



KODA PHYSICAL THERAPY NEWSLETTER

707-981-8604



KODAPT.COM



@KODA_PT

UPCOMING EVENTS

* Golf Pain Workshop

June 4, 2026 4-5:30 PM

Koda PT will host a workshop with the topic on golf and injuries related to golf.

* Our next workshop date will be announced shortly. In the meantime, we would love to hear from you. Is there a specific topic you would like us to cover in our upcoming sessions? Please let us know.

Patient Success Spotlight

Mary Ann's Journey to Relief

For nearly a year, I felt like I was running in circles trying to find answers for my shoulder pain. I had been given a standard diagnosis, but the treatments just weren't hitting the mark, and the discomfort kept lingering.

That all changed when I finally walked through the doors of Koda Physical Therapy. After months of frustration, I can truly say I have been so incredibly pleased with my experience.

What made my experience at Koda PT different right from the start was how deeply they looked into my issue. The physical therapist who evaluated me didn't just take my previous diagnosis at face value. Instead of guessing, he took the time to look at the whole picture and evaluate me completely from top to bottom. Through that detailed assessment, he discovered that my pain had actually migrated into a very specific muscle.

He didn't waste any time getting to work. He manually manipulated my shoulder and massaged the area, and the difference was incredible. I experienced almost immediate improvement in my pain right then and there. Beyond the excellent care, the clinic itself made a big difference in how I felt going to therapy. The entire facility is just beautiful. It is exceptionally well-equipped, spacious, and has a wonderful sense of calm that makes you feel comfortable the moment you arrive. To top it all off, the front desk team is always so warm and friendly.

If you have been living with persistent pain or feel like you aren't getting the answers you need, I cannot recommend Koda Physical Therapy enough. They didn't just look at my paperwork—they looked at me, and they gave me my quality of life back.

Dear Patients,

June brings a unique momentum. With longer days and summer travel, our calendars often fill up quickly. However, with increased activity comes a quiet risk: drifting away from the habits that secured your progress.

It is easy to stay disciplined when life is structured, but consistency matters most when schedules shift. True progress isn't built under perfect conditions; it is forged when you choose to protect the routines that strengthen you, even in the midst of a busy season.

Whether you are in the middle of rehabilitation, advancing a strength program, or utilizing regenerative therapies, the principle remains: the body adapts to what you repeatedly ask of it. Momentum is powerful, but discipline directs it.

As your activity levels rise this summer, our goal is to help you stay ahead of setbacks. Through preparation and strategic recovery, you can enjoy the season without interruption. Stay consistent, protect your progress, and let's make this a summer defined by strength rather than injury.

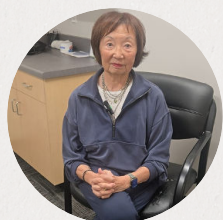
Have you seen the latest Petaluma Argus-Courier? Keep a close eye on the People's Choice sections. You might recognize a certain local physical therapy clinic!

We are honored to be mentioned alongside the best of Petaluma. Thank you for your continued support and for choosing us for your health and recovery.

With appreciation,
Loren Kimble
Koda Physical Therapy



Dr. Kimble



Sudoku

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

Physical Therapy Tip's for June

By: Kevin

Stop Stretching Cold Muscles! Waking Up Your Body for Summer Activity
 With the beautiful June weather officially here, many of us are rushing back out to the golf courses, hiking trails, and sports fields. But before you take that first big swing or hit the trail, how are you prepping your body? If you are still doing the classic "hold-and-stretch" routine before your workouts, you might actually be slowing your muscles down!

The Golden Rule of Summer Fitness:

Dynamic before the workout. Static after the workout.
 To keep your joints protected and your performance high, it helps to understand how these two types of stretching work:

- Before Activity: Dynamic Stretching (Warm up to Move)
 - What it is: Active movements where joints and muscles go through a full range of motion.
 - Why it works: It increases blood flow, revs up your nervous system, and prepares your tendons for explosive or repetitive movements (like a golf swing or a sudden sprint).
 - Try this: Leg swings, torso twists, arm circles, or walking lunges for 5-10 minutes before you start.
- After Activity: Static Stretching (Cool down to Recover)
 - What it is: Holding a stretch in a stationary position for 20-30 seconds.
 - Why it works: It resets your nervous system, lengthens muscles that have tightened up from exertion, and kickstarts the recovery process.
 - Try this: A seated hamstring stretch, calves against the curb, or a doorway chest stretch once your heart rate has settled.

