

KODA PHYSICAL THERAPY NEWSLETTER

707-981-8604



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@KODA_PT

UPCOMING EVENTS

* **Knee Pain Workshop** April 16, 2026 4-5 PM

Koda PT will host a workshop with topics on Knee Pain. We will educate on pain, exercises, and treatments.

Physical Therapy Tip's for March

April Movement Tip:

Spring Clean Your Posture

As the weather warms up in Petaluma and we head back into our gardens or start longer weekend walks, it's easy to bring "Winter Slouch" along with us. This month, let's focus on Postural Hygiene. Just like we deep-clean our homes, our joints need a refresh to prevent those seasonal aches and pains.

The "Check-In" Challenge

Instead of waiting for pain to remind you to sit up straight, try these three alignment "reset" buttons throughout your day:

- The Garden Pivot: Spending time in the yard? Every 15 minutes, stand up completely, reach your arms to the sky, and take two deep belly breaths. This offsets the "C-curve" spine we often adopt while weeding or planting.
- The "Hinge" over the "Hunch": When picking up heavy mulch bags or laundry baskets, remember to hinge at the hips, not the low back. Think of your spine as a stiff board and your hips as the heavy-duty hinges.
- The Tech Neck Takedown: If you're spending more time planning spring trips on your tablet or phone, bring the screen to eye level. If your chin is tucked to your chest, you're putting up to 60 lbs of extra pressure on your neck!

Why it matters:

Proper alignment isn't about looking stiff; it's about efficiency. When your joints are stacked correctly, your muscles don't have to overwork to keep you upright. This leaves you with more energy for the activities you actually enjoy.

Dear Patients,

In a world that values speed and quick fixes, true healing can feel slow. But meaningful progress – the kind that lasts – is built over time.

April is a good reminder that health is not a 30-day project. It is a long game.

Tissues take time to remodel. Strength takes time to develop. Confidence takes time to rebuild. While temporary solutions may provide short-lived relief, sustainable change happens when we respect the natural healing and adaptation process of the body.

Throughout my own recent recovery, I've had to remind myself of this daily. There is a desire to rush – to test, to push, to return to full capacity immediately. But healing does not respond well to impatience. It responds to consistency, progressive loading, and smart decision-making.

This is why our approach focuses not just on symptom relief, but on lasting change. Sometimes that means utilizing regenerative therapies to stimulate tissue repair at a deeper level. Sometimes it means committing to a structured strength progression beyond the point where pain subsides. Often, it means both.

We do not measure success solely by short-term comfort. We measure it by your ability to move confidently months and years from now.

If you stay committed to the process – even when progress feels gradual – the results compound. Small improvements become durable strength. Temporary relief becomes long-term resilience.

The long game requires patience. But it is worth it.

Gratefully,

Loren



Dr. Kimble

KODATM
PHYSICAL THERAPY

Ask Me

ABOUT REGENERATIVE THERAPY

Want to Speed up the healing Process?



Vote Koda for The Best of Sonoma



<https://bestofsoco.pressdemocrat.com/>

Things to do This Spring by Sabrina

• **Butter & Egg Day Parade and Festival**
Saturday April 18, 2026, 10:00 am - 5:00 pm.
Cost=Free

An iconic Petaluma tradition, the **Butter & Egg Days Parade & Festival** celebrates its rich agricultural history. The parade begins at noon and features over 130 units with approximately 3,000 participants and 200+ volunteers. Spread over four city blocks, Butter & Egg Days offer a feast for the entire family. Come experience colorful floats, marching bands, elaborate chicken costumes, crafts, arts, and two large "kid areas".

• **Spring Antique Faire**
Sunday April 26, 2026 8-4PM, Cost = Free
You won't want to miss the **Spring Antique Faire** where the iron-front buildings and architectural gems in historic downtown Petaluma provide a fitting backdrop for more than 100 antique dealers selling collectibles of all types and prices. From campaign buttons and postcards to heirloom artwork and armoires, there is truly something for everyone.

• **Salute to American Graffiti Car Show**
Saturday May 16, 2026, 10-8 pm, Cost=Free
Petaluma's Salute to American Graffiti celebrates our city's starring role in movie history. Filmed in 1972, director George Lucas used Petaluma streets for many of the iconic movie's most memorable scenes. Now these same streets draw thousands of visitors from across the country and the world to Petaluma for the family-friendly, alcohol-free car show...and it's all for a good cause.

