



NEWSLETTER

THE KINETIX TEAM AT PLAY

Every quarter, a team building event is scheduled. This event was a family game night inside our Arbor Greens facility. Recently, the Kinetix golf team played in the Mary Wise Golf Scramble too.





NEWSLETTER



ALLEVIATE PERSISTENT NECK PAIN WITH PHYSICAL THERAPY

Have you ever had one of those days at work or school when your neck just won't stop bothering you? Maybe turning your head is difficult or painful. Neck pain can really impact your day and make life less enjoyable. Good news! At Kinetix Physical Therapy, we've got a team that knows just how to help you feel better and give you tips to keep the pain away.

Most of the time, neck pain happens because something is wrong with a muscle or joint. Figuring out what the real source is can be difficult, but with the help of our experienced therapists, you can get to the root of your problems and, more importantly, get the solutions you're looking for.

Our therapists will use treatments like specific stretches, hands-on techniques, and strength exercises that are tailored for immediate and lasting relief. Our ultimate goal? To help you return to a life you can enjoy to the fullest. Take action today! Request an appointment and set the wheels in motion for the lasting relief you deserve.

SOURCE OF NECK PAIN: CAUSES AND SYMPTOMS

Neck pain is a multifaceted condition, and its origins can vary widely from person to person. What may appear to be a minor issue, such

as a recurring crick in your neck, could potentially develop into a chronic issue that disrupts your daily life.

HERE ARE SOME OF THE MORE COMMON CAUSES OF NECK PAIN:

- **Soft Tissue Injuries:** Damage to the muscles, tendons, or ligaments in the neck can cause symptoms. Acute neck injuries often develop after car accidents (i.e., whiplash injuries).
- **Improper Posture:** Prolonged sitting can also strain the neck joint, causing small damage to the tissue that compounds over time.
- **Disc Degeneration:** Sometimes, the issue lies deeper within the spine's structure, such as changes to the discs (the cushions between vertebrae). This condition is often associated with aging.
- **Bulging or Herniated Discs:** This painful condition occurs when a spinal disc bulges or ruptures, irritating a nearby nerve. It often causes additional symptoms such as sharp, radiating pain or numbness extending into the shoulders or arms.

Luckily, our physical therapists are skilled at identifying these contributing factors and formulating an effective treatment plan tailored to alleviate your specific symptoms.

PHYSICAL THERAPY: YOUR PATHWAY TO RELIEF

CALL US TO GET STARTED 352.604.3367



We'll start with a comprehensive evaluation and conduct a physical examination, including a hands-on assessment of your neck and upper back muscles. We'll assess your posture and movement patterns to identify any restrictions or limitations contributing to your pain. If indicated, we can do diagnostic testing to aid in the diagnosis and personalized plan of care.

OUR TREATMENT PROGRAMS ARE BUILT ON SEVERAL KEY ELEMENTS, ALL AIMED AT FACILITATING THE HEALTH OF YOUR NECK:

- **Laser Therapy:** This non-invasive technique releases light photons into your neck's tissue, helping to reduce pain and increase circulation to the area, which can help facilitate healing.
- **The NEUBIE device:** assesses the root cause of muscle dysfunction and optimizes neurological function. 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 with its unique mapping capabilities.

- **Posture Correction:** Poor posture is a significant contributor to neck pain. Our therapists will guide you through the steps to correct your posture, effectively alleviating muscle strain on your neck and shoulders.
- **Hands-on Therapy and Custom Exercises:** Our expert therapists use specialized manual treatments to free up restrictions and alleviate tension in soft tissues. We'll also develop personalized exercise routines aimed at targeting the source of your pain to improve mobility and strength.
- **Ergonomic Evaluation:** Our therapists will provide practical recommendations for your work and home environments that can help minimize any physical strain on your neck and shoulders. We will also introduce you to stress-minimizing methods that can be seamlessly integrated into your work life.

We are committed to working closely with you to craft effective, proactive programs to restore mobility and contribute to overall well-being.

READY TO TAKE THE FIRST STEP TOWARD A PAIN-FREE NECK?

Don't let neck pain hold you back any longer. At Kinetix Physical Therapy, our team of experts is here to give you the personalized help you need to feel better and stay that way. Let's work together to create a plan that fits you perfectly. Contact us today to schedule your appointment with our amazing physical therapists and start your journey to a more comfortable, pain-free life!

Sources: <https://www.jospt.org/doi/10.2519/jospt.20170302> + <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC672311/>

Recipe of the Month: Grilled BBQ Chicken

INGREDIENTS:

- 1 ½ pounds chicken tenderloins or boneless skinless chicken breasts
- ¼ cup vegetable oil
- 3 cloves garlic, minced
- 1 ¼ teaspoon salt
- 1 tablespoon packed light brown sugar
- 2 teaspoons smoked paprika
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- ½ teaspoon cayenne pepper
- About 1 cup barbecue sauce



INSTRUCTIONS: If using boneless skinless chicken breasts, place the chicken breasts one at a time in a 1-gallon zip-lock bag; using a meat mallet, pound the breasts to an even ½-inch thickness. [Skip this step if using tenderloins.] In a large bowl, whisk together the oil, garlic, salt, brown sugar, smoked paprika, cumin, chili powder, and cayenne. Place the chicken in the bowl and, using tongs, toss until the chicken is evenly coated with the marinade. Cover the bowl and place in the refrigerator to marinate for at least 6 hours or up to 24 hours. Preheat the grill to high and oil the grates. Grill the chicken, covered, for 2 to 3 minutes. Flip the chicken, and then brush with some of the barbecue sauce. Cook for 2 to 3 minutes more. [Note that tenderloins will cook faster than breasts.] Transfer the chicken to a serving platter and serve with the remaining barbecue sauce alongside.

PATIENT SUCCESS

"I had a great team, Dr. Scott Eddins, Sara, Jazmine, Kayla, Darnell, and Katie. I feel so much better! The laser treatment definitely helped with the pain, it enabled me to move my neck better and I didn't have to take medication. My quality of life has improved. Thank you!"

— Elaine



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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

"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.



kinetix
PHYSICAL THERAPY

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

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