



NEWSLETTER

OCTOBER IS NATIONAL PHYSICAL THERAPY MONTH!

Let's give a big shoutout to our incredible physical therapists, physical therapist assistants and support team who work tirelessly to help us move, heal, and live our best lives!

October is the perfect time to recognize and appreciate the vital role that physical therapy plays in improving overall health and well-being. Whether it's recovering from an injury, managing chronic pain, or enhancing our athletic performance, physical therapists are our go-to superheroes! Spread the word to your family and friends about the remarkable difference physical therapy at Kinetix PT has made in your life. Reach out to your PT team by sending a card or dropping by to say hello. Together, let's raise awareness and appreciation for the invaluable contributions of physical therapists during this National Physical Therapy Month!



"I chose physical therapy as a profession after having the opportunity to spend some time volunteering in an Outpatient Physical Therapy Clinic. During this time, I thought this would be such a great and rewarding profession to be in, to be able to help people get back to doing the things they love (help people get out of pain and back to function naturally). I thought of the great impact that this profession would allow me to have on others and at the same time how gratifying it was to be able to help people." — Dr. Tony Cere, PT, DPT, Owner

"After my elbow injury, I saw how much physical therapy helped me and learned what a great career it was. This knowledge drove me to pursue a degree in Exercise Science and apply to PT school." — Dr. Jake Reidy, PT, DPT, Clinical Director Arbor Greens

"After an injury and learning about the potential of rehab, I knew I could do it better and help people avoid the mistakes I had made. I studied Applied Physiology and Kinesiology at UF and did my undergraduate internship at Kinetix. After working with Tony and other PTs I knew that I wanted to do this and have been blessed to continue growing as a PT with Kinetix ever since." — Dr. Scott Eddins, PT, DPT, Clinical Director Haile

Proven Treatments for
Low Back Pain Relief

How Will Physical
Therapy Help?

Don't Keep
Your Success A
Secret!



NEWSLETTER

PROVEN TREATMENTS FOR LOW BACK PAIN RELIEF

CALL US TO GET STARTED: 352.604.3367

Have you noticed that your back pain limits basic activities like sitting, lifting, or bending? Are you frustrated that your back pain never seems to go away completely? If so, make an appointment with us at Kinetix Physical Therapy! We offer well-researched interventions and clinical experience to guide our patients to successful outcomes.

Low back pain is by far one of the most common musculoskeletal ailments. Just about everyone (an estimated 80% of Americans) deals with low back pain at some point. It is also one of the most common reasons people miss work and is the second most common reason people visit the doctor's office.

For some, the pain lasts just for a few days. For others, the low back pain lingers for years and never really heals or goes away.

Sometimes, we can identify the exact reason for back pain. Perhaps it results from

a particularly grueling day of yard work, improper or prolonged postures, or a slip-and-fall accident. But other times, it seems to develop for no apparent reason.

At Kinetix Physical Therapy, we are experts at treating lower back pain and have solutions that will work for you. Call today to schedule an appointment with one of our highly trained therapists!

Beyond Pain: The Financial Costs of Lower Back Impairments

Low back pain is a consistent source of disability and impairment in the United States. One study reports that 40% of American adults experienced lower back pain in the prior three months, and the rates of lower back pain had been steadily rising. While back pain (and the immobility that often accompanies it) is bad enough, have you considered the financial costs of living with persistent back pain?

According to the Institute for Health Metrics and Evaluation, healthcare costs for those with low back and neck pain can be substantial. This study reports that in 2020, \$76.9 billion was paid by private insurance, \$45.2 billion was paid by public insurance, and \$12.3 billion was paid by individuals out-of-pocket. Additionally, a recent study of 55,945 patients with chronic lower pain shows that the median total cost per person was \$6,590.

Perhaps some of these high costs can be explained by this fact: Of those who experience lower back pain, only 58% opted to seek help to address the pain. Most people try to rest, use over-the-counter medicine, or exercise at home without guidance. However, these strategies often prove counterproductive.

For those seeking treatments that have been shown to work, a physical therapist could significantly improve their outcomes!

