

# NEWSLETTER

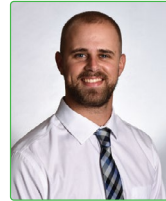
## WE'RE OPEN IN JONESVILLE!

We are pleased to announce the opening of our second Kinetix Physical Therapy clinic and Hands-On Diagnostic Testing Center at Arbor Greens in Jonesville! We now have 2 convenient locations to help you get out of pain fast.

### MEET OUR CLINICAL DIRECTORS:

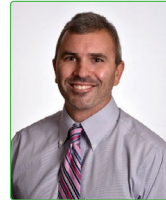
#### **Jacob Reidy, PT, DPT, Clinical Director Arbor Greens**

- DPT from University of Florida (2019), BS Exercise & Sports Science at Clearwater Christian College
- Played baseball in college
- Skilled in TMJ & Vestibular Disorders, Musculoskeletal Pain & Strength Training
- Trained in Hands-On Diagnostics
- From Chiefland, FL, married with 2 boys
- Avid hunter, fisherman and golfer



#### **Carter Meyers, PTA, Assistant Clinical Director Arbor Greens**

- PTA program at Santa Fe College (2017), BS in Education from Georgia Southwestern University, MS Sports Admin from Georgia State
- Played soccer in college
- Skilled in Knee & ACL Reconstruction for all ages
- Holds a USSF "C" soccer coaching license
- Coaches Gainesville Soccer, youth basketball and volleyball
- From Texas and enjoys watching the Longhorns & activities with son, Colt



### Here are some of the specialties that we offer:

- Joint/muscle pain
- Neck pain
- Headaches
- TMJ disorders
- Back pain & sciatica
- Arthritis
- Rotator cuff injuries
- Tendonitis/Bursitis
- Sprains/Strains
- Plantar fasciitis
- Sports injuries
- Post-surgical rehab
- Auto injuries
- Work-related injuries
- Imbalance & falls
- Vertigo



*Management meeting to discuss opening of Arbor Greens-Jonesville location.*

We employ Manual Therapy techniques and Class IV Laser Therapy to decrease inflammation and speed up patient outcomes. The Kinetix Physical Therapy Hands-On Diagnostic Testing Center offers these tests for our patients: Musculoskeletal Ultrasound, EMG and Nerve Conduction Studies.

Recipe Of The Month:  
Apple Bread

How Will Physical  
Therapy Help?

Don't Keep  
Your Success A  
Secret!



# NEWSLETTER

## FIND BALANCE AGAIN

### *With Vestibular Rehabilitation*

CALL US TO GET STRTED: 352.604.3367



#### 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.physio-pedia.com/Introduction_to_Vestibular_Rehabilitation) · <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3259492/> · [https://www.physio-pedia.com/Vestibular\\_Treatment](https://www.physio-pedia.com/Vestibular_Treatment)

## RECIPE OF THE MONTH: APPLE BREAD

### INGREDIENTS:

- 5 small McIntosh apples, peeled and cut into rough 1/4-inch chunks (about 4 cups)
- 1 1/2 cups sugar
- 1/2 tsp finely grated lemon zest
- Cooking spray
- 2 cups all-purpose flour
- 1 tsp baking soda
- 1 tsp ground cinnamon
- 1/2 tsp freshly grated nutmeg
- 1/2 tsp fine salt
- 2/3 cup vegetable oil
- 2 large eggs
- 1/2 tsp pure vanilla extract

**INSTRUCTIONS:** Work the apples, sugar and lemon zest together in a large bowl with your hands until the sugar feels like wet sand. Let the mixture sit, tossing occasionally, for 30 minutes (the sugar will have started to melt but will still be gritty). Meanwhile, preheat the oven to 350 degrees F. Generously coat a 10-by-5-by-3-inch loaf pan with cooking spray. Sift the flour, baking soda, cinnamon, nutmeg and salt together onto a large piece of parchment. Whisk together the oil, eggs and vanilla in a medium bowl. Once the apples are ready, add the flour mixture to them, and fold until combined. Pour in the oil mixture, and fold until just combined (it's OK if there are a few lumps). Pour the batter into the prepared loaf pan. Tap the pan on the counter a few times to settle and even out the batter. Bake the bread until the top is golden brown and bounces back when pressed (if you insert a toothpick into the center, it's OK if there are a few crumbs), 55 to 60 minutes. Let cool in the pan on a cooling rack until cool enough to handle. Invert the bread out of the pan, and serve warm or at room temperature.

<https://www.foodnetwork.com/recipes/food-network-kitchen/kids-cook-apple-bread-3564205>



## 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**