

KODA PHYSICAL THERAPY NEWSLETTER

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UPCOMING EVENTS

* Tendinopathy workshop

Oct 09, 2026 1:30 PM

**WHY YOUR INJURY KEEPS COMING BACK
- AND THE REGENERATIVE APPROACH
THAT'S HELPING ACTIVE ADULTS
FINALLY BREAK THE CYCLE**



**WHAT ACTUALLY NEEDS
TO HAPPEN FOR A
TENDON TO HEAL**

Beyond Conservative Loading
Stimulate Your Body's Natural
Repair Process directly at the
source.

**IS THE 'REST, RECOVER,
RELEASE' CYCLE
HOLDING YOU BACK?**
Discover why degeneration
can happen more after 40.

Personal Trainer's Corner: September Edition

September is a month of transition. As summer vacations wind down and the school and work grind ramps back up, our daily routines shift dramatically. For many of us, this means more time sitting. Whether that is at a desk, in a classroom, or commuting in traffic.

This month, we want to focus on protecting your back and keeping your posterior chain strong as you settle into your fall schedule. The Antidote to Sitting: The Hip Hinge. When we sit for prolonged periods, our hip flexors tighten and our glutes "turn off" or become underactive. This combination is a fast track to lower back pain. Mastering the hip hinge is one of the most important things you can do in your fitness routine to counteract this.

Hinging is fundamentally different from squatting. Instead of bending deeply at the knees, a hinge focuses on pushing your hips backward while maintaining a perfectly flat back, loading the tension into your hamstrings and glutes.

- Improves Posture: Hinging strengthens the muscles along the back of your body (the posterior chain), which actively pull your shoulders back and keep you upright.
- Protects the Lower Back: By teaching your body to lift objects using your powerful glutes and hamstrings, you take the dangerous load off your vulnerable lower back muscles.

Move of the Month: The Glute Bridge. Before jumping into heavy deadlifts, we love utilizing the Glute Bridge to ensure our clients are actively firing the right muscles.

1. Lie on your back with your knees bent and feet flat on the floor, hip-width apart.
2. Squeeze your glutes and push through your heels to lift your hips toward the ceiling.
3. Avoid arching your lower back; your body should form a straight line from your shoulders to your knees.
4. Hold for a two-count at the top, then slowly lower down. Aim for 3 sets of 15 reps.

Trainer's Nutrition Nugget: Win the Week on Sunday. With schedules getting busier, nutrition is usually the first thing to slip. The easiest way to avoid the drive-thru is to remove friction during your busiest days.

Pro-Tip: Dedicate just one hour on Sunday to batch-prepare a versatile protein source. Grill a few chicken breasts, hard-boil a dozen eggs, or brown some ground turkey. Having a ready-to-go protein in the fridge makes throwing together a healthy wrap, salad, or post-workout snack effortless, even on your most hectic evenings.

Dear Patients,

September brings something powerful: structure. Schedules return. Routines stabilize. Focus improves. It's an opportunity to reset.

If you've made progress this year, this is your chance to build on it. If you've fallen off track, this is your chance to recommit. Health doesn't require perfection. It requires consistency. Small, repeated actions- showing up, progressing your program, supporting your body. Create meaningful change over time.

There is still plenty of year left to make significant progress. The question is whether you decide to use it. We're here to help you move forward.

Warmly,
Loren



Dr. Kimble

**Things to do This September**

by Sabrina

- Petaluma River Craft Beer Festival September 12, 2026, 1–5 PM

Water St & Western Ave, Downtown Petaluma, CA 94952
Enjoy craft beer tastings from over two dozen regional breweries, delicious bites from top local restaurants, and live music along the scenic Petaluma River. Hosted by local Rotary clubs, this 21+ event benefits non-profit initiatives across the community.

- St. George Greek & Middle Eastern Festival
September 12–13, 2026, 12–8 PM

7311 College View Dr, Rohnert Park, CA 94928
Celebrate Mediterranean culture under the Sonoma County sun! Indulge in authentic cuisine, traditional dance performances, live music, artisan crafts, and family-friendly entertainment.

- Sonoma Plein Air Art Festival September 14–19, 2026
(Main Art Show: Sept 19, 10 AM–4 PM)

Sonoma Plaza, 453 1st St E, Sonoma, CA 95476
Watch nationally acclaimed artists paint outdoor landscapes across Sonoma County all week. The week culminates on Saturday with a massive Art Show and Sale on the historic Sonoma Plaza featuring live music, artist demos, and youth art activities.

- Valley of the Moon Vintage Festival September 25–27, 2026

Sonoma Plaza, 453 1st St E, Sonoma, CA 95476
Celebrate the annual grape harvest at one of California's oldest festivals! Enjoy world-class Sonoma Valley wines, live musical performances, local food vendors, and signature community events right in downtown Sonoma.

- Kendall-Jackson Heirloom Tomato Festival September 26, 2026, 11 AM–4 PM

Kendall-Jackson Wine Estate & Gardens, 5007 Fulton Rd, Santa Rosa, CA 95403

Showcase the finest harvest flavors with over 150 varieties of heirloom tomatoes grown in our gardens. Features chef competitions, wine pairings, garden walks, and live music benefiting the local School Garden Network.

