

KODA PHYSICAL THERAPY NEWSLETTER

707-981-8604



KODAPT.COM



@KODA_PT

UPCOMING EVENTS

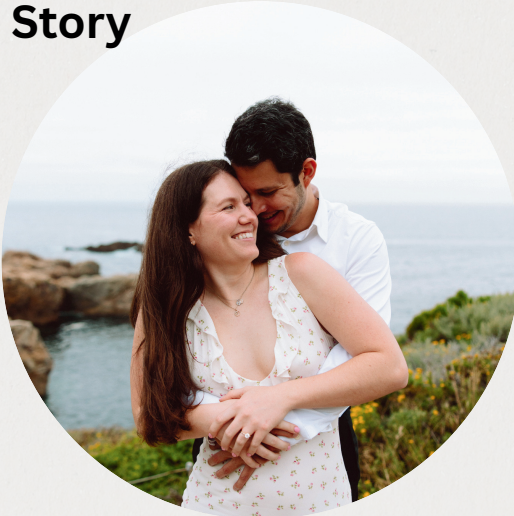
- * Keep an eye out, will post date for insurance lecture

COMING SOON

- * We are closed Closed July 3rd
Happy Fourth of July



Big News. Spotlight Story



Love is in the Air at Koda Physical Therapy!



Dear Patients,

July is a time when many people think about independence. When it comes to your health, independence means something simple:

- Being able to do what you want, when you want, without limitation. That doesn't happen by accident. It's built through strength, consistency, and preparation.
- Relief from pain is important, but true freedom comes from knowing your body can handle the demands of your life, whether that's travel, activity, or simply staying active without hesitation.

This is why we place such a strong emphasis on continuing beyond recovery. Wellness is not about doing more for the sake of it. It's about building a body you can rely on. Our goal is to help you move through life without having to think twice about your body holding you back.

That is real independence.

Lastly, we at Koda Physical Therapy wish everyone a happy Fourth of July!!!!

With respect,
Loren Kimble



Dr. Kimble

This month, we have some incredibly exciting news to share from beyond the clinic floor: our very own Carlie recently got engaged! We are absolutely over the moon for her and her partner, Michael, as they step into this beautiful new chapter together. Carlie brings so much light, dedication, and care to our clinic every single day, and seeing her this happy brings immense joy to our entire team. Please join all of us in sending Carlie the biggest, warmest congratulations the next time you see her in the clinic!



Things to do This July

by Sabrina

1. The Old-Fashioned 4th of July Parade & Celebration

- When: Saturday, July 4, 2026 (Parade starts at 10:00 AM)
- Where: Historic Sonoma Plaza
- The Movement: An all-day community celebration means plenty of low-impact walking and standing.
- Koda Wellness Tip: If you plan on setting up lawn chairs or walking the Plaza festival, remember to change your posture frequently. Keep a slight bend in your knees while standing to relieve lower back pressure, and stay hydrated under the summer sun!

2. Summer at the Green: Outdoor Movie Night

- When: Saturday, July 11, 2026 (5:00 PM & 7:00 PM)
- Where: Green Music Center, Weill Hall + Lawn (Rohnert Park)
- The Movement: A perfect, family-friendly evening featuring outdoor screenings of Zootopia and Zootopia 2. Walking from the parking lot to the lawn is a great way to squeeze in a light evening stroll.
- Koda Wellness Tip: Sitting on the ground for long movie stretches can strain a tight back or tight hips. Bring a supportive lawn chair rather than just a blanket, or use a rolled-up towel behind your lower back for lumbar support.

3. Transcendence Theatre Company's "Broadway Under the Stars"

- When: Select weekends throughout July 2026
- Where: Green Music Center / Local Outdoor Venues
- The Movement: Enjoying incredible live musical theater outdoors. This month features high-energy productions like Ain't Too Proud to Beg and Radio Recall.
- Koda Wellness Tip: Live music is a great excuse to stand up and dance! Gentle side-to-side stepping and swaying is a fantastic, fun way to promote hip mobility and circulation after a week of sitting at a desk.