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FEATURED UPCOMING LOCAL EVENTS - KODA PHYSICAL THERAPY NEWSLETTER

Personal Trainer's Corner: April Edition

Trainer's Pro-Tip: Mind Your "Foundation." Before you lace up, take 60 seconds to wake up your feet. Try "Big Toe Isolations" or simply spreading your toes wide. Your feet are the first point of contact with the ground; if they aren't firing, your knees and hips have to pick up the slack!

Spring Training: Finding Your Balance

Now that the April sun is drying out the trails at Shollenberger Park and the local courts are buzzing, it's time to talk about Single-Leg Stability.

Most spring sports—running, hiking, and especially the lateral lunges of pickleball—are essentially a series of single-leg movements. If one side is compensating for the other, that "Spring Re-Entry" can quickly lead to nagging aches. Here is my top focus for April:

The Power of Unilateral Training

To build a resilient body that handles uneven terrain and quick changes of direction, incorporate movements that challenge one side at a time. Think: Single-leg deadlifts, split squats, or single-arm rows.

- Why it works: Unilateral exercises force your core to stabilize against rotation and highlight strength imbalances before they become injuries. It ensures your "left engine" is just as strong as your "right engine."
- The Goal: Aim for "Symmetry over Intensity." If you can lunge 50lbs on your right but struggle with 30lbs on your left, your body is telling you exactly where to focus this month.



Staff Spotlight

This month, we are thrilled to feature a very special face in our Staff Spotlight:

Sabrina, our dedicated Client Relations Specialist!

If you've walked through our doors or called our office, chances are you've been greeted by Sabrina's warm smile and helpful spirit. As a Petaluma native, Sabrina brings a deep love for our community and a personal touch to everything she does at Koda Physical Therapy.

What do you love most about working at Koda Physical Therapy?

"I love being the first point of contact for our patients. Seeing someone progress from their first visit to their graduation day is incredibly rewarding. Being part of a team that genuinely cares about helping people get back to doing what they love is what makes this job so special."

What are your passions outside of work?

"When I'm not at the clinic, I love staying active and spending time with my family and friends. I'm a big believer in the Koda philosophy of movement and health, so I try to enjoy the beautiful Sonoma County outdoors as much as possible!"

What is one thing patients might not know about you?

"I am very passionate about organization and making sure everyone feels heard and supported. My goal is to make the 'administrative' side of physical therapy as stress-free as possible so our patients can focus entirely on their recovery."



"I cannot wait to meet everyone. Stop by and say Hi!"



We know life doesn't always happen between 9 and 5.

Whether you need to move a session while winding down for the night or check your schedule before your morning coffee, we've got you covered.

We are thrilled to introduce Paula AI, our new virtual assistant designed to ensure you never have to wait on hold or catch a busy signal again.

More Than Just a Voice

Paula isn't just an answering machine, she's a hard-working member of the Koda team. You can call the clinic anytime (day, night, or weekends) and Paula can help you:

- Manage Appointments: Quickly cancel, or reschedule your visits.
- Get Reminders: Confirm the time and date of your next session.
- Direct Messaging: Leave specific notes for your therapist or the front desk.
- General Inquiries: Ask about payments or clinic information.

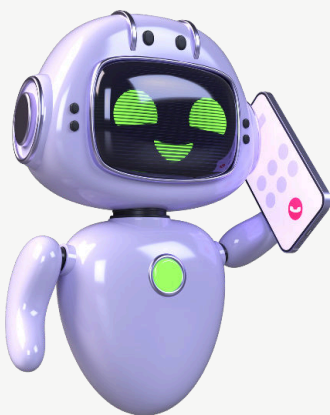
Help Paula Help You

Paula is still learning and growing! To ensure she gets you exactly what you need, please be as specific as possible during your call.

Think of it like giving directions—the more detail, the better the destination.

When you call, clearly state:

1. Who you are (First and Last Name).
2. What the call is about (Use keywords like "Cancel", "Book", or "Payment").
3. When (The specific date and time of the appointment in question)



Sudoku Answers

1	3	9	4	6	7	8	5	2
6	8	7	3	2	5	9	1	4
2	4	5	8	1	9	3	7	6
5	9	3	6	7	8	2	4	1
4	6	1	9	3	2	7	8	5
7	2	8	1	5	4	6	3	9
9	5	6	7	4	3	1	2	8
8	7	4	2	9	1	5	6	3
3	1	2	5	8	6	4	9	7