



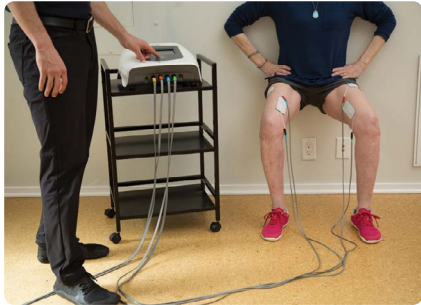
# NEWSLETTER

## WHAT'S NEW AT KINETIX?

Our new technology sets Kinetix Physical Therapy apart from other PT clinics. We are excited to introduce the **Neubie!**

### WHAT IS THE NEUBIE?

The NEUBIE, which stands for NEURO-BIO-ELECTRIC STIMULATOR, is an electrical stimulation tool that helps to speed up fitness and injury recovery. Neubie employs direct current that mimics the body's natural electrical



signals, quickly pinpointing the root cause of dysfunction, muscle stiffness, and discomfort. The Neubie is utilized in conjunction with functional exercises led by a physical therapist to reduce protective muscle tension and promote proper neuromuscular control. Implementing the NeuFit technique assists in recovery, optimizes performance, and lowers the risk of injury.

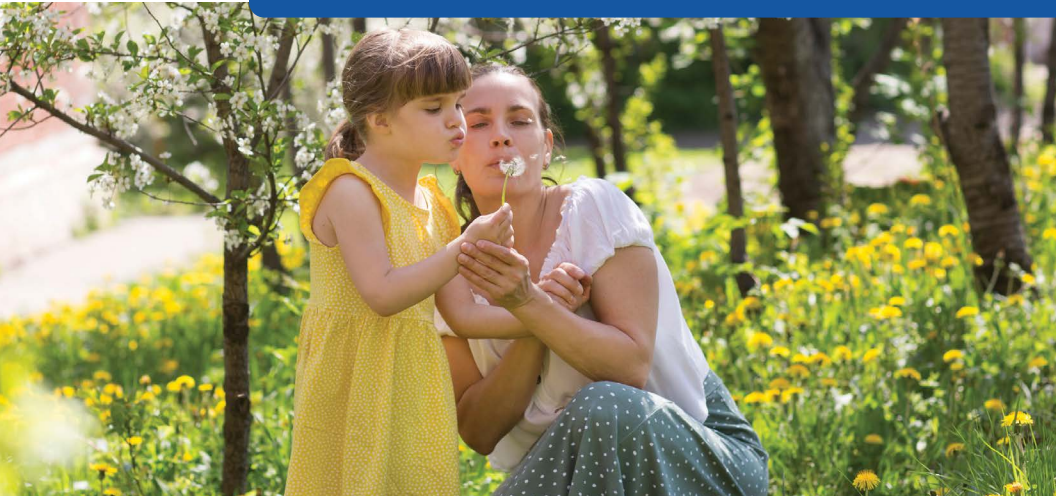
### HOW CAN THE NEUBIE HELP?

- Enhances the delivery of power and intensity to muscle fibers and sensory afferent pathways, accelerating the body's tissue healing abilities.
- The NeuFit system addresses both acute and chronic pain, aiding in identifying the underlying causes of discomfort.
- Restore function after neurological injury or disease.
- Enables individuals with neurological conditions or impairments to regain function, improve mobility, and return to activities that were once challenging or unattainable.
- Stimulates neuroplasticity to remove functional barriers, enhancing physical healing, and the body's internal programming for more efficient regeneration and development of physical structures.
- Prevents muscle wasting, reduces spasms, increases flexibility, enhances blood flow, and reeducates the neuromuscular system.

**CALL US NOW AT: 352.604.3367!** Schedule an evaluation and learn more about the Neubie and how it can help you recover faster.



# NEWSLETTER



## IS NECK PAIN AFFECTED/RELATED TO THE LOWER BACK?

### **ABSOLUTELY, SO LET'S TAKE A LOOK AT HOW**

Have you ever felt a nagging pain in your neck and wondered if it could somehow be linked to discomfort in your lower back? It might surprise you to learn that the answer is yes! Neck pain and lower back pain are interconnected. The human body is a marvel of connectivity, where different parts support and affect each other. Let's take a look at how our physical therapists can help alleviate these issues and teach you how to prevent them from coming back.

Understanding the connection between neck pain and lower back pain can help you feel better for the long haul.

### **THE LINK**

Imagine your body as a chain, with each link depending on the others to maintain strength and balance. Your spine runs down the middle

of this chain, connecting the neck to the lower back. When one part of the chain is out of line, it can impact other parts.

Poor posture is a common culprit behind both neck and lower back pain. Slouching or constantly looking down at your phone can strain neck muscles. Sitting for long periods of time without proper back support or breaks can lead to lower back pain. Also, compensating for the pain in one area can put a strain on another.

