

KODA PHYSICAL THERAPY NEWSLETTER

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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.

* June Work Shop TBD

Is there an injury or topic you're interested in? Let our team know.

Physical Therapy Tip's for March

March Movement Tip:

The "Habit Stacking" Secret

We know life gets busy, and sometimes those home exercises are the first thing to slide off your to-do list. The secret to staying consistent isn't "more willpower"—it's Habit Stacking.

What is Habit Stacking?

The idea is simple: Take a habit you already do every single day (like brushing your teeth or waiting for the coffee to brew) and "stack" your physical therapy exercise right on top of it.

Try These Stacks:

- The Morning Brew: While you wait for your coffee or tea to brew, perform your standing calf stretches or single-leg balance drills.
- The Toothbrush Tweak: While brushing your teeth, practice your "short foot" exercises or gentle neck retractions.
- The Red Light Reset: Stuck at a long light in Petaluma? Use that time to perform seated pelvic tilts or scapular squeezes (shoulder blade retractions) against your car seat.

Why it works: You aren't trying to find "new" time; you're simply maximizing the time you already have. By linking your PT to an existing anchor, your brain remembers the exercise automatically!

Growth Happens Outside the Comfort Zone

Dear Patients,

Recovery has a way of reminding us that growth rarely happens where things feel easy. Whether you are rebuilding strength after an setback, learning to move differently, or working patiently through discomfort, progress often asks us to step outside our comfort zone.

This message feels especially personal to me right now. I am currently recovering from an AC joint sprain, and it has given me a renewed appreciation for what many of you experience every day. Simple tasks I once took for granted – reaching overhead, lifting everyday objects, even using my right arm for routine activities – have required patience and adjustment. There have been frustrating moments, including the occasional setback, like when my dog enthusiastically jumps up and reminds me that healing is rarely a perfectly straight line.

Experiencing this firsthand has reinforced an important truth: recovery is as mental as it is physical. It requires staying focused on the end goal, even when progress feels slow. It asks us to notice and appreciate the small wins – a little more range of motion, a little less discomfort, a task that feels easier than it did the week before. These moments are easy to overlook, but they are the building blocks of meaningful change.

What I am reminded of most is the value of having support and guidance during the process. Healing can be inconvenient and, at times, discouraging. But it is also an opportunity to build resilience and trust in the process. Our entire team is committed not only to helping you reach your goals, but to walking alongside you with genuine understanding. We know the frustration of limitations, the patience recovery demands, and the determination it takes to keep moving forward – because we live it too.

It is a privilege to share in your journey. Thank you for allowing us to support you as you pursue progress, strength, and a return to the activities that matter most.

Warmly,
Dr. Loren Kimble



Dr. Kimble

Dear Valued Patients,

We are committed to providing the highest level of care while maintaining transparency in our business practices.

In order to help offset the rising costs associated with credit card processing, a 3% fee will be applied to all credit card transactions effective March 1st, 2026.

There is no fee for payments made by cash, check, debit card, HSA card, FSA cards. If you would like to avoid the processing fee, we are happy to accept any of these alternative payment methods.

Thank you for your understanding and continued trust in our clinic. If you have any questions, please feel free to reach out to our front desk team.

We appreciate the opportunity to be part of your care.

Warm regards,
Jessica Rizo
Operations Manager
Koda Physical Therapy

Things to do This Spring

by Sabrina

- **Sonoma International Film Festival** (Late March): This 5-day event in Sonoma Valley showcases independent films, documentaries, and shorts from around the world, often paired with local culinary experiences.
- **California Artisan Cheese Festival** (March 20–22): Held at the Sonoma County Fairgrounds in Santa Rosa, this 20th-anniversary celebration includes farm tours, cheese tastings, and the popular "Cheese Crawl" at The Barlow in Sebastopol.
- **Pigs & Pinot** (March 20–21): Hosted by Chef Charlie Palmer at Hotel Healdsburg, this event is a premier celebration of Pinot Noir and pork-inspired culinary creations.
- **Pliny the Younger Release** (Begins March 20): Russian River Brewing Company's legendary triple IPA release runs for two weeks in Santa Rosa and Windsor (through April 2)
- **TEDxSonomaCounty** (March 7): Hosted at the Jackson Theater in Santa Rosa, featuring a variety of thought-provoking speakers and local leaders.



Koda's Kitchen

Anti-inflammatory, protein-packed, and ready in 10 minutes.

Fueling your recovery doesn't have to be complicated. This bowl is loaded with magnesium for muscle relaxation and antioxidants to help your body bounce back after your sessions at Koda.

Prep time: 10 mins | **Serves:** 2

Ingredients

- 1 cup Cooked Quinoa: (Pro tip: Use the pre-cooked pouches to save time!)
- 1 can Chickpeas: Rinsed and drained (Great for plant-based protein).
- 1 cup Cherry Tomatoes: Halved.
- 1 Cucumber: Diced.
- 1/4 cup Feta Cheese: Crumbled (optional).
- A handful of Fresh Parsley: Chopped fine.
- Dressing: 2 tbsp Olive oil, juice of 1/2 lemon, and 1 clove of minced garlic.