Things to do This June

by Sabrina

Big West Wine Fest June 6-7 2026, 1-6 PM

Solarpunk Farm 15015 Armstrong Woods Road Guerneville
 Wine festival: two days of revelry under the redwoods, a pageant of poppies, a vinous carnival for the ages. Big West celebrates the mainstay makers.

Cookout at the Vineyard June 11-13, 2026, 1-6 PM

Kendall-Jackson Wine Estate & Gardens, located at 5007 Fulton Rd, Santa Rosa, CA 95403.
 The event offers a truly unique experience, from a lively block party to a winery takeover completed by a grand cookout featuring renowned chefs.

Country Summer Music Festival June 12-14, 2026, 10-9 PM

Sonoma County Fairgrounds 1350 Bennett Valley Road
 Country Music from a variety of artists with tons of food, etc.

North Coast Wine and Food Festival June 13, 2026, 1-4 PM

50 Mark West Springs Road, Santa Rosa, CA 95430.
 The premier tasting event features curated bites from leading local chefs paired with Gold Medal wines from distinguished North Coast producers. Guests enjoy an immersive, walk-around experience designed to showcase innovation, seasonality, and regional pride.

Petaluma Fair June 18-21 2026

175 Fairgrounds Drive Petaluma, CA 94952
 Petaluma Fair! This year's theme, "Past, Present, and Future Luma," celebrates our community's rich heritage, the vibrant spirit of today, and the bright possibilities ahead.

NASCAR Weekend June 26-28, 2026 Sonoma Raceway

Get ready for high-speed road course action as NASCAR returns to the heart of wine country! This action-packed weekend features two premier races:

- Saturday, June 27: Catch the rising stars in the Pit Boss/FoodMaxx 250 at 2:30 PM
- Sunday, June 28: Don't miss the main event, the Toyota/Save Mart 350, kicking off at 12:30 PM

Roasted Chicken & Seasonal Veggie Sheet Pan

If you're looking for a meal that's high in nutrients but low on cleanup, this Roasted Chicken & Summer Veggie Medley is the perfect solution for busy weeknights.

The "Recovery Roast" Bowl. This dish focuses on lean protein and a colorful array of fiber-rich vegetables to support muscle health and digestive wellness. By roasting everything together, you lock in the natural juices and flavors without needing heavy sauces.

Ingredients

- Protein: 1 lb boneless, skinless chicken breasts, cut into 1-inch bite-sized pieces.
- Veggies: 1 medium zucchini (sliced into half-moons), 1 red bell pepper (chopped), and 1 cup fresh snap peas.
- Aromatics: 2 cloves garlic, minced, and 1 tbsp fresh rosemary, finely chopped.
- Pantry: 2 tbsp extra virgin olive oil, ½ tsp sea salt, and ¼ tsp black pepper.
- Optional: A squeeze of fresh lemon juice or a sprinkle of red pepper flakes for heat.

Instructions

1. Prep: Preheat your oven to 400°F (200°C) and line a large sheet pan with parchment paper for easy cleanup.
2. Season: In a large bowl, toss the chicken and vegetables with olive oil, minced garlic, rosemary, salt, and pepper until everything is evenly coated.
3. Arrange: Spread the mixture in a single layer on the prepared sheet pan. Avoid overcrowding to ensure the veggies roast rather than steam.
4. Roast: Bake for 18–22 minutes, or until the chicken is cooked through (reaching an internal temperature of 165°F) and the vegetables are tender-crisp.
5. Serve: Remove from the oven and give it a fresh squeeze of lemon juice before serving.



KODA

Physical Therapy

Experience the next generation of neuromodulation at Koda PT

Schedule a free Discovery Visit to see if Stimpod therapy is right for your recovery plan

Famous Bands

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

- BUSTED
- KAISER CHIEFS
- MCFLY
- WANTED
- UNION J
- PINK
- THE WHO
- LAWSON
- WESTLIFE
- PSY
- FLEETWOOD MAC
- LITTLE MIX
- BLUR
- COLDPLAY
- MADNESS
- GREEN DAY
- MUSE
- TAKE THAT
- QUEEN
- ELBOW
- OWL CITY

Personal Trainer's Corner: June Edition By Mark

Stepping Back Into Spring For Seniors

While this article is geared towards seniors; many of these tips (not rules) apply to anyone who's returning to outdoor physical activities after taking several weeks or months off.

Transitioning back to outdoor activities after winter is refreshing, but heading straight back to last autumn's peak pace invites injury. After months spent mostly indoors, joint mobility, cardiovascular conditioning, and balance require a gradual reintroduction to the variables of nature. By focusing on smart preparation and progressive volume, seniors can safely rebuild their physical abilities.

