

KODA PHYSICAL THERAPY NEWSLETTER

707-981-8604



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@KODA_PT

UPCOMING EVENTS

* Tendinopathy workshop Sept 11, 2026 1:00 PM

Koda PT will host a workshop with the topic on Tendinopathy



* We are planning to have a few things in the works. So keep an eye out for some fun News.



Patient Success Spotlight

Alice's
Journey to
Recovery



When I first came to Koda Physical Therapy in 2024, I was recovering from a knee replacement. I had never needed physical therapy for anything before, so I simply went with what was recommended. After just six weeks of treatments, I was back to my active lifestyle and feeling great.

When I found out I needed a second knee replacement a year later, in December 2025, I knew exactly where I was going. I returned to Koda and was welcomed back by familiar faces. I had the pleasure of working with Debbie, Lauren, Phu, and Jeremy to get back on my feet. By March, I had finished my second round of treatments, another incredibly smooth six weeks!

What stands out the most to me is how comfortable the entire team made me feel. People often warn you that physical therapy is going to hurt, but the Koda team never hurt me. They always listened to my body, told me to stop if anything ever caused pain, and made sure every session was a pleasant, positive experience.

When Phu asked me if I would be willing to share my story, I had to think about it for a moment, but I realized I couldn't say enough good things about this clinic. I constantly recommend Koda to anyone looking for care, and I am so glad I trusted them with my recovery!

Dear Patients,

By August, many people begin to feel it. More activity. Less structure. Inconsistent routines. This is when small issues start to surface. Not because something new happened — but because the body is being asked to do more than it was prepared for. The goal isn't just to be active for a few weeks. It's to sustain it.

Durability is built over time. Through consistent strength work. Through supporting how your body adapts to increased demand.

This is where wellness plays a critical role. It's not about reacting to pain. It's about staying ahead of it. If something has started to feel off, now is the time to address it, before it turns into something bigger. Let's keep you moving forward.

With appreciation,

Loren Kimble
Koda Physical Therapy



Dr. Kimble

**Things to do This AUGUST**

by Sabrina

Sonoma County Fair August 7-16, 2026

Sonoma County Fairgrounds, 1350 Bennett Valley Road, Santa Rosa, CA 95404. Festivals, Fiestas & Fun! Celebrate our county's vibrant ag history with carnival rides, horse racing, livestock shows, and classic fair food. Don't miss Farmers Day on Sunday, August 9th!

Gravenstein Apple Fair August 8-9, 2026, 10 AM-6 PM

Ragle Ranch Regional Park 500 Ragle Road, Sebastopol, CA 95472 Join us for all things apple at the 53rd anniversary of this beloved festival. Enjoy live regional music, the Artisan Tasting Grove, incredible local food, and agricultural fun for all ages at this 95% zero-waste event.

Santa Rosa Wednesday Night Market August 5 & 12, 2026, 5-9 PM

Courthouse Square, 69 Old Courthouse Square, Santa Rosa, CA 95404. Enjoy the vibrant atmosphere of downtown Santa Rosa with live music, fresh local produce, and unique artisan vendors. Catch the final two weeks of this perfect mid-week summer evening for food, shopping, and community gathering.

Cotati Accordion Festival August 15-16, 2026

La Plaza Park, Old Redwood Hwy & W Sierra Ave, Cotati, CA 94931. Get ready for a one-of-a-kind weekend as accordion enthusiasts gather for live music, dancing, and multicultural celebrations. It's a lively, family-friendly event packed with local vendors and incredible tunes.

Sonoma County Super Jam August 28, 2026, 5-9 PM

Courthouse Square, 69 Old Courthouse Square, Santa Rosa, CA 95404. Close out the summer season with an incredible free celebration of Sonoma County's music scene! Featuring The Pulsators alongside a lineup of beloved local artists, this lively concert transforms the square into the ultimate community gathering place.

**Sudoku**

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Safari Animals Word Search

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ELEPHANT
LION
WILDEBEEST
MONKEY
WARTHOG
SPRINGBOK
ELAND
BABOON
HIPPO
CHEETAH
BUFFALO
LEOPARD
ZEBRA
CIVET
RHINO
KUDU
CROCODILE
GIRAFFE
HYENA
GAZELLE

Koda's Kitchen: Anti-Inflammatory Salmon & Summer Quinoa Bowl

As the August heat peaks and outdoor activities keep you on the move, staying hydrated and reducing joint inflammation is key.

The "Summer Stride" Power Bowl is packed with Omega-3s and antioxidant-rich summer produce to promote joint lubrication and tissue repair after a long hike or a busy day in the sun. It is a light, refreshing meal that is incredibly easy to prep ahead of time for grab-and-go clinic lunches.