Instructions

1. The Base: Divide the cooked quinoa into two bowls.
2. The Toppings: Layer the chickpeas, tomatoes, and cucumbers on top of the quinoa.
3. The Flavor: Whisk the olive oil, lemon juice, and garlic in a small jar or bowl. Drizzle it generously over your bowls.
4. Finish: Top with feta cheese and fresh parsley. Add a dash of salt and pepper to taste.

PT Tip: Quinoa is a "complete protein," meaning it contains all the amino acids your body needs to repair muscle fibers. It's the perfect post-appointment lunch!

Patient Spotlight: Who is Next

If you want to be on next spotlight please let us know. We want to tell your story.



Sudoku

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

Personal Trainer's Corner: Prepping Your "Spring Engine"

As the days get longer and the weather warms up here in Petaluma, the temptation to jump straight into high-intensity outdoor workouts is everywhere. Whether you're eyeing the trails at Helen Putnam or getting back onto the pickleball court, Spring is the season of the "Re-Entry." After a more sedentary winter, your muscles and tendons need a bridge between "rest mode" and "performance mode." Here is my top tip for a successful spring transition:

The 10% Rule for Spring Success

To avoid the common "too much, too soon" injuries that we often see this time of year, try the 10% Rule: Never increase your weekly mileage, weight, or total workout duration by more than 10% from the week before.

Why it works: While your heart and lungs might feel ready to go all out, your connective tissues (ligaments and tendons) take longer to adapt to new stresses. This gradual build-up ensures you stay on the field and out of the treatment room!

Trainer's Pro-Tip: Don't forget your Dynamic Warm-up. Spend 5–10 minutes doing active movements like leg swings and arm circles before your workout to "wake up" your nervous system and prepare your joints for the movement ahead.



Ready to level up your spring training? If you're looking for a personalized program to hit your 2026 fitness goals, come find me in the gym—let's get you moving efficiently and pain-free!

Staff Spotlight

We are incredibly proud to introduce our newest Therapy Aide, **Jeremy**. A Sonoma County native, Jeremy was born and raised right here in our community. Before joining us at Koda, Jeremy served in the United States Air Force, bringing a wealth of discipline and dedication to our clinic floor. Currently, Jeremy is pursuing his degree and licensure to become a Physical Therapist Assistant (PTA). He is passionate about transitioning his skills from the military into the world of rehabilitation and movement.

Jeremy

"I'm thrilled to be starting my journey here at Koda Physical Therapy. Meeting and working with this community is what I'm looking forward to most!"



Sudoku Answers

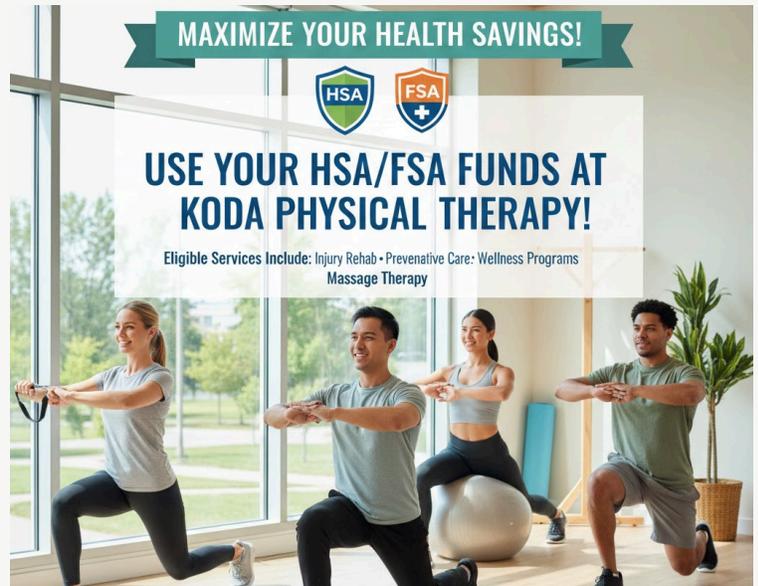
1	3	2	4	7	9	6	8	5
5	9	8	1	6	2	7	3	4
7	6	4	5	3	8	2	1	9
8	7	1	3	4	5	9	2	6
3	4	9	7	2	6	8	5	1
2	5	6	8	9	1	4	7	3
4	2	7	9	1	3	5	6	8
9	1	5	6	8	7	3	4	2
6	8	3	2	5	4	1	9	7

Maximize Your Benefits: Using HSA & FSA for Your Care

Did you know that you can use your Health Savings Account (HSA) or Flexible Spending Account (FSA) to cover your care at Koda Physical Therapy? These accounts allow you to use pre-tax dollars to pay for your healthcare, effectively saving you 20–30% depending on your tax bracket. What can it be used for?

At Koda, your funds can be applied toward:

- **Evaluation & Treatment Sessions:** All standard physical therapy visits are eligible.
- **Regenerative Therapies:** This includes innovative treatments like Shockwave Therapy and EMTT.



How do I use it?

Most plans provide a debit card that you can use directly at our front desk. If you don't have a card, you can pay out-of-pocket and submit our detailed receipt to your provider for reimbursement.

Do I need an LMN?

While physical therapy for a diagnosed injury is typically automatically eligible, some "wellness-focused" services or specific products (like a massage gun or certain supplements) may require a Letter of Medical Necessity (LMN).

An LMN is a brief document from a licensed healthcare provider, stating that the treatment or product is necessary to treat a specific medical condition..

