



# NEWSLETTER

## Reflection & Anticipation

We are overwhelmed by your continued support and so very grateful for the opportunity to be a part of this community and your health journey! As we transition into 2024, we can't help but step back and be amazed by how much our Kinetix family has grown since we first opened our doors in January 2008. We started with 3 employees and now have a team of 35. We began treating patients in 1,250 square feet of space and now occupy 10,000+ square feet between our Haile and Arbor Greens clinics. The best part so far? Being able to help over 15,000 people get out of pain naturally with physical therapy!

When we started our company, we had a goal to provide our patients with an experience unlike that of any other physical therapy clinic in town. We wanted to build a fun, motivating environment where patients enjoyed results that exceeded their expectations. Today, our team work daily to exemplify our core values. One of our favorites is "Raise the Bar: create memorable connections, embrace innovation in physical therapy care, and over deliver on excellence." This core value is really at the heart of everything we do for you, our patients. We enjoy sitting down together to read aloud google reviews written by our patients. Wow, you sure do make us feel loved and inspire us to be the best we can be!

*As we look ahead to 2024, we can't wait to have you visit our new clinic location at Arbor Greens in Jonesville. Save the date for its Open House on February 29<sup>th</sup>. We look forward to celebrating with you!*

We are forever grateful for your support,  
Tony and Melissa Cere, owners





# NEWSLETTER



## RELIEVE YOUR ARTHRITIS PAIN WITH PHYSICAL THERAPY

Do you wake up with stiff joints and find moving difficult first thing in the morning? Do you notice your hands have a dull or burning pain, especially after increased use, such as gripping or grasping? You may be experiencing arthritic pain. Fortunately, at Kinetix Physical Therapy, our physical therapists can teach you how to improve your motion and manage your symptoms!

Arthritis is one of the leading causes of disability across the United States, affecting tens of millions of people every day. While it is possible for arthritis to develop in any joint, it most commonly affects the neck, back, hands, hips, and knees. Arthritis can range from mild to severe; severe cases can lead to chronic pain and impact your quality of life. At Kinetix Physical Therapy, our therapists can help identify the severity of your condition and guide you on resolving your pain, restoring your motion, and getting back to living the life you enjoy! Contact us today to schedule an evaluation and find out how our services can benefit you.

### WHAT ARE THE TWO MOST COMMON TYPES OF ARTHRITIS?

Arthritis is a general term that includes over 100 diseases affecting the joints. The most common are osteoarthritis and rheumatoid arthritis.

Osteoarthritis (OA) is the most common form of arthritis and occurs when the cartilage in your joint degenerates. When worn down, cartilage can no longer act as a cushion and shock absorber for the joints, resulting in bone-to-bone friction and painful inflammation.

#### TYPICAL SYMPTOMS INCLUDE THE FOLLOWING:

- Pain (especially during activity)
- Muscle weakness
- Joint instability
- Brief morning stiffness
- Crepitus (i.e., noises like snaps and pops)

Rheumatoid arthritis (RA) is the second most commonly experienced form of arthritis, and it develops as an autoimmune response.

When someone has rheumatoid arthritis, their immune system sees the joints as a threat. Because of this, the immune system attacks the joints, resulting in pain and inflammation. Fortunately, physical therapists are skilled at treating this type of arthritis and providing solutions without aggravating your pain.

Symptoms are similar to osteoarthritis (including pain). However, it also causes long-term joint stiffness and symptoms like fever or fatigue.

# HOW PHYSICAL THERAPY RELIEVES ARTHRITIS PAIN

CALL US TO GET STARTED 352.604.3367

Arthritic joints typically lose their normal levels of function and strength due to inflammation and the breakdown of bone cartilage. Due to the pain and mobility restrictions, many people's first impulse is to avoid using the affected joint. Unfortunately, physical inactivity can actually make the condition worse.

One of the primary goals of physical therapy is to regain as much function as possible in the body's affected area. Restoring normal joint movement and improving muscle strength can relieve pressure on the joint, leading to less pain in the long term.

For this reason, our arthritis treatment plans focus on movement. They'll include joint mobility exercises, targeted stretches, and balance and strengthening exercises to relieve pain and improve function. In addition, your therapist may use specialized methods like **Manual Therapy techniques and Laser Therapy** to get the best results

## WHAT TO EXPECT AT YOUR PHYSICAL THERAPY APPOINTMENTS

During your first appointment, our therapists will work closely with you to identify the underlying cause of your joint pain—including determining whether or not it's arthritis. We even offer in-clinic **ultrasound diagnostic testing**. This imaging software can help identify signs of both osteoarthritis and rheumatoid arthritis.

From there, we'll create your personalized treatment program. We focus on improving the motion of your joints, the strength of supporting muscles, and the way you walk, bend, and move. We also teach you ways to prevent future joint injury and what you can do on your own with the correct therapeutic exercises. Physical activity produces healthier joints and helps you get back to doing activities you enjoy. Our team can show you low-impact exercises that will get you moving

with less pain. Riding a stationary bike and going for a walk are two great examples. We can also help you with at-home pain-relieving strategies and information about when to stop activity.

## CALL TODAY FOR AN APPOINTMENT

Call Kinetix Physical Therapy today to learn more about our arthritis treatment programs if you live with joint pain. Don't let arthritis limit you any longer — schedule your evaluation today.

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3487631/> • <https://academic.oup.com/rheumatology/article/37/6/677/1783477?login=true> • <https://link.springer.com/article/10.1007/s10067-020-05054-y> • <https://www.ncbi.nlm.nih.gov/books/NBK67716/>



## New Year's Black-Eyed Peas For Good Luck

### INGREDIENTS:

- 1 pound dry black-eyed peas
- 2 tablespoons olive oil
- 1 large yellow onion, diced
- 2 cloves garlic, minced
- 8 cups water
- 2 (32 ounce) cartons chicken broth
- 1 pound smoked ham hocks
- 1 (14.5 ounce) can diced tomatoes
- 5 pepperoncini peppers
- ½ teaspoon garlic powder
- ¼ teaspoon ground thyme
- 1 bay leaf
- salt and pepper to taste

**INSTRUCTIONS:** Place the black-eyed peas into a large container and cover with several inches of cool water; let soak, 8 hours to overnight. Drain and rinse before using. Heat oil in a large stockpot over medium heat. Add onion and garlic; cook and stir until onion becomes translucent, about 5 minutes. Pour in 8 cups of water and chicken broth; bring to a boil, then reduce heat to a simmer. Stir in soaked black-eyed peas, ham hocks, tomatoes, pepperoncini, bay leaf, garlic powder, thyme, salt, and pepper. Cover and simmer until peas are tender, ham meat is falling off the bones, and the broth is thickened, about 3 hours.



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

"I am a fairly active individual already, but being active is different than being healthy. The team at Kinetix showed me how to marry the two through conscious and targeted exercises that improved my overall well-being. I strongly recommend the laser therapy service. It takes a few sessions, but it did work for me." — **Jeffery**



## A NEW YEAR MEANS A HEALTHIER & STRONGER NEW YOU

We are behind you 100% when it comes to embarking on a journey to better health or maintaining your fitness. The first step is to let our expert Physical Therapists help you to relieve your aches and pains. If you need overall fitness, join our Wellness Program to get a personalized fitness and nutritional plan. Contact [jmcdavid@kinetixpt.com](mailto:jmcdavid@kinetixpt.com) for more information.



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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