Ingredients

- Protein: 1 lb wild-caught salmon fillets (excellent for fighting inflammation).
- Base: 1 cup dry quinoa (which yields about 3 cups cooked).
- Produce: 1 cup cherry tomatoes (halved), 1 medium cucumber (diced for extra hydration), and ½ cup sweet corn kernels.
- Aromatics: ¼ cup fresh basil (chopped) and ¼ cup red onion (finely diced).
- Dressing: 3 tbsp extra virgin olive oil, 1 tbsp apple cider vinegar, ½ tsp sea salt, and ¼ tsp black pepper.
- Optional: A squeeze of fresh lemon juice or sliced avocado for healthy fats.

Instructions

1. Prep: Cook the quinoa according to the package instructions. Once fluffy, transfer it to the fridge to chill. Preheat your grill or a stovetop pan over medium-high heat.
2. Cook: Lightly coat the salmon fillets with a dash of olive oil, salt, and pepper. Grill or sear for 4–5 minutes per side until the fish is cooked through and flakes easily with a fork. Set aside to cool.
3. Combine: In a large serving bowl, toss together the chilled quinoa, cherry tomatoes, cucumber, corn, red onion, and fresh basil.
4. Dress: In a small jar or bowl, whisk together the olive oil, apple cider vinegar, salt, and pepper. Pour the dressing over the quinoa mixture and toss until evenly coated.
5. Serve: Flake the cooled salmon into bite-sized pieces and gently fold it into the bowl. Finish with a squeeze of fresh lemon juice and enjoy immediately, or store in the fridge for a refreshing, nutrient-dense meal later in the week.



Staff Spotlight

This month, we are proud to welcome Tommy, our brand new personal trainer, who brings a powerful mindset of resilience and a deep passion for helping people become the best versions of themselves. Born and raised locally in Santa Rosa, California, Tommy's journey to Koda Physical Therapy is built on nine years of dedicated personal fitness and a core belief that your circumstances don't have to determine your future. Fitness has always been his safe place for finding peace, confidence, and discipline. Now, he uses that firsthand experience to guide, support, and hold his clients accountable so they can experience their own positive transformations.

What are your passions outside of work? Outside of the clinic, Tommy's life is full of activity, good food, and great laughs. He loves to stay active by playing basketball, keeping up with his own exercise routines, and hitting the boxing gym. When he isn't training, he is an avid cook who loves taking spontaneous food trips to discover new spots and traveling to new places. To unwind, he is a massive fan of catching a great comedy show.

What is one thing patients might not know about you? Patients might be surprised to learn that Tommy actually earned his degree in Criminal Justice from California State University, Long Beach. His original goal was to give back to his community by mentoring youth. While his career path ultimately shifted toward health and wellness, his core drive to help people overcome challenges and build confidence remains exactly the same. He also has a highly creative side—he makes music for fun—and is a very proud dog dad to two rescue Shih Tzus named Gohan and Milo.

Tommy's Fast Facts:

- Training Philosophy: Building confidence, creating healthy habits, and fostering a resilient mindset.
- Hobbies & Favs: Basketball, boxing, cooking, spontaneous food trips, traveling, and comedy shows.
- Furry Friends: Two rescue Shih Tzus, Gohan and Milo.



Jeremy Insight

BY: Jeremy Boss

Electrical Stimulation: TENS UNIT

Have you ever bumped your elbow and immediately rubbed it to make it feel better? A TENS unit works using a very similar trick!

TENS stands for Transcutaneous Electrical Nerve Stimulation. That is a long medical term, but the idea is actually quite simple. A TENS unit is a small device that sends tiny, painless electrical pulses through sticky pads placed on your skin. These pulses talk to the nerves underneath your skin to help stop your pain.

How Does It Work?

Think of your nerves like a telephone line sending pain messages to your brain. TENS units interrupt those messages. There are two main ways we set up a TENS unit to help you, depending on your type of pain:

1. The "Fast Blocker" (High-Rate TENS)

- How it feels: A fast, continuous buzzing or tingling.
- What it does: It works like a "busy signal" on a phone line. It sends buzzing signals to your brain so quickly that the actual pain signals cannot get through.
- Best for: Sudden, sharp pain, highly sensitive tissues, or new injuries. You get relief the whole time the machine is turned on, and it is very safe to use for as long as you need.

