.

## REQUEST AN APPOINTMENT TODAY!

Our team of physical therapists can help alleviate your shoulder pain and get your arm moving again. Call today and schedule your appointment!

Sources: <https://www.jospt.org/doi/10.2519/jospt.2020.0501> - <https://www.jospt.org/doi/pdf/10.2519/jospt.2020.0498> - [https://www.physio-pedia.com/Evidence\\_Based\\_Interventions\\_for\\_Shoulder\\_Pain](https://www.physio-pedia.com/Evidence_Based_Interventions_for_Shoulder_Pain) - <https://www.jospt.org/doi/10.2519/jospt.2020.0501>

# SPRING VEGETABLE TART

## INGREDIENTS:

- 2 sheets puff pastry
- 1 egg, lightly beaten
- 5 oz vegetable dip
- 6 baby zucchini, halved

- 3-4 yellow squash, thinly sliced with a mandoline
- 1 bunch asparagus, thinly sliced lengthways with a mandoline

- 1 1/2 c goat's cheese
- Extra virgin olive oil
- Balsamic vinegar glaze
- Mixed herbs, to serve

**INSTRUCTIONS:** Directions: Preheat oven to 395°F. Line a large baking tray with baking paper. To make tart case, place pastry sheets side by side on the lined tray. Brush egg wash along the long edge of one sheet, then overlap with the other by 2 cm to create a large single sheet. Fold and pinch all four sides to make a 2 cm border, pushing down to seal. Brush border with egg wash. Using a fork, prick the base of the tart all over. Place in oven and bake for 20 minutes, until golden. Remove from oven and spread base of pastry with dip. Meanwhile, place vegetables in a large bowl. Pour boiling water over vegetables, steep for 1 min to blanch, then drain and pat dry with kitchen paper. Scatter vegetables over tart and crumble over goat's cheese. Drizzle with oil and vinegar glaze. Serve with mixed herbs.

<https://www.delicious.com.au/recipes/spring-vegetable-tart/T05n0XCA>



## 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

"My experience has been great. I've gotten back to doing most of my day-to-day activities with little to no pain. Everyday movements such as reaching overhead or carrying bags, have gotten much easier. I'm glad I was able to catch the shoulder problem before it turned into something more serious that would've required surgery. Thank you to Dr. Jake Reidy, Carter, and Sydney." — **Zaire**



## 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**

**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**