



NEWSLETTER

WE'VE BEEN BUSY!

The Kinetix PT Team were busy teaching (and learning) this year. We enjoyed meeting and helping people in our community to learn more about how diagnostics and physical therapy can have a lasting impact on their lives.



Dr. Michael McWilliams, PT, DPT, did screenings and demonstrated the diagnostic ultrasound at the Exactech Health Fair.



Dr. Tony Cere, PT, DPT, spoke about shoulder pain at the Jonesville Business Group.



James McDavid, Kinetix Support Services Manager, talked about the benefits of the diagnostic ultrasound at the Infotech Wellness Fair.



Dr. Scott Eddins, PT, DPT, explained proper body mechanics to the SiVance Miliken team.



Dr. Melissa Cere, PT, DPT, taught the Kinetix team about TMJ disorder.

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/PMC8875812/> <https://pubmed.ncbi.nlm.nih.gov/30844200/> - <https://www.healthdata.org/news-release/low-back-and-neck-pain-tops-us-health-spending> <https://www.cms.gov/>

RECIPE OF THE MONTH: ROASTED SWEET POTATO SOUP WITH PISTACHIO

INGREDIENTS:

- 4 pounds sweet potato
- 6 tablespoons vegetable oil
- Kosher salt
- 4 medium carrots, diced
- 1 medium onion
- 5 cloves garlic
- 2 sprigs sage
- 2 quarts low-sodium chicken stock
- 1/4 c orange juice & 1 tablespoon grated zest
- 3/4 cup pistachios
- 2 scallions
- 2 tablespoons mint leaves
- Pinch cayenne pepper
- 1/2 cup olive oil

INSTRUCTIONS: Preheat oven to 300°F. Toss sweet potato with 4 tablespoons vegetable oil and salt. Spread sweet potato on 2 rimmed baking sheets and bake for 1 hour. Increase oven temperature to 375°F and cook until sweet potatoes are tender and lightly browned around the edges, about 25 minutes. In a large pot, heat remaining 2 tablespoons vegetable oil over medium-high heat until simmering. Add carrot, onion, garlic, sage, and a generous pinch of salt and cook, stirring, until vegetables are just tender. Add sweet potatoes and stock and bring to a simmer. Cook for 10 minutes until vegetables are very tender. Discard sage, if using. Add orange juice. Blend soup until smooth. Season with salt. In a mixing bowl, stir together pistachios, orange zest, scallions, mint, and cayenne pepper. Fold in olive oil and season with salt. Serve soup, spooning pistachio salsa on top.



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?

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

"From day one of being at Kinetix, they helped me recover and get back on track with my physical health, reducing the amount of back pain episodes significantly to where I basically have not had any for about a year and counting. Everyone that worked with me was very professional and friendly as well and guided me in a path to improve."

— Nader



OUTSMART YOUR INSURANCE DEDUCTIBLE!

Did you know that you may have already met your insurance deductible or your out-of-pocket costs for 2023? That means coming to Kinetix may be of little to no cost to you!

When you set up your evaluation, we will check your insurance benefits and let you know if you have any PT cost in 2023. Now's the time to use the remaining dollars on your Health Savings Account too!

Tip: In most cases, insurance deductibles start over on January 1, 2024. So call us today!

You could be pain-free or have your dizziness resolved, by the end of the year... and save money!

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