Static stretching is a fine way to prepare for hikes and sports, but a more efficient method of preparation is a "dynamic" (moving) indoor warm-up to elevate core temperature and lubricate joints. Simple movements like ankle circles, calf raises, and supported leg swings prepare the lower body for unpredictable outdoor surfaces like gravel, grass, or cracked sidewalks/pavement. It is easy to overestimate fitness levels based on what your body could do a few months ago. To avoid overuse injuries, increase activity duration or distance by no more than 10% each week, assuming the last week was reasonably challenging. Keep the initial pace easy and conversational, letting the musculoskeletal system readapt before tackling speed or steep inclines.



As the body's natural ability to sense thirst declines with age, being proactive with hydration by drinking water before heading out and taking small sips frequently should be prioritized. To ensure a seamless transition, seniors may wish to utilize trekking poles on uneven paths to improve lateral stability and reduce joint stress. Maintain a tall posture by scanning the ground six to ten feet ahead rather than looking straight down to identify tripping hazards early. Finally, always listen to your body and stop or rest immediately if you experience sudden joint pain, dizziness, or shortness of breath.



Remember to have fun this Spring and as the kids say, get out and "touch grass"!

Staff Spotlight

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

This month, we are proud to feature Sean, a dedicated member of our team who brings a unique blend of athletic discipline and scientific curiosity to the clinic. Originally from Newark, California, Sean's journey to Koda Physical Therapy is marked by years of high-level competition and a deep commitment to understanding human movement.

What are your passions outside of work? Outside of the clinic, Sean's life is defined by movement and community. As a competitive gymnast for the Cal Bears, he spends a significant amount of his time training and competing at the collegiate level. When he isn't in the gym or at work, he enjoys exploring the outdoors, staying active, and connecting with friends. His background as a team captain and national medalist has instilled in him a passion for leadership and helping others reach their physical potential.

What is one thing patients might not know about you? Patients might be surprised to learn that Sean is an Integrative Biology major at UC Berkeley with a specific emphasis on human anatomy. His fascination with how the body works isn't just professional—it's academic. He also has a younger brother, Tyler, who follows in his footsteps as a gymnast for Cal. Whether he's analyzing a complex vault or studying anatomical structures, Sean is always looking for ways to bridge the gap between science and athletic performance.

Sean's Fast Facts:

- Education: Senior at UC Berkeley, majoring in Integrative Biology
- Athletic Highlights: Regional Parallel Bar Champion and National Silver Medalist (Floor and High Bar)
- Favorite Event: Parallel Bars and Rings



The Kodia team recently returned from an intensive workshop in Hollywood, California, during the weekend of May 2, 2026. It was an incredible opportunity to learn from industry leaders like Paul Gough, gaining fresh perspectives on private practice management and patient care.

Beyond the learning sessions, we enjoyed some team bonding while taking in the local sights, including the famous Walk of Fame. We've returned to Petaluma with renewed energy, innovative strategies for operational growth, and a deeper commitment to our "Beyond Limits" philosophy. We can't wait to implement these new insights to better serve our community!

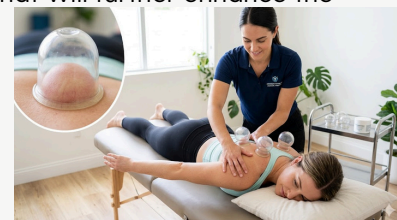
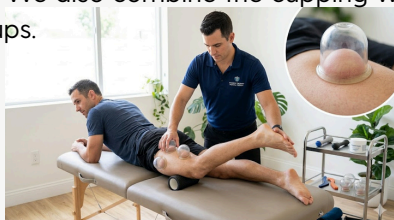


The Benefits of Cupping from Your Physical Therapist

By Dylan Bartley, MSPT

Cupping used to be something one would only see done by acupuncturists in Traditional Chinese Medicine. Chinese Medicine describes meridians through which energy, or Qi, can flow from one part of the body to another—from the foot to the liver, for example. In an injury, this Qi can get blocked, and cupping has been used to unblock those channels and restore the body's own healing power. Researchers in Western Medicine have used sophisticated microscopic cameras to find a possible explanation for what Chinese Medicine has been describing for thousands of years. When these cameras explored the living tissue that exists between the skin and the organs and muscles, what was previously thought to be just open fields of fluid adjacent to fascia is now known to be an organized network of cells that has been re-classified as its own organ called the interstitium. Researchers had previously discovered that fascia between the organs and muscles contains contractile cells, functioning like smooth muscle, and playing more of an active role in our postures and mechanics. But now we also understand that the interstitium is a highly organized system of tissue around the fascia with ion channels that can control the flow of fluid in and out of this system, and signals can be sent throughout the body. This new understanding of the interstitium may explain what has previously been called Qi.