4. Wright Hill Ranch Regional Park Preview Hike

- When: Saturday, July 25, 2026 (10:00 AM & 11:30 AM sessions)
- Where: Wright Hill Ranch Regional Park and Preserve
- The Movement: Sonoma County Regional Parks is hosting a special public preview of one of our newest parklands before it officially opens. These bicultural hikes range from moderate to challenging.
- Koda Wellness Tip: Trail hiking is phenomenal for your ankle stability and core engagement because of the uneven terrain. If you have sensitive knees, utilizing trekking poles can reduce the impact on your joints by up to 25% on downhill stretches.

5. Napa to Sonoma Half Marathon & 5K

- When: mid-July 2026
- Where: Through the scenic vineyards of Southern Sonoma
- The Movement: One of the most beautiful running and walking courses in the world. Even if you aren't running the half marathon, the 5K (3.1 miles) is incredibly walker-friendly.

Sabrina's Top Choice

- Rancho Adobe Fire Department Pancake Breakfast on Saturday, July 4th

KODA PHYSICAL THERAPY'S JULY GUIDE 2026: ACTIVE SONOMA!
THINGS TO DO THIS JULY IN SONOMA COUNTY 2026
5 THINGS TO DO & STAY MOVING THIS JULY!

- 1 SONOMA PLAZA 4th OF JULY PARADE**
 Date: July 4, 2026
 Loc: Sonoma Plaza
 ACTIVITIES: Community Stroll, Family Activities, Celebrations
 KODA TIP: Keep walking! Enjoy the festivities and stay active with friends.
- 2 HEALDSBURG TUESDAY NIGHT CONCERTS**
 Date: July 7, 14, 28, 2026 (6-8 PM)
 Loc: Healdsburg Plaza
 ACTIVITIES: Free Outdoor Music, Dancing, Socializing
 KODA TIP: Engage your core! Stand tall and dynamic while dancing and mingling.
- 3 THE RITZ-CARLTON GOLF OUTING & WELLNESS CLINIC**
 Date: July 11, 2026 (10 AM - 3 PM)
 Loc: The Ritz-Carlton Golf Club, Half Moon Bay
 ACTIVITIES: Cluzi-Cooting & Wellness
 KODA TIP: Stretch pre-game! Work on rotational mobility for a smooth swing.
- 4 SEBASTOPOL BLUEBERRY FESTIVAL**
 Date: July 18-19, 2026 (10 AM - 4 PM)
 Loc: Sebastopol Downtown & Farms
 ACTIVITIES: Berry Picking, Market Exploration, Local Crafts
 KODA TIP: Vary your reach! Pick mindfully, engage different muscles when reaching low & high.
- 5 SONOMA COUNTY REGIONAL PARKS HIKE (WRIGHT HILL RANCH)**
 Date: July 25, 2026 (9 AM - 12 PM)
 Loc: Wright Hill Ranch Regional Park
 ACTIVITIES: Scenic Trails, Nature Walk, Group Hike
 KODA TIP: Use trekking poles! Reduce knee impact on steep ascents and descents.

KODA PHYSICAL THERAPY • STAY ACTIVE, HEALTHY, & HAPPY IN SONOMA!

Sizzling Summer Chicken & Peach Skewers

A sweet, savory, and anti-inflammatory BBQ favorite.

July is all about firing up the grill and enjoying the sunshine. This month, we are serving up a recipe that combines lean, muscle-building protein with the natural sweetness of summer peaches. Packed with vitamins and antioxidants, it's the ultimate backyard fuel for your recovery!

Prep time: 15 mins | Cook time: 10 mins | Serves: 4

Ingredients

- 1.5 lbs Chicken Breasts: Cut into 1-inch cubes (excellent lean protein for muscle repair).
- 3 Ripe but Firm Peaches: Pitted and wedged (loaded with Vitamin C to support collagen production for your joints).
- 1 Large Red Onion: Cut into 1-inch chunks (contains quercetin, a natural anti-inflammatory).
- 1 tbsp Olive Oil: For brushing.
- The Glaze: 2 tbsp balsamic vinegar, 1 tbsp honey, 1 clove of minced garlic, and a pinch of salt, pepper, and rosemary.

Instructions

1. Prep the Grill: Preheat your grill to medium-high heat. If using wooden skewers, soak them in water for 15 minutes so they don't burn.
2. Build the Skewers: Thread the chicken cubes, peach wedges, and red onion chunks alternately onto the skewers.
3. Brush & Season: Whisk your glaze ingredients together in a small bowl. Lightly brush the skewers with olive oil, then brush on half of the balsamic-honey glaze.
4. Grill: Place the skewers on the grill. Cook for about 8–10 minutes, turning occasionally and brushing with the remaining glaze, until the chicken is cooked through and the peaches have beautiful grill marks.
5. Serve: Enjoy hot right off the skewer alongside a fresh garden salad!

PT Tip: Spending time grilling outside is a great way to get some natural Vitamin D, which is essential for bone health and calcium absorption. **Just don't forget the sunscreen!**



Sudoku

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

Harry Potter

L	K	S	U	B	L	A	C	H	E	T	V	G	W
H	O	G	W	A	R	T	S	A	A	A	U	B	R
W	Y	K	C	A	L	B	S	U	I	R	I	S	D
A	R	L	C	D	Y	E	U	H	A	G	R	I	D
L	D	R	T	R	O	M	E	D	L	O	V	Y	E
C	R	R	A	G	R	A	N	G	E	R	D	Y	R
N	A	S	L	Y	T	H	E	R	I	N	G	Y	O
E	Z	E	R	O	D	N	I	F	F	Y	R	G	D
V	I	T	D	L	A	N	O	R	D	R	M	R	E
A	W	Q	U	I	D	D	I	T	C	H	E	A	L
R	R	S	H	D	A	R	K	A	R	T	S	S	B
H	W	E	A	S	L	E	Y	A	T	L	E	C	M
E	N	O	I	M	R	E	H	O	R	P	F	A	U
R	H	U	F	F	L	E	P	U	F	F	T	R	D

- POTTER
- QUIDDITCH
- DUMBLEDORE
- HARRY
- HOGWARTS
- SLYTHERIN
- WIZARDRY
- VOLDEMORT
- GRYFFINDOR
- RAVENCLAW
- GRANGER
- HUFFLEPUFF
- RONALD
- HERMIONE
- HAGRID
- SIRIUS BLACK
- SCAR
- ALBUS
- WEASLEY
- DARK ARTS

Patient Success Spotlight *Back on the Field in Record Time*

"Hi, I'm Seamus

I'm currently a sophomore at Boise State University, but I was a previous patient here at Koda Physical Therapy.

When I was a junior, I tore my ACL, my meniscus, and my patellar tendon. After that injury, I worked with Loren for my rehabilitation. Usually, that surgery requires a strict nine-month recovery. Loren got me back onto the football field within seven months.

My time working with Loren was very impressive. I could feel that he was truly dedicated to me, and he almost got as excited as I did when I started feeling better.

Every time I watch Loren working with a patient, he's super dedicated just to getting them feeling better. He builds great workout programs for everyone, and I highly recommend that you stop by."



Jeremy's Insight Understanding TENS: A Simple, Drug-Free Way to Manage Pain

Have you ever heard of a TENS unit? TENS stands for Transcutaneous Electrical Nerve Stimulation. While the name might sound a bit complicated, the way it works is actually quite simple!

TENS is a safe, gentle form of electrical therapy used to reduce or even eliminate pain in specific areas of the body. We place small, comfortable pads on your skin, which send tiny, safe amounts of electrical energy to the nerves underneath. This gentle energy helps disrupt the pain signals your body feels, providing soothing relief.

Depending on your specific needs, a TENS unit is typically set to one of two main categories:

- **High-Rate TENS (For immediate relief):** This setting is great for recent injuries or highly sensitive areas. It works by acting like a roadblock, stopping pain signals before they can reach your spinal cord. You will feel the pain relief while the machine is turned on, and it can be used as often or as long as you need it.
- **Low-Rate TENS (For long-lasting relief):** This setting uses a slower, deeper pulse of energy that creates small, gentle muscle contractions. The best part? A short, 20-minute session can provide pain relief that lasts for several hours after the machine is turned off.

For many of our patients at Koda Physical Therapy, TENS offers a fantastic, drug-free, and convenient way to manage pain. It is safe, effective, and can even be applied on your own in the comfort of your home!

KODA
PHYSICAL THERAPY

Ask Me About
Regenerative
Therapy

Sudoku Answers

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

Word Search Answers

L	K	S	U	B	L	A	C	H	E	T	V	G	W
H	O	G	W	A	R	T	S	A	A	A	U	B	R
W	Y	K	C	A	L	B	S	U	I	R	I	S	D
A	R	L	C	D	Y	E	U	H	A	G	R	I	D
L	D	R	T	R	O	M	E	D	L	O	V	Y	E
C	R	R	A	G	R	A	N	G	E	R	D	Y	R
N	A	S	L	Y	T	H	E	R	I	N	G	Y	O
E	Z	E	R	O	D	N	I	F	F	Y	R	G	D
V	I	T	D	L	A	N	O	R	D	R	M	R	E
A	W	Q	U	I	D	D	I	T	C	H	E	A	L
R	R	S	H	D	A	R	K	A	R	T	S	S	B
H	W	E	A	S	L	E	Y	A	T	L	E	C	M
E	N	O	I	M	R	E	H	O	R	P	F	A	U
R	H	U	F	F	L	E	P	U	F	F	T	R	D

Explore Non-Invasive Relief with Stimpod Technology

Schedule your Free Discovery Visit Today!!!

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Experience the Future of Pain Relief: Introducing the Stimpod!

Are you tired of living with stubborn nerve pain, numbness, or chronic tingling? At Koda Physical Therapy, we are thrilled to introduce a groundbreaking addition to our wellness and recovery toolkit: The Stimpod.

What is the Stimpod?

The Stimpod is a revolutionary, completely non-invasive neurostimulation device. It represents the cutting edge of targeted pain management, offering a highly effective, drug-free alternative for anyone struggling with chronic or acute nerve-related conditions.

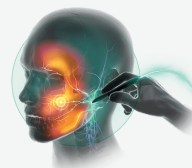
What Does It Do?

Instead of just masking your symptoms, the Stimpod gets straight to the source. It uses a unique electromagnetic waveform—Targeted Pulsed Radiofrequency (PRF)—to pinpoint damaged or hyperactive nerves. Think of it as hitting the "reset button" on a malfunctioning computer. The Stimpod delivers a targeted pulse that helps normalize the nerve's signaling, reducing inflammation and encouraging your body's natural healing process at a cellular level.

How Can It Help You?

Whether you are looking to speed up your recovery or seeking relief from years of daily discomfort, the Stimpod can be life-changing. It is highly effective in treating:

- Sciatica & Shooting Back Pain
- Neuropathy (numbness or tingling in the hands and feet)
- Plantar Fasciitis & Chronic Joint Pain
- Post-Surgical Nerve Discomfort



Why You'll Love It:

- Fast, Meaningful Relief: Many patients feel significant improvement within just their first few sessions.
- Completely Non-Invasive: No needles, no medications, and absolutely no downtime.
- Long-Lasting Results: It promotes actual nerve recovery, rather than just temporary symptom relief.

Ready to reclaim your active, pain-free life? Ask your Koda Physical Therapy provider about adding Stimpod therapy to your wellness plan today!

Road Trip Season Is Here – Is Your Back Ready For It?

We love a summer road trip. The open road, the snacks, the playlist arguments. What *don't* we love? Arriving at the destination, walking as if we've aged thirty years overnight. **Sound familiar?**

Whether you're driving to the coast, catching a flight, or squeezing into the back seat for a family adventure, your back, neck, and hips have *opinions* about long journeys. And they will absolutely share them.

We've put together the ultimate Summer Road Trip Survival Guide, packed with real science, practical tips, and everything you need to actually *enjoy* your holiday from the moment you arrive.

 Read it on the **[Koda Physical Therapy Website in the Blog Section](#)**. Your future self will thank [you](#).



Find your Therapist or Aide
Match the baby picture with the adult version





Debra



Dylan



Jessica



Sabrina



Jeremy



Elijah



Phu



Mariella



Loren



Carlie



Kevin



Paula



Answer Sheet