### **MUSCLE STRAIN**

Muscles around the spine work to support your body's structure and posture. When muscles in the lower back are strained or weakened, the upper back and neck muscles can take on extra work to compensate. Similarly, tension in the neck can lead to adjustments in posture that strain the lower back. This cycle of compensation and strain highlights the importance of treating the body as a whole.

# HOW OUR PHYSICAL THERAPISTS CAN HELP

CALL US TO GET STARTED 352.604.3367



The team at Kinetix Physical Therapy is highly trained to find the root causes of your discomfort by using Diagnostic Testing, such as EMG or Nerve Conduction Studies.

## WE USE THERAPIES THAT INCLUDE:

- **Laser Therapy & Neubie** (short for Neuro-Bio-Electric Stimulator): These advanced medical devices are used in the management or relief of chronic pain and post-traumatic acute pain. Laser Therapy reduces inflammation and works on the cellular level to promote healing. The Neubie is a proprietary Pulsed Direct Current Device that has the power to identify areas of the body where there is a disconnect between the nervous system and muscles with 100% accuracy. It maintains or increases range of motion, increases blood circulation at the site and prevents atrophy.

- **Manual Therapy:** This hands-on approach helps to relax tense muscles, improve blood flow, and mobilize joints. Manual therapy can provide immediate relief and encourage the body's natural healing process by addressing specific areas of pain and stiffness.
- **Postural Awareness:** One of the first steps to breaking the cycle is understanding how your posture affects your body. Our PTs will teach you to recognize and correct poor postures, whether you're sitting, standing, or moving, to reduce strain on your neck and lower back.
- **Targeted Exercises:** Strengthening and stretching exercises tailored to your needs can improve strength and mobility to support your spinal alignment. These exercises help alleviate current pain and prevent future issues by building a stronger, more resilient body.

By focusing on these areas, our physical therapists aim to provide a comprehensive approach to managing and alleviating neck and lower back pain. Our ultimate goal is to empower our patients with the knowledge and skills they need for a healthier, more active lifestyle free from pain.

## BOOK AN APPOINTMENT TODAY!

Don't let poor posture and muscle strain create a domino effect. Let's work together to strengthen your body's chain and ensure each link is as strong and balanced as possible. Remember, a healthy posture and muscle strength are your best allies in the fight against pain.

Sources: <https://www.choosopt.com/guide/physical-therapy-guide-eck-pain> • [https://www.physio-pedia.com/Manual\\_Therapy](https://www.physio-pedia.com/Manual_Therapy) • [www.neupptech.com](http://www.neupptech.com)

## Healthy Recipe: Black Bean Burger

### INGREDIENTS:

- 3 cups cooked black beans, drained and rinsed
- ½ cup grated yellow onion, (about 1/2 medium)
- 2 garlic cloves, minced
- 2 chipotle peppers from a can of chipotles in adobo, diced, plus 2 tablespoons adobo sauce
- 1 tablespoon tamari
- 1 tablespoon balsamic vinegar
- 1 teaspoon cumin
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- 1 egg
- 1 cup panko bread crumbs
- extra virgin olive oil, for brushing
- cooking spray, if grilling
- hamburger buns and desired fixings, for serving

**INSTRUCTIONS:** In a large bowl, combine the beans, onion, garlic, chipotles, adobo sauce, tamari, balsamic, cumin, salt, and pepper. Use a potato masher to mash until the mixture holds together but still has some visible chunks of black beans. Add the egg and use a spatula to fold until combined. Then, fold in the panko. Use your hands to form the mixture into 6 patties. The mixture should be cohesive and a little wet. If it's too wet to handle, chill in the fridge for 20 minutes to firm up or mash your beans a little bit more. Heat a cast-iron skillet over medium heat. Brush with a little oil and cook the burgers for about 5 minutes per side, until charred on both sides, turning the heat down as necessary. The exact timing will depend on the heat of your stove and cookware. Alternatively, preheat an outdoor grill to 400°F. Lightly brush the patties with olive oil, spray the grill grates, and grill for 8 minutes on the first side and 4 minutes on the second side. Serve with hamburger buns and desired fixings.



# PATIENT SUCCESS

"A big thank you to Dr. Jake Reidy, Carter and all who worked with me. I have gained strength and range of motion in my neck which has helped with my daily activities and driving. No pain medication has been necessary, and the laser therapy really helped decrease the pain and inflammation. I have had nothing but a positive experience at Kinetix." — CeAnn



## HAPPY MOTHER'S DAY!

Happy Mother's Day from all of us at Kinetix PT! Today, we celebrate the incredible moms who fill our lives with love, wisdom, and endless support. To all the moms out there, you are appreciated, cherished, and loved beyond measure. Wishing you a day filled with joy, relaxation, and the warm embrace of family!

## 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.*



## 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](mailto: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](http://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**