

# NEWSLETTER

## JULY 2024



SCHEDULE  
YOUR  
APPOINTMENT



HAPPY  
4<sup>TH</sup> OF JULY

**TELL YOUR BACK PAIN  
TO BACK OFF!**

INSIDE:

DANIEL'S  
PT STORY

PATIENT  
TESTIMONIAL

STAFF  
SPOTLIGHT

WAKE FOREST (919) 568-5035 • KNIGHTDALE (919) 759-6532

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# Kinect

PHYSIOTHERAPY



## TELL YOUR BACK PAIN TO BACK OFF!

### *Here's How One of Our Patients Got Back to the Things He Loved the Most*

The chances are very good that you'll experience back pain at some point in your life. You might lift a piece of furniture that's a little too heavy for you. You might develop pain from prolonged sitting. Or you might just notice a "random" back pain that likely stems from repetitive or awkward movements.

No matter the source of your back pain, physical therapy with Kinect Physiotherapy can help you find relief. We know that when you're in the throes of debilitating pain, pinpointing the underlying cause is probably the least of your concerns. But to our team of experts, understanding the cause is the first step in helping you get the treatment you need.

To illustrate this, let's look at a story from our files. Daniel developed back pain that was dramatically impacting his day-to-day life. It kept him on the couch during the day and wide awake at night—but our therapists helped him find lasting relief.

### MEET THE PATIENT (AND HIS BACK PAIN)

Daniel was a computer programmer in his late 30s who spent his workday tapping away on his computer keyboard. In his spare time, he enjoyed playing board games with his buddies, taking his German shepherd to the dog park, and whipping up meals for his girlfriend.

One day, Daniel was digging out a dead shrub in his backyard when he felt a sudden spasm in his lower back, followed by a sharp jolt of pain. He stopped for the afternoon, but the pain hadn't receded the next day. Or the next.

Daniel's back pain was intense enough that it didn't just cause pain; it also impacted his mobility. Forget digging out a shrub; now, Daniel could barely walk his dog! And while the pain lessened somewhat while he was sitting, it was still bothersome enough to distract him from work.

### ENOUGH'S ENOUGH: DANIEL VISITS A PHYSICAL THERAPIST

Eventually, Daniel's girlfriend told him he needed to seek treatment. She suggested he try a physical therapist, as she'd had a good experience with physical therapy after her own back injury.

### Tomato, Mozzarella & Basil Bruschetta



#### INGREDIENTS:

- 1 (32 oz) can whole tomatoes, drained
- 1 cup fresh basil leaves
- 4 tbsp extra-virgin olive oil
- 6 cloves garlic, peeled
- Kosher salt and ground black pepper
- 2 large French baguettes, sliced 1-inch thick (about 36 slices)
- 1 1/2 lbs fresh mozzarella cheese, sliced 1/4-inch thick

#### DIRECTIONS:

Preheat oven to 375° F. In the bowl of a food processor, add drained tomatoes, 1 cup basil leaves, olive oil and 2 cloves garlic. Pulse until smooth, but somewhat chunky. Season with salt and pepper. On a baking sheet, line up baguette slices. Toast in oven for about 3 minutes. Rub the remaining garlic on the toasted side of each slice and then lay a piece of mozzarella cheese on top. Place bread back in oven and melt cheese for about 45 seconds. Remove from oven and spread one tablespoon of the tomato mixture on each piece. Place bruschetta on decorative platter and garnish with basil leaves.

## 6 TIPS FOR A HEALTHY DIET THIS SUMMER

Your diet affects many aspects of your well-being including your immune system, bone health, muscle function, inflammation and pain. Conditions including heart disease and diabetes are also impacted by dietary intake. In summer, it can be difficult to keep good nutrition at the forefront especially with barbecues and cookouts popping up everywhere you look! Here are 6 nutrition tips to help you maintain a healthy diet this season:

- 1. Swap out snacks for fruits and vegetables.** Consume at least 5 portions of a variety of fruits and vegetables daily. If this sounds challenging, remember that fresh, frozen, canned, dried, or even juiced fruits and veggies are all options.
- 2. Replace steak with fish.** Fish is a great source of protein and contains many vitamins and minerals. You should try to incorporate at least 2 servings of fish into your diet every week.
- 3. Reduce your saturated fat intake.** Too much saturated fat can raise your blood cholesterol levels, increasing your risk of developing heart disease. Examples of food high in saturated fat includes fatty cuts of meat, sausages, butter, hard cheeses, cream, cakes and biscuits.
- 4. Cut down on sugary drinks.** Drinks high in sugar contribute to obesity and tooth decay. Try opting for a cool, refreshing glass of water instead, or a tasty fruit smoothie!
- 5. Drink enough water.** Proper hydration is always important, but even more so during hot weather. You should aim for 6 to 8 glasses of water a day.
- 6. Don't skip breakfast.** A healthy breakfast sets the tone for your day and gives you the energy you need to make it to lunch!

We hope these tips will help you navigate the season and prioritize your health this summer!

*Continued from outside.*

At the PT clinic, Daniel shared his symptoms and noted that the pain had started while he was doing yard work. His therapist also guided him through several movement screens, testing Daniel's range of motion and strength.

By the end of the appointment, Daniel's therapist had determined that Daniel likely had an issue with his lumbar discs (the cushions found between vertebrae) from digging out the tree root; he'd twisted his body while lifting a heavy clump of dirt, damaging his discs.

However, part of the reason Daniel suffered the injury was because the muscles in his back and core were weakened due to his sedentary job. Without strong core muscles to support his spine, he was more susceptible to an injury, particularly when performing manual labor without any conditioning or warmup.

### A PERSONALIZED TREATMENT APPROACH

Daniel's physical therapist didn't want to just mask Daniel's symptoms. He wanted to resolve the underlying injury and help Daniel prevent future injuries. To accomplish this, he created a customized treatment plan that walked Daniel through the following steps:

- **Relieve acute pain:** Manual therapy techniques like back mobilization and soft tissue manipulation offered an all-natural alternative to pain medication.
- **Restore mobility and build strength:** A therapeutic exercise program helps address the underlying muscular weakness that set Daniel up for an injury in the first place. By building up the strength in his back and core, Daniel was able to provide more stability and support to his spine.
- **Address lifestyle factors:** Another factor in Daniel's injury was his sedentary job. His physical therapist offered suggestions to help offset the prolonged sitting involved in computer programming, including taking stretching breaks every 30 minutes and investing in a standing desk.
- **Prevent another injury:** Finally, the therapist showed Daniel how to use proper technique when working in the yard and suggested some warm-up methods the next time Daniel needed to perform strenuous movements.

### SAY GOODBYE TO BACK PAIN TODAY!

Does Daniel's story resonate with you? Just like him, you don't have to suffer! Schedule an initial consultation at Kinect Physiotherapy to get started on the journey to lasting pain relief.

VISIT [KINCTPTNC.COM](https://www.kinctptnc.com) FOR MORE INFO



## STAFF SPOTLIGHT



**KAROL 'KIMBO' BUCHANAN**  
**INTAKE COORDINATOR RECEPTIONIST**

Kimbo is a North Carolina native. Born in Raleigh and moving to Wake Forest in 2014. Started working for Kinect in 2021 but was a patient first after 2 knee replacements. She enjoys time with her family and loves spending her spare time at the beach.

## PATIENT SUCCESS

**“I highly recommend their services  
to anyone in need of physical therapy  
and rehabilitation after surgery.”**

I can't thank Addy and Stephen enough. Addy was my therapist after a difficult rotator cuff surgery. I am a self proclaimed difficult patient and but not for Addy's exceptional care and expertise...and patience, I would not have been able to do the things I love sooner than expected. Thanks to her guidance and support, I've regained full mobility and strength in my shoulder. Their personalized approach and encouragement made the recovery process smooth and effective. I highly recommend their services to anyone in need of physical therapy and rehabilitation after surgery.

**-STAN J.**



## Refer A Friend!

Our purpose at Kinect Physiotherapy is to leave a greater impact on the community around us. In order to achieve our goal we want to change as many lives as possible as we become a beacon of positivity in our community.

**SCAN THE QR CODE  
TO REFER A FRIEND!**



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PHYSIOTHERAPY

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BACK TO  
KINECT!**

**HAS YOUR PAIN RETURNED?**

*Call today to schedule an appointment!*

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