



NEWSLETTER

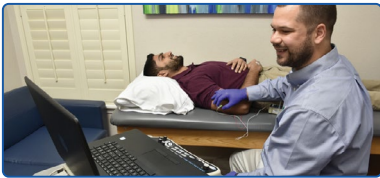
Find the Root Cause of Your Symptoms with Ultrasound Diagnostic Testing or an EMG/Nerve Conduction Study

At Kinetix Physical Therapy, we see patients who come in with pain or other symptoms where the origin is unknown. The inclusion of diagnostic testing not only helps improve patient management, but ultimately leads to better outcomes, better patient satisfaction, and lower costs. The two most common diagnostic tests our physical therapists at Kinetix are now performing are musculoskeletal ultrasound and electrodiagnostic studies. If you are experiencing uncomfortable symptoms, it is likely that ultrasound diagnostic testing or an EMG/ Nerve Conduction Study could help figure out the issue and provide you with relief.

Detecting the issue with ultrasound:

Ultrasound diagnostic testing is a tool that uses sonic waves to see inside painful areas of the patient's body. It allows your physical therapist to analyze certain joints, muscles, and ligaments in the affected area, both at rest and with movement, to pinpoint the source of the pain. This test provides similar results to that of an x-ray, CT, or MRI; however, it is much safer and can allow the tissues in question to be assessed during movement.

What is an EMG & Nerve Conduction Study?



Using a specialized computer, our highly trained physical therapist sees and hears how your muscles and nerves are working. In many cases the examination will include areas away from where

you were having symptoms because nerves can be very long. An EMG is only one part of nerve testing; the other part is called the nerve conduction study. With these tests your provider will have all the information they need to diagnose and help you with your health questions.

Do you have any of these symptoms?

- Numbness
- Weakness
- Sciatica Pain
- Tingling in an arm or leg

It is important to find out what is causing your symptoms. An EMG/ NCS is one way to assess muscle and nerve function.

How can I get started?

If you're ready to discover the origin of your pain and get the right treatment plan toward relief and recovery, now is the time! Contact Kinetix Physical Therapy today to schedule a complete evaluation with one of our experienced physical therapists.

Diagnostic Patient Success Story

"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 nerve testing tool in order to develop an appropriate treatment plan. Besides the very ,hands-on' manipulation and stretching, and supervised exercise, Laser Therapy also 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



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HOW PHYSICAL THERAPY HELPS TREAT SCIATICA

Are you experiencing pain in your leg or numbness in your foot? Do your symptoms keep you from staying active? You could be suffering from sciatica, a common impairment usually rooted in issues with the lower back. Kinetix Physical Therapy offers several options for treating sciatica and its underlying causes.

Sciatica is an often-debilitating condition resulting from compression or inflammation of the sciatic nerve. The most common symptom is pain radiating down the back of one leg. Unfortunately, this pain can be so severe that people struggle to go about their day-to-day tasks.

The good news is that sciatica is entirely treatable with physical therapy. Our team of experts offers several different treatment options designed to reduce pain while

addressing the underlying cause of your condition. With diagnostic testing, targeted exercise, manual therapy, laser therapy, and more, we'll find a solution to your pain, so you can get back to living the life you enjoy! Call Kinetix Physical Therapy to schedule an appointment today!

UNDERSTANDING THE SYMPTOMS AND CAUSES OF SCIATICA

Sciatica is a commonly used term that's often misapplied to describe any type of back or leg pain. However, "true" sciatica refers to pain that radiates downwards from the lower back/buttock region along the course of the sciatic nerve into the thigh and lower leg. Symptoms that extend below the knee and into the lower leg and foot are consistent with true sciatica. While pain is the most common symptom of sciatica,

some patients experience numbness and tingling along the sciatic nerve's path in the leg and foot. For others, the condition may include weakness in the muscles of the foot and lower leg. In serious cases, it can include changes to bowel and bladder function.

In most cases, sciatica is caused by a herniated lumbar disc. A herniated disc occurs when the discs between the vertebrae of the spine bulge or rupture. If the herniated disc irritates the sciatic nerve, it leads to symptoms of sciatica.

If you're struggling with sciatic pain, our diagnostic testing, including EMG and nerve conduction studies, can determine the root cause of the pain. The combination of education and activity modification can help set the stage for a successful outcome.