HOW PHYSICAL THERAPY CAN HELP **YOUR BACK PAIN**

CALL US TO GET STARTED 352.604.3367

Physical therapy is an excellent resource for lower back pain because it addresses the cause of the pain rather than simply attempting to hide the symptoms. According to the evidence on back pain, physical therapy treatments are effective for acute and chronic conditions, making physical therapy a first-line treatment that, when used regularly, can have a significant impact.

At your initial assessment, your physical therapist will take a health history and perform a comprehensive physical exam to test your strength, posture, range of motion, and more. This allows us to create a customized treatment plan that addresses your specific areas of impairment.

Physical therapy treatments that are most effective for lower back pain include:

1. **Manual therapy**, including manipulation of the soft tissues in your back and joint mobilizations/manipulations, which involve guiding your spine through its range of motion.
2. **Guided instruction** in targeted exercise techniques, such as back stretches, strengthening your core muscles, and working to improve mobility.
3. **Deep tissue laser therapy**, a painless technique that involves releasing photons into the affected area to improve blood circulation, which helps with recovery and pain management.

If you're struggling with back pain, reach out to our team for the support you need to overcome lower back pain—and finally find long-term relief. If indicated, your PT may suggest our diagnostic testing services, such as EMG or Nerve Conductions Studies.



CONTACT US FOR AN APPOINTMENT

Kinetix Physical Therapy uses researched interventions that are proven effective treatments for eliminating your pain and helping you return to everyday activities. Call today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8879812/> <https://pubmed.ncbi.nlm.nih.gov/30844200/> - <https://www.healthdata.gov/news-releases/low-back-and-neck-pain-tops-us-health-spending> <https://www.cms.gov/>

RECIPE OF THE MONTH: SLOW-COOKER JAMBALAYA

INGREDIENTS:

- 1 lb boneless, skinless chicken breast, cut into bite-size pieces
- 4 oz smoked turkey sausage, chopped
- 3 cups chopped fresh collard greens
- 1¼ cups chopped green bell pepper
- 2 stalks celery, thinly sliced (1 cup)
- ¾ cup chopped onion
- 1 (28 oz) can no-salt-added crushed tomatoes, undrained
- 1 tbsp quick-cooking tapioca
- 4 cloves garlic, minced
- 1 tsp dried thyme, crushed
- 1 tsp crushed red pepper
- 8 oz peeled medium shrimp, thawed
- 2 cups hot cooked brown rice
- Chopped fresh parsley

INSTRUCTIONS: Combine chicken, sausage, collard greens, bell pepper, celery, and onion in a 3 1/2- or 4-quart slow cooker. Stir in tomatoes, tapioca, garlic, thyme, and crushed red pepper. Cover and cook on Low for 5 to 6 hours or on High for 2 1/2 to 3 hours. If using low setting, turn to High. Stir in shrimp. Cover and cook for 30 minutes more or until shrimp are opaque. Serve over hot cooked brown rice. Sprinkle with parsley.

Source: <https://www.eatingwell.com/recipe/267214/slow-cooker-jambalaya/>



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

PERIPHERAL NEUROPATHY: Do you have the sensation of wearing an invisible "glove" or "sock"? Do you feel burning or freezing pain? What about electric like pain? Do you have muscle cramping or twitching?

BACK PAIN & SCIATICA: Do you have pain when you stand, walk, or sit? Do you experience pain shooting down your buttocks or leg?

SHOULDER PAIN/ROTATOR CUFF: Do you have pain when reaching overhead or behind you? Is your shoulder pain keeping you awake? See our diagnostic ultrasound in action!

KNEE PAIN: Is your knee stiff? Does your knee ache or "give out" on you?

BALANCE OR DIZZINESS: Have you fallen because you're unsteady? Do you experience dizziness or spinning?

Learn the common causes of your symptoms and how to fix them naturally without medication, injections or surgery. Call to register now as seating is limited.



PATIENT SUCCESS

"My back pain was affecting my normal daily life. I didn't realize how the pain was stopping me from things I loved to do - gardening, playing with my grandkids, and helping out at church. I'm so very glad to have my life back and to have the exercises to stop the pain from coming back. Another great experience at Kinetix, but I've come to expect nothing less! Thank you Dr. Jake Reidy and Carter Meyers!" — **Judy**



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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