**Staff Spotlight**

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

This month, we are proud to feature Logan. If you've felt the new energy at Koda Physical Therapy lately, you've likely felt the impact of Kevin Logan Kraut. As our new Physical Therapy Aide, Logan brings exceptional teamwork and dedication to the clinic, all driven by a singular mission: keeping Sonoma County moving.

Born and raised right here in Santa Rosa, Logan is deeply invested in the health of his neighbors.

Whether he is assisting patients with their rehab exercises or helping our physical therapists ensure smooth clinic operations, his background as a Division I college athlete gives him a unique, firsthand understanding of injury recovery, body mechanics, and human performance.

What is one thing patients might not know about you? I played Division I college football as a linebacker and wide receiver for both the University of Arizona and UC Davis!

Education: B.S. in Human Development; Graduate of Maria Carrillo High School. Hobbies: Football, fitness, and spending time with family.

Community: Proud Santa Rosa native and local high school sports alumnus.

Logan

"I love the diversity of my day-to-day work here. From the hands-on clinical side of assisting patients with rehab to drawing on my own experiences as an athlete in recovery, I'm grateful to be part of a team that is redefining what physical therapy can be."





Koda's Kitchen: The September 'Recovery Root' Reset Bowl

As we transition into fall, it's the perfect time to reset and focus on deep muscle recovery. The "Recovery Root" Bowl is designed to support your body's healing process. Packed with protein for tissue repair, complex carbohydrates to restore glycogen energy, and omega-3s to reduce joint inflammation, this warm and grounding meal will keep you moving strongly into the new season.

Ingredients

- **Lean Protein:** 1 lb boneless, skinless chicken thighs, cut into bite-sized cubes.
- **Heart-Healthy Grain:** 1 cup dry brown rice.
- **September Produce:** 2 medium red beets (peeled and diced), 1 large sweet potato (cubed), 2 large carrots (sliced), and 2 cups fresh baby spinach.
- **Seasonal Add-Ons:** A handful of crushed walnuts and fresh figs (bonus points if you grab some local Petaluma figs!).
- **Pantry Staples:** 2 tbsp olive oil, 2 cloves minced garlic, 1 tbsp fresh thyme, sea salt, and black pepper.
- **Fig & Honey Vinaigrette:** 3 tbsp olive oil, 1 tbsp apple cider vinegar, 1 tsp honey, and 1 tbsp fig preserves (or mashed fresh fig).

Instructions

- **Prep:** Preheat your oven to 400°F (200°C) and line a large sheet pan with parchment paper. Cook the brown rice according to the package instructions.
- **Roast:** In a large bowl, toss the cubed chicken, beets, sweet potato, and carrots with the olive oil, minced garlic, fresh thyme, salt, and pepper. Spread evenly on the sheet pan and roast for 20–25 minutes, or until the chicken is cooked through (reaching 165°F) and the root vegetables are fork-tender.
- **Assemble:** Divide the cooked brown rice among your serving bowls. While the rice is still hot, gently fold in the fresh spinach so it slightly wilts.
- **Finish & Serve:** In a small jar, whisk together the olive oil, apple cider vinegar, honey, and fig preserves to make the vinaigrette. Top your rice base with the roasted chicken and vegetables, drizzle the dressing over the top, and finish with a sprinkle of walnuts and fresh sliced figs. Enjoy warm!



SEP. BENEFITS

PROTEIN FOR MUSCLE REPAIR
+ Support tissue repair

CARBS FOR ENERGY REFUEL
+ Restore glycogen

OMEGA-3 & ANTIOXIDANTS
+ Reduce joint inflammation

INGREDIENTS

LEAN PROTEIN:
1 lb Chicken Thighs

SEPTEMBER PRODUCE:
Red Beets, Sweet Potato, Carrots, Spinach

HEART-HEALTHY GRAIN:
1 cup Brown Rice

SEASONAL ADD-ONS:
Walnuts, Fresh Figs

PANTRY STAPLES:
Olive Oil, Garlic, Thyme, Salt, Pepper, Honey, ACV

INSTRUCTIONS

- 1. PREP:** Preheat oven 400°F (200°C). Line sheet pan. Cook brown rice.
- 2. ROAST:** Toss chicken, beets, sweet potato, carrots, garlic, thyme, olive oil, salt, pepper. Roast 20-25 mins (chicken 165°F).
- 3. ASSEMBLE:** Drizzle cooked brown rice with oil. Lightly wilt spinach.
- 4. FINISH & SERVE:** Make Fig & Honey Vinaigrette. Combine all. Drizzle dressing and top with walnuts. Enjoy warm.

Sudoku

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Word Search

Starbucks

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P	P	M	E	C	J	M	C	N	A	E	A	R	N
P	R	N	I	P	A	P	I	H	C	A	V	A	J
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C	H	O	C	O	L	A	T	E	M	I	L	K	L
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P	U	M	P	K	I	N	S	P	I	C	E	C	E

CAPPUCCINO
 MOCHA
 HAZELNUT
 PUMPKIN SPICE
 ESPRESSO
 FRENