



KODA PHYSICAL THERAPY NEWSLETTER

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Health and Fitness **Mark's Corner**

Thanksgiving Safety Tips for Exercisers & Turkey Trotters 🦃

Whether you're running a Turkey Trot or just enjoying time with family, a few simple precautions can help you stay pain-free and active during the holiday:

- **Warm Up for the Trot:** Before your race or morning walk, perform a quick 5-minute warm-up. Include dynamic movements like leg swings, butt kicks, and high knees to prepare your muscles.
- **Prevent "Pre-Feast" Injury:** Lifting those heavy pots and pans while cooking? Remember to lift with your legs and keep your back straight to avoid strain.
- **Mindful Eating (and Recovery):** Enjoy your holiday feast in moderation. Balance your meal with plenty of water to help your muscles recover and stay hydrated.
- **The Post-Dinner Walk:** A brisk walk after your meal can aid digestion and prevent post-dinner stiffness. It's a great way to engage the whole family!

We wish all our patients a safe and healthy holiday season!

UPCOMING EVENTS



Clinic Holiday Break

Nov 27-28, 2025

Koda Physical Therapy will be closed for the Holiday from November 27 and 28th.

Spotlight



Spotlight: KODA Team Travels to Orlando



Our team recently attended a business conference in Orlando to expand our practice and learn new things. We are looking forward to potentially bringing life-changing services and practices back to the clinic. We are committed to offering the most advanced, non-invasive treatments to accelerate your recovery and deliver lasting results.

- **A Sneak Peek:** We are thrilled to introduce two incredible new technologies soon, including Shockwave Therapy and Electromagnetic Transduction Therapy (EMTT)! Details on these new treatments will be in the next issue.
- Also some other new exciting new keep an eye out for the next issue.



Get Involved!

The magic of the holidays starts here. ✨

KODA Physical Therapy will be participating in more local out reach. Currently we will be participating in Redwood Empire Food Bank Food drive. Stop by and drop something off. We will participating in other programs this holiday. Thank you for your generosity! If you have any question feel free to ask.



Get Ready to Save!

As a thank you for your loyalty, we're giving you a heads-up: Koda Physical Therapy is preparing for our biggest sale of the year! Keep an eye out for our Black Friday Sale!

- **Sale Dates:** The sale will run from November 24th through December 1st.
- **Discounts** will apply to our services, packages, and merchandise, making it the perfect time to invest in your wellness goals.
- **How to Get the Deals:** Keep an eye out for flyers in the clinic, check our social media posts, and don't forget to ask a team member about the deals when you stop by!

Holiday Recipes by your Therapist by Kevin



Apple Old Fashioned

- 2 oz (60 ml) Woodford Reserve
- Double Oaked Bourbon 1/2 oz
- (15 ml) apple cider syrup
- 1 dash Angostura Bitters
- 1 dash Fee Brothers Black
- Walnut Bitters Expressed
- orange oil & apple slices for garnish



Holiday Main Course : Smoked Sirloin Steak

- Sirloin Steak 1 thick-cut top sirloin steak (at least 1-inch thick) About 1 pound
- Kosher Salt Coarse Ground: Use about ½ teaspoon per pound of meat
- Spice Rub: Your favorite blend Or a simple mix of black pepper, garlic powder, onion powder, and rosemary
- Wood Chunks: Choice of wood Oak, Mesquite, Maple, or Hickory

Using Mindfulness To Get You Through The Holidays by Dylan

Coming together with friends and family should be a joyful activity that brings us peace and happiness. Too often, however, it can be charged with emotions that lead to more stress, anxiety and depression. If you're already dealing with an injury or chronic pain, your symptoms can be amplified by the holiday stress. Although you cannot control the onset of the sensation of pain, you can take control of your reaction to the sensation. Your reaction includes your body's reaction, your thoughts, and your emotions. Learning to control your reaction to pain is important because it directly impacts how nerves in your body, spinal cord, and brain communicate. Your reaction can increase or decrease pain-related activity of these nerves. You can train your body to react in more productive ways by practicing mindfulness, breathing techniques or meditation.

Relaxation Tips:

- Lie down or sit comfortably with your arms and legs fully supported. Consider even turning the lights down and finding a quiet space. Close your eyes or use an eye pillow.
- Take 3 deep breaths to fully clear your lungs and your mind. In through your nose and out through your mouth.



- Continue breathing in and out at your most natural pace, slower and slower, like the breath you breathe when you are falling asleep.
- Start to visualize yourself in a beautiful space, like your favorite beach or mountain vista.
- You may find it useful to visualize a color, a smell like your mother's cooking, or imagine a sound like crickets or crashing waves.
- If you find yourself getting distracted, go to your favorite music app or YouTube and search for "Guided Meditation." Find an audio track where to guide you along the way and give you something to constantly focus on other than your own sensations and stressors.
- 5 min may be enough, but try longer sessions of 20 minutes.
- If you fall asleep, great! You probably needed the nap anyway.



Activity Corner by Sabrina

Things to do this Holiday

- **Grand Bazaar of Petaluma:** This is Petaluma's largest indoor arts and crafts fair, featuring over 100 artists and crafters. It's happening on Saturday, November 8th and Sunday, November 9th, from 10 a.m. to 3 p.m. at the Petaluma Fairgrounds.
- **Petaluma Elks Annual Holiday Craft Fair:** This exciting event features over 80 talented crafters and vendors, offering a unique mix of holiday decor, gifts, and collectibles. It is taking place at the Petaluma Elks #901 Lodge on Saturday, November 15th, and Sunday, November 16th, from 10:00 AM to 3:00 PM.
- **Petaluma Holiday Food Fair:** Stock up for Thanksgiving! This indoor farmer's market in downtown's Hall of the Above is scheduled for Sunday, November 23rd, where you can purchase directly from local food artisans.
- **9th Annual Gingerbread House Showcase & Competition:** Join Petaluma's favorite tradition at Hotel Petaluma (205 Kentucky St.). This free, three-day community event invites everyone to enter alone or with friends/family to win fabulous prizes and vote for the People's Choice award! Dates: Friday, November 28-30, 2025.

"One of my favorite Petaluma traditions to kick off the holidays is watching Santa arrive by riverboat! It's such a magical sight for everyone." -Sabrina