Cupping targets both the interstitium and the fascia, creating real mechanical changes that can enhance the healing of our musculoskeletal injuries. After tissue has been injured, for example, if we have a strained muscle or torn ligament, signals are sent throughout the body to send inflammatory cells to repair the area. The area turns into a construction zone, and the inflammatory byproducts from the repair accumulate in the interstitium. This crowding of materials leads to swelling, pain, and stiffness. Cupping can function as a way to accelerate the removal of these waste materials, like a clean-up crew showing up at a construction zone and clearing the way for builders to work more efficiently. In Physical Therapy, we are taking cupping to the next level by applying our expertise in movement. First, we do a musculoskeletal assessment to figure out where muscles and fascia may be restricted. We apply the cups to areas where injury and congestion of inflammatory materials have occurred while guiding our patients through active and passive stretches. This opens up the interstitium and flushes fluids more quickly to accelerate the body's own healing pathways. Having patients participate actively in this movement retrains neuromuscular systems and leads to longer-lasting change. We also combine the cupping with other forms of manual therapy, like massage, that will further enhance the effect of the cups.



Sudoka Answers

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

Word Search Answers

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

KODA
PHYSICAL THERAPY

EXPERIENCED & PROFESSIONAL
PERSONAL TRAINER

- ✓ Lose weight
- ✓ Get in shape
- ✓ Build muscle
- ✓ Strength training

Koda Physical Therapy
1372 McDowell Blvd Ste D
Petaluma, CA, 94954
707-981-86-04

**BOOK MORE SESSIONS
SAVE MORE MONEY**



What's New?!?

By Jessica

How AI Is Enhancing Your Experience at Koda Physical Therapy

At Koda Physical Therapy, your time is valuable. Getting the help, you need quickly without being put on hold or waiting for a callback, matters to us. One of the ways we are doing this is by embracing new technology, including Artificial Intelligence (AI).

Meet Paula AI, our virtual assistant, designed to help make communication with our clinic easier, faster and more convenient for our patients.

While our staff is actively treating patients in the clinic, Paula AI helps ensure that your calls are still answered promptly so you can get the assistance you need without long wait times or unanswered voicemails. She is also available after hours, allowing patients to connect with our office even when the clinic is closed.

Paula AI can assist with:

- Confirming appointments
- Cancelling appointments
- Scheduling personal training sessions
- Scheduling Stimpod sessions
- Scheduling Shockwave sessions
- Taking payments securely
- Relaying messages to your therapist, billing team, or front desk staff



Coming soon, Paula AI will also begin helping with appointment reminder calls and notifying patients about upcoming workshops and special events.

At Koda Physical Therapy, we view AI as a tool that helps support, not replace, the personalized care our team provides every day. By using technology to handle routine communication and scheduling tasks, our staff can stay focused on what matters most, delivering exceptional one-on-one care to our patients.

AI is becoming an important part of many industries, including healthcare, and we are excited to responsibly embrace technology that improves convenience, accessibility, and efficiency for our patients. Our goal is always to create a smoother, more positive experience from the moment you contact our clinic to the completion of your plan of care. Have questions about Paula or anything else? Call us, and you just might meet her yourself.

Thank you for trusting Koda Physical Therapy with your health and wellness journey.

Jeremy's Insight

Healthy low-calorie, high-protein banana bread recipe!

Ingredients:

- 6 Ripe bananas
- 200g plain non-fat Greek yogurt
- 60g of all-purpose flour
- 3 eggs
- 2 tsp of baking powder
- 60-90g sugar-free chocolate chips
- 90g sugar-free maple syrup
- Dash of vanilla extract
- Protein powder of choice = 50g protein.

Instructions: Preheat oven to 350, grease or place parchment paper into a 9x13 baking tray, mix ingredients in a large bowl, and then bake for 45-60 minutes or until a knife comes out clean when piercing the center of the dish. When done, cut into 14 equal pieces!



Macros

Calories	~1,320 kcal
Protein	~102g
Carbs	~169g
Fat	~31g

Per Slice

Calories	~94 kcal
Protein	~7.3g
Carbs	~12.1g
Fat	~2.2g