HOW PHYSICAL THERAPY CAN HELP WITH SCIATICA

CALL US WITH ANY QUESTIONS AT 352.604.3367

If you're experiencing sciatica, call us right away! At your first appointment, our physical therapists will perform a thorough physical assessment and may recommend our diagnostic testing, using EMG and nerve conduction studies. This helps us to identify the root cause of your sciatica so we can address it at the source.

Once we fully understand your symptoms and condition, we'll develop a customized treatment plan based entirely on your needs and goals. While these plans will vary depending on your symptoms and the cause of your sciatica, they will likely involve one or more of the following treatment approaches:

Exercise therapy: Supervised, tailored exercises are vital to treating sciatic pain. Our physical therapists will develop a personalized exercise program, ensure you complete all exercises correctly, and progress you based on your needs. Supervised exercise therapy includes directional exercises, proper postural exercises, nerve mobilization, or strength exercises.

Spinal manual therapy: Manual therapy includes a variety of hands-on techniques, including joint mobilizations and manipulations. By guiding your spinal joints within their normal ranges of motion, we can improve spinal joint motion or function.

Deep tissue laser therapy: Laser therapy is a safe, non-invasive method of alleviating pain and increasing circulation. It works by passing low-level laser beams over the affected area, decreasing inflammation, energizing the cells and speeding recovery.

Education: Our therapists will help you continue your treatment outside the clinic with information and strategies for activity modifications and at-home exercises. Staying active is one of the best ways to treat sciatic pain!



CALL OUR CLINIC TO SCHEDULE AN APPOINTMENT TODAY

If you're experiencing sciatica, don't hesitate to call us at Kinetix Physical Therapy. Our team of experts will assess your condition and provide you with a tailored treatment plan. Don't live with the debilitating pain of sciatica. Schedule your appointment today!

Sources: <https://www.ncbi.nlm.nih.gov/books/NBK93793/> - <https://pubmed.ncbi.nlm.nih.gov/33017565/> - <https://www.sciencedirect.com/science/article/pii/S1836955320300229?via%3Dihub> - <https://www.bmj.com/content/367/bmj.l6723>

KEY WEST FLANK STEAK

INGREDIENTS:

- 1 large red onion, sliced
- 1 c minced fresh cilantro
- 1/4 c white wine vinegar
- 1/4 cup Key lime juice
- 3 tbsp extra virgin olive oil, divided
- 6 Key limes, halved
- 1 beef flank steak (1 lb)
- 1 teaspoon kosher salt
- 1/8 teaspoon pepper

INSTRUCTIONS: In a small bowl, combine onion, cilantro, vinegar, lime juice and 2 tablespoons oil until blended. Pour 1 cup marinade into a large bowl or shallow dish. Add lime halves. Rub steak with remaining oil; sprinkle with salt and pepper. Add to bowl; turn to coat. Refrigerate 8 hours or overnight. Cover and refrigerate remaining marinade. Drain steak, discarding marinade and limes in bowl. Place reserved marinade in a food processor; process until chopped. Grill steak, covered, over medium heat or broil 4 in. from heat until meat reaches desired doneness [for medium-rare, a thermometer should read 135°; medium, 140°; medium-well; 145°], 6-8 minutes per side. Baste occasionally with reserved marinade. Let stand 10 minutes before thinly slicing steak across the grain.

<https://www.tasteofhome.com/recipes/key-west-flank-steak/>



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

Our FREE workshops are fun, informative and interactive. Learn about successful pain solutions, treatment options and diagnostic testing at Kinetix PT.

We now offer the following **FREE** workshops:

- Back Pain & Sciatica
- Shoulder & Rotator Cuff Pain
- Knee Pain
- Neck Pain
- Balance/Dizziness

Call now to register for one of our FREE workshops as seating is limited.



PATIENT SUCCESS

"The Kinetix PT team (Caleb, Carter, and Dr. Jake) was very helpful in strengthening my neck to prevent future pain and inhibition of motion. I can move my neck with full range of motion, bend over, sleep without issues. I was not on pain meds and declined surgery in lieu of strength training/PT. The nerve test was super cool and recommend it to anyone who is curious about nerve conduction!" — **Gabrielle**



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

"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!**

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