

NEWSLETTER

TEAM KINETIX AT PLAY

Our team are superstars and enjoy working and playing together. Our team culture is guided by the Kinetix Core Values Statement.

BE A CHAMPION

Commitment to greatness, coach and be coached, own the results

LOVE YOUR TRIBE

Dedication to the mission, overcome adversity together, elevate others

RAISE THE BAR

Create memorable connections, embrace innovation, over-deliver on excellence



Cilantro Lime Chicken
& Avocado Salsa

How Will Physical
Therapy Help?

Don't Keep
Your Success A
Secret!



NEWSLETTER



FIND BALANCE AGAIN WITH VESTIBULAR REHABILITATION

TAILORED EXERCISES WILL ADDRESS YOUR VERTIGO AND DIZZINESS

Do you struggle with balance issues? Do you have recurring bouts of vertigo or dizziness? At Kinetix Physical Therapy, we understand these concerns can significantly impact your everyday life. That's why we offer vestibular rehabilitation—a specialized form of rehab that can help you find your balance again.

Dizziness and vertigo are common experiences. All of us have probably experienced dizziness at some point in our life, although it can manifest a little differently from person to person. In most cases, it causes a sense of lightheadedness, unsteadiness, or weakness.

Vertigo, however, is a little different. It's a type of dizziness that makes you feel like you or your surroundings are spinning. It's typically a response to a physiological factor—most commonly, an impairment in your inner ear—that is causing a quite literal imbalance in your body. Physical therapy can effectively address dizziness and vertigo. If you've been struggling with vertigo, call our office today to schedule an appointment with one of our experienced physical therapists.

WHY DO WE EXPERIENCE VERTIGO?

Vertigo is most commonly caused by an imbalance in your vestibular system, a maze of canals and sensory systems in your inner ear. Your vestibular system helps you maintain your balance and center of gravity by sending messages to your brain regarding your movement.

When this system is impaired, the necessary messages become blocked from your brain, and your movement becomes affected. Several conditions can create those impairments, which lead to vertigo and other symptoms, including:

- Inability to focus or remain alert
- Double vision
- Nausea or vomiting
- Arm or leg weakness
- Difficulty seeing or speaking
- Sweating
- Abnormal eye movements

If you're experiencing persistent vertigo, our team of physical therapists will help you determine the root cause so we can provide you with a personalized treatment option. Here are some of the most common sources of vestibular impairment:

- **Benign paroxysmal positional vertigo (BPPV).** This is the most common cause of vertigo. It occurs when the tiny calcium crystals in your ears break apart and move around your inner ear canal, causing sudden bouts of vertigo triggered by specific head movements.
- **Meniere's disease.** This condition occurs when fluid builds up in your ear, causing tinnitus and sudden waves of vertigo that may last for hours. You may also experience momentary hearing loss.
- **Migraines.** Migraines can impact your vestibular system, thus causing episodes of vertigo which may be coupled with sensitivities to light or sound. Vision may also be impaired.
- **Stroke.** A stroke affects movement in your whole body. If you recently suffered a stroke, you may experience waves of vertigo.

HOW WILL PHYSICAL THERAPY HELP?

CALL US WITH ANY QUESTIONS AT 352.604.3367



At Kinetix Physical Therapy, we offer vestibular rehabilitation to address vertigo and other vestibular disorders. Vestibular rehabilitation consists of several specialized exercises designed to improve your balance and gaze stability while reducing your vertigo. It typically involves the following:

- **Vision Exercises:** By improving your overall gaze stability, can help decrease incidents of movement-induced vertigo. These exercises typically involve focusing and unfocusing your gaze on certain points

in a visual field (such as a number grid) or quickly glancing between visual points.

- **Postural Exercises:** These exercises will help you learn how to control your balance. Each exercise addresses all aspects of balance (visual, sensory, and vestibular) and will challenge you to stay on your feet in a safe, supportive environment.
- **Habituation Exercises:** These exercises involve repeating movements that cause mild to moderate symptoms. Over time, you "habituate" to these movements, potentially reducing your symptoms.
- **Relaxation Exercises:** We'll show you specialized relaxation exercises to relieve vestibular symptoms.
- **Physical Conditioning:** Finally, we'll provide a more standard exercise program designed to help you improve your balance. A simple walking program is usually all it takes, although some patients might also be interested in trying Tai Chi or gentle Yoga.

Finally, for those with BPPV, we can also perform certain head maneuvers that may dislodge the crystals causing your symptoms.

MAKE YOUR APPOINTMENT WITH US TODAY!

At Kinetix Physical Therapy, we'll work closely with you to develop a customized treatment plan that addresses your needs. We'll conduct a comprehensive exam at your initial appointment, including taking a complete health history and conducting several in-depth movement screens.

No matter the source of your vertigo, we'll create a program that plays into your strengths while increasing your ability to balance and reduce bouts of instability. Contact us today to get started!

Sources: https://www.physio-pedia.com/introduction_to_Vestibular_Rehabilitation · <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3259492/> · https://www.physio-pedia.com/Vestibular_Treatment

CILANTRO LIME CHICKEN & AVOCADO SALSA

FOR CHICKEN:

- 1.5 lb. boneless chicken breast
- 1/4 cup lime juice
- 2 tbsp olive oil
- 1/4 cup fresh cilantro
- 1/2 tsp ground cumin
- 1/4 tsp salt

FOR AVOCADO SALSA:

- 4 avocados, diced
- 1/2 cup fresh cilantro
- 3 tbsp lime juice
- 1/2 tbsp red wine vinegar
- 1/2 tsp red pepper flakes
- 1 garlic clove, minced

INSTRUCTIONS: Add 1/4 cup of lime juice, olive oil, 1/4 cup of fresh cilantro, ground cumin, and 1/4 tsp of salt to a small bowl. Whisk until mixed. Add chicken and marinade to a large ziplock bag. Let chicken marinate for at least 15 minutes. Preheat grill to medium-high heat (about 400°F). Place chicken on grill and grill each side for 4-6 min, until chicken is no longer pink. Remove and let sit. For avocado salsa: add avocado, 1/2 cup fresh cilantro, 3 tbsp lime juice, red wine vinegar, red pepper flakes, garlic clove, and salt to a small bowl. Gently toss to mix. Top the cilantro lime chicken with the avocado salsa and serve.

<https://www.gyfuhealthyeats.com/cilantro-lime-chicken-with-avocado-salsa/>



LEARN ABOUT ALL-NATURAL SYMPTOM 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.

BALANCE OR DIZZINESS: Have you fallen because you're unsteady? Do you experience dizziness or spinning? Learn about the causes of vertigo, dizziness and imbalance and natural treatment options.

Call to register now as seating is limited.



PATIENT SUCCESS

"When I came to Kinetix, I had dizziness episodes that impaired my work, blurred vision, and could not enjoy activities with my children. Dr. Jake Reidy and Carter guided me through exercises to improve my vestibular hypofunction. The exercises were tailored to my abilities, and everyone was so kind and encouraging. Through my weekly sessions and continued homework, I no longer experience any blurred vision and can perform all my work duties without difficulty. I was even able to ride a roller coaster with my daughter! I am so thankful for the care I received!" — **Katherine**



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!

352.604.3367