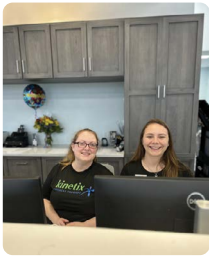




NEWSLETTER

ARBOR GREENS OPEN HOUSE IN JONESTVILLE

Thank you to our patients, friends, business leaders and physicians that attended the Open House Event at our 2nd location in Arbor Greens. Everyone enjoyed our interactive stations featuring Laser Therapy, Diagnostic Testing, Neubie, Foot Levelers and more. We look forward to helping people in the Gainesville West, Newberry, Jonesville and Alachua communities to get rid of pain without the need for opioids, injections or surgery!





NEWSLETTER



POSTURE COULD BE THE CULPRIT BEHIND YOUR SHOULDER PAIN

Is every day a struggle with your shoulders? Do daily tasks, such as sitting at your desk or standing to cook dinner, cause pain between your shoulder blades or in your shoulders and neck? Your discomfort could be due to your posture. Our posture has a big impact on our day-to-day lives. While there's no one "perfect" posture, it's important to keep your spine in alignment as you move throughout your day. Prolonged slouching can strain the muscles in your shoulder and neck—eventually leading to shoulder pain and dysfunction in the long term. Fortunately, our team of physical therapists knows how to address these issues so you can find lasting relief from shoulder discomfort! Call Kinetix Physical Therapy to schedule an appointment and learn more about your treatment options.

POSTURE AND PAIN: UNDERSTANDING THE CONNECTION

When you slouch, hunch over, or spend too much time in one position (such as sitting at a desk), the muscles throughout your shoulder,

neck, and upper back start working in ways they aren't used to. The result? Decreased shoulder mobility, increased shoulder pain, and a higher likelihood of suffering a shoulder injury.

Many people assume that proper posture is about sitting or standing up straight. In reality, proper posture is about two things:

- 1. Postural Awareness:** Keeping your spine in proper alignment throughout the day.
- 2. Postural Changes:** Moving your body to avoid prolonged postures. Changing your posture is more important than trying to stand up straight.

Our physical therapists can help you find that alignment and provide strategies for staying aware of your posture no matter what you're doing. In the meantime, let's look at some common postural issues that can lead to shoulder pain.

3 COMMON POSTURAL ERRORS (AND HOW TO ADDRESS THEM)

CALL US TO GET STARTED 352.604.3367

1. SLOUCHING

No one intends to slouch. But as we get caught up in work tasks, our postural awareness slips—and so do our shoulders. But prolonged slouching strains the muscles, eventually leading to pain.

How To Correct:

- Make sure to move and change your position regularly.
- Sit with your chest lifted and your feet on the ground.
- Ensure your workstation is ergonomically designed to your height.

2. TEXT NECK

"Text neck" is the position you fall into when looking at your phone: your head is tilted down, and your shoulders are hunched over. It can lead to a forward head posture, which strains your shoulders and neck.

How To Correct:

- Lift your phone (or tablet, book, etc.) to eye level rather than looking down at it.
- Keep your shoulders resting in their natural position when looking at your device.

3. ROUNDED SHOULDERS

The postural error occurs when you round your shoulders forward instead of back, forcing the head and chest to slump forward. This posture strains the upper back, shoulder blades, and neck.

How To Correct:

- Work to strengthen your shoulders, upper back and chest muscles with targeted stretches and strengthening.
- Our Physical Therapists or our Wellness Program can help guide you.

STRUGGLING WITH POSTURE? WE CAN HELP!

Improper posture can be a difficult habit to break, but you don't have to do it alone! Our staff will evaluate your posture and determine specific



areas of improvement, including stretching and strengthening exercises and personalized postural corrections. If you are experiencing neck, shoulder or back pain, contact Kinetix Physical Therapy today to set up an evaluation. Whatever the culprit, rest assured that our therapists will get to the bottom of your problem. We'll get your posture back where it belongs and help you feel good again!

SUMMARY BOX

- Impaired posture can lead to pain and restricted mobility in your neck and shoulders.
- Addressing these errors is a matter of...
 - Maintaining awareness of your posture throughout the day
 - Changing up your posture
- Ultimately, staying active is more important than having a "perfect" posture!
- Physical therapy can help you address postural errors by correcting muscular weakness and other issues.

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5659804/> <https://pubmed.ncbi.nlm.nih.gov/2998516/> <https://www.frontiersin.org/articles/10.3389/fphys.2020.541974/full> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4499985/> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5684019/> <https://pubmed.ncbi.nlm.nih.gov/3178930/>

Chicken Pot Pie

INGREDIENTS:

- 1 box (14.1 oz) pie crust (2 count), softened as directed on box
- 1/3 c butter or margarine
- 1/3 c chopped onion
- 1/3 c all-purpose flour
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 3/4 c chicken broth
- 1/2 c milk
- 2 1/2 c shredded cooked chicken
- 2 c frozen mixed vegetables, thawed

INSTRUCTIONS: Heat oven to 425°F. Prepare pie crusts as directed on box for Two-Crust Pie using 9-inch glass pie pan. In 2-quart saucepan, melt butter over medium heat. Add onion; cook 2 minutes, stirring frequently, until tender. Stir in flour, salt and pepper until well blended. Gradually stir in broth and milk, cooking and stirring until bubbly and thickened. Stir in chicken and mixed vegetables. Remove from heat. Spoon chicken mixture into crust-lined pan. Top with second crust; seal edge and flute. Cut slits in several places in top crust. Bake 30 to 40 minutes or until crust is golden brown. During last 15 to 20 minutes of baking, cover crust edge with strips of foil to prevent excessive browning. Let stand 5 minutes before serving



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'm back to normal activities such as working, running, weight training, sleeping, driving, etc. with no pain or pain medication. No surgery was required. I had one session of Laser Therapy and highly recommend it for immediate relief. Shoutout to Carter, Dr. Jake and Caleb for their due diligence and manual therapy. Great attitudes by all!" — Kristin



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

WWW.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