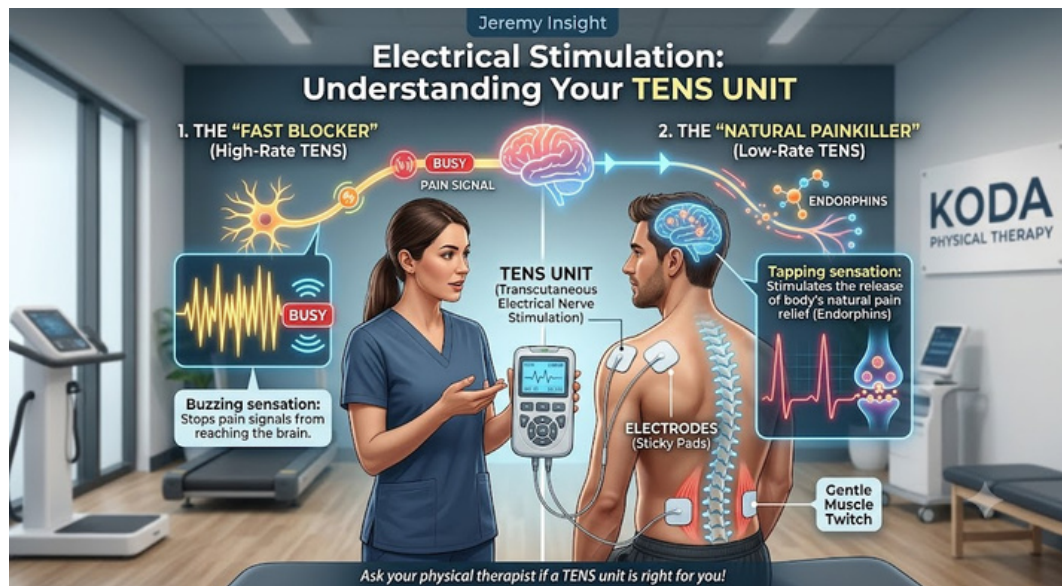
2. The "Natural Painkiller" (Low-Rate TENS)

- How it feels: A slower, deeper tapping that makes your muscles twitch slightly.
- What it does: The gentle muscle twitching tells your body to release its own natural pain medicine (called endorphins).
- Best for: Deep, aching, or stubborn pain. You only need to use it for a short 15 to 20-minute session, but the pain relief can last for several hours afterward.

Why We Love It

For many patients, a TENS unit is a fantastic tool to have at home. It is safe, easy to use, and a highly effective way to manage pain without relying on medication.

Want to know if a TENS unit is right for your recovery plan? Just ask your physical therapist at your next Koda Physical Therapy visit!



Personal Trainer's Corner: August Edition By Tommy

As we head into August and the final stretch of summer, it is the perfect time to evaluate your fitness routine and ensure your body is moving as efficiently as possible. Whether you are transitioning out of physical therapy or just looking to take your fitness to the next level, one of the most effective strategies we utilize is unilateral training.

What is Unilateral Training? Simply put, it means training one side of your body at a time. Think of movements like lunges, single-arm rows, or single-leg Romanian deadlifts.

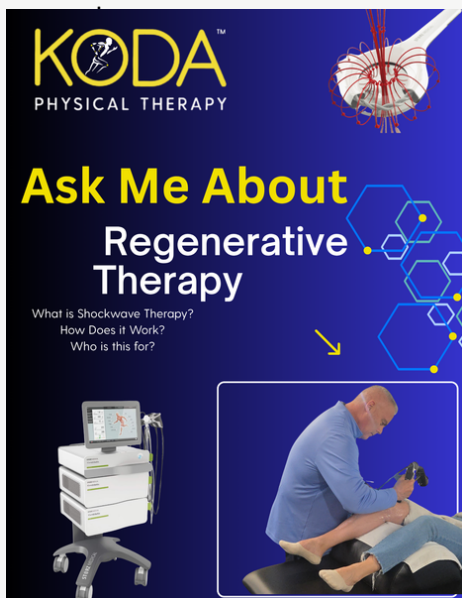
Here is why we love incorporating these movements into our clients' programs:

- **Fixes Muscle Imbalances:** We all have a dominant side. Unilateral exercises force the weaker side to do its fair share of the work, preventing the dominant muscles from overcompensating.
- **Enhances Core Stability:** Whenever you hold a weight on just one side of your body, your core has to fire up to keep your torso upright and balanced.
- **Injury Prevention:** By evening out strength and mobility on both sides of the body, you significantly reduce the risk of future strains and injuries—keeping you active and out of the rehab room!

Move of the Month: The Reverse Lunge. Instead of stepping forward, try stepping backward into your lunge. This variation is generally much friendlier on the knees and places a fantastic emphasis on the glutes and hamstrings. Start with just your body weight, aiming for 3 sets of 8-10 reps per leg.

