



kinetix
PHYSICAL THERAPY

WWW.KINETIXPT.COM | 352.604.3367

NEWSLETTER

You're invited!

Kinetix Physical Therapy Open House Event

2/29/24
5-7 PM



Arbor Greens-Jonesville Clinic
13559 NW 1st Ln

Join us for food, tours,
interactive stations,
prizes and more!

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NEWSLETTER



WE CAN HELP YOU RESOLVE UNWANTED KNEE PAIN

Do you experience pain and swelling with squatting or climbing stairs? Do your knees often catch or lock up, making it difficult to perform daily tasks that once seemed simple? At Kinetix Physical Therapy, our physical therapists can help you find relief and get you moving again!

Knee pain can be debilitating, making it difficult to walk, run, and move. It may even hinder your ability to do simple things like sitting through a movie or a long car ride. The location of your pain helps determine which structures are involved and can help ensure proper treatment. Often the pain leads to avoiding activity, but this strategy does not help in the long run. Inactivity often leads to more dysfunction and disability. Physical therapists are movement experts, and if your symptoms are severe or last more than a few weeks, your first step should be to contact our physical therapists!

At Kinetix Physical Therapy, we can get you moving once again by relieving your pain and enhancing your body's natural healing process. Call today to schedule an appointment with one of our experts!

WHAT ARE THE MOST COMMON KNEE INJURIES?

Your knee is one of the largest joints in your body, made up of a complex system of bones, tendons, and ligaments. Knee injuries can

result from direct contact or a sudden movement that strains the knee. When there is no specific event connected to the damage, the most common knee pain causes are aging, injury, or repeated stress on the knee.

Knee pain can be mild or severe and includes sprained ligaments, cartilage tears, tendonitis, and arthritis.

Some other common causes of knee pain include:

- **Arthritis:** The most common type of arthritis for knee pain is osteoarthritis (OA). This condition occurs when the cartilage surrounding your joints deteriorates, and the joint no longer has a sufficient cushion between the bone. This leads to joint inflammation with varying levels of pain and dysfunction.
- **Cartilage Injuries:** There are two common cartilage injuries:
 - **Meniscus injury:** The meniscus serves as a shock absorber and helps maintain stability in the knee. A meniscus tear can be caused by contact or non-contact activity when the knee twists suddenly. Some tears are the result of wear and tear.
 - **Articular cartilage injury:** The articular cartilage is a smooth covering on the bones that allows for frictionless sliding of one bone on another. Articular cartilage is injured by direct trauma or wear and tear.

(continued inside)

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(continued from outside)

- **Ligament Injuries:** Our bones are connected by ligaments. The ligaments in your knee act like leather straps to hold the bones together and keep your knee stable. Ligaments are often stretched and/or torn during a sudden motion. The important ligaments in the knee include:
 - **Anterior cruciate ligament (ACL).** It is located in the center of the knee and controls rotation and forward movement of the shin bone.
 - **Posterior cruciate ligament (PCL).** It is located in the back of the knee and controls the backward movement of the shin bone.
 - **Medial collateral ligament (MCL).** The medial collateral ligament is on the inside of your knee and provides stability to sideways motions.
 - **Lateral collateral ligament (LCL).** The lateral collateral ligament is on the outside of your knee and provides stability to the sideways motions.
- **Tendonitis:** Your tendons are thick connective tissues that attach muscles to bones. Tendonitis occurs when the tendon becomes inflamed due to repetitive movements. It is common with jumping and landing motions and also in sports like skiing, cycling, or hurdling.

Knee pain can make it hard to walk, rise from a chair, climb stairs, or play sports. Our physical therapists are trained to diagnose and treat knee pain and help ease your pain and get you back to doing what you love!

HOW PHYSICAL THERAPY CAN HELP YOUR KNEE PAIN

Physical therapy for knee pain involves a thorough assessment of your entire lower extremity, including your hip, knee, and foot. Our team will



examine your knee for signs of misalignment or structural damage and assess your stance, gait, and functional movements like squats and steps.

Your therapist may prescribe **Diagnostic Testing** to provide the best treatment plan for your specific condition. Our Diagnostic Testing Center is inside our Haile and Arbor Greens locations for your convenience. Your treatment plan may consist of strength training, **manual therapy, laser therapy** and more to help decrease your knee pain, improve overall mobility and speed up healing. We will provide you with a supervised, progressive program to get you moving again.

CONTACT US TODAY!

If you are living with knee pain, contact Kinetix Physical Therapy today. We'll help relieve your pain so you can get back to living your life comfortably, without limitations!

Sources: <https://www.sciencedirect.com/science/article/abs/pii/S1466853X17304418> • <https://www.jospt.org/doi/full/10.2519/jospt.2018.0301>

Mini Heart-Shaped Naan Pizzas

INGREDIENTS:

- 8 mini naan flatbreads
- 1 cup pizza sauce
- 1 1/2 cups shredded mozzarella cheese, or more to taste
- 40 slices pepperoni, or more to taste



INSTRUCTIONS: Preheat the oven to 400 degrees F (200 degrees C). Line a baking sheet with foil for easy cleanup. Use a 4 to 4 1/2-inch heart-shaped cookie cutter to cut each flatbread into a heart shape. Place flatbreads on the prepared baking sheet, evenly spread the pizza sauce on each, and sprinkle with mozzarella. Cut each slice of pepperoni into a heart shape using a mini heart-shaped cookie cutter, if desired, and place on top of mozzarella. Move the baking sheet to the oven, and cook until cheese is melted and crust is golden brown, 9 to 11 minutes. Serve hot.



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

"Kinetix gave me the best experience! Carter and Anna met me when I couldn't walk without crutches and now, I'm running miles and squatting as good as before my ACL tear. They were both so encouraging and got to know me personally so that they could help me reach my goals faster. I always looked forward to my visits here and I'm honestly sad to leave! I couldn't have recovered as quickly as I did without them!!" — Lauren



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

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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.



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**ARE YOU IN PAIN? HAVE YOU SUSTAINED
AN INJURY? GIVE US A CALL TODAY!**

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