Trainer's Nutrition Nugget: Hydrate to Operate. August brings some of the hottest days of the year, making hydration your top nutritional priority. Water regulates your body temperature and lubricates your joints. Pro-Tip: If you are sweating heavily during a workout or spending the day outdoors, plain water might not be enough. Consider adding an electrolyte packet or a pinch of sea salt and a squeeze of lemon to your water to replenish lost sodium and potassium. Proper hydration delays muscle fatigue and prevents cramping!

Ready to level up your routine? If you want to learn how to safely incorporate unilateral movements into your workouts, or need help transitioning from physical therapy into a structured fitness program, chat with us at the front desk to schedule a personal training session! Sign up for a free consultation with me this



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**Ask Me About
Regenerative
Therapy**

What is Shockwave Therapy?
How Does it Work?
Who is this for?

The graphic features a blue background with a white medical device on the left, a diagram of a human foot with red lines indicating shockwave therapy on the right, and a photo of a therapist treating a patient's knee in the bottom right corner.



Word Search Answers

F	I	L	I	G	I	R	A	F	F	E	A	A	H
N	W	Z	C	H	E	B	A	B	O	O	N	E	I
N	I	E	I	T	N	K	B	R	E	L	E	A	P
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Sudoku Answers

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4	1	7	5	9	6	2	8	3

Physical Therapy Tip's for AUG

By: Kevin

Don't Just Sit There! Bouncing Back from Peak Summer Activity:

August is here, which means we are in the peak of summer fun—weekend hiking, local pickleball matches, and extra rounds of golf. When Monday rolls around and your muscles are screaming, your first instinct might be to crash on the couch. But is throwing it in park actually the best way to recover?

If you are relying solely on complete rest after a heavy weekend of activity, you might be prolonging your soreness and increasing joint stiffness!

The Golden Rule of Summer Recovery:

Move a little to recover a lot.

To get back to your favorite activities faster and keep your body feeling fresh, it helps to understand how to balance these two types of recovery:

Active Recovery (The Fast Track to Healing)

- What it is: Low-intensity, gentle movement that keeps your body in motion without putting heavy stress on your joints or muscles.
- Why it works: It stimulates blood flow, acting like a pump to flush metabolic waste that builds up during intense exercise while delivering fresh oxygen and nutrients to tired tissues.
- Try this: A 15-minute leisurely walk, gentle stationary cycling, treading water in the pool, or easy yoga on your "rest" day. Keep your effort level incredibly low—around a 3 out of 10!

Complete Rest (The Reset Button)

- What it is: Taking a full day off from structured physical activity to let your body repair itself.
- Why it works: Micro-tears occur in your muscles during heavy exertion. Complete rest gives those tissues the uninterrupted time they need to rebuild stronger, while also preventing mental burnout.
- Try this: Prioritize 8 hours of sleep, focus on adequate water intake, and enjoy a truly relaxing day off only when you are experiencing sharp pain, extreme fatigue, or a suspected injury. Otherwise, stick to active recovery!





Making the Leap: Transitioning from Home PT to Outpatient Care

Recovering at home with physical therapy is an important first step. However, as you regain mobility, transitioning to an outpatient clinic offers access to specialized equipment, intensive strengthening, and a faster return to your normal activities.

If you are a Medicare patient, making this transition correctly is essential. Medicare typically will not cover home and outpatient therapy at the same time. Proper discharge planning ensures you don't experience gaps in care or unexpected bills.

Here is a simple guide to transitioning smoothly:

- 1. Talk to Your Home PT:** Let your clinician know you're ready to progress. Request a final evaluation visit—this documents your improvement and officially closes your home therapy episode.
- 2. Contact Your Physician:** Some home health agencies require a physician's approval to end services. While speaking with your doctor, request a referral for outpatient physical therapy so there is no delay in starting your next phase of care.
- 3. Coordinate the Timing:** This is the most critical step to avoid denied claims. Ensure your first outpatient visit is scheduled after your official home PT discharge date.

Pro Tips for a Seamless Switch:

- **Plan Ahead:** Start the discharge conversation 1–2 weeks in advance.
- **Choose Your Clinic Early:** Secure your spot on the schedule.
- **Share Your Records:** Ask your home PT to send a discharge summary to your new clinic.
- **Stay Consistent:** Keep doing your home exercise program during the transition!

Graduating to outpatient care is a massive sign of progress. Our team at Koda Physical Therapy is here to guide you every step of the way—from discharge planning to your first visit and beyond.

KODA
Physical Therapy

Experience the next generation of neuromodulation at Koda PT

15 mA 09:09
15.00 mA
1000 Hz
2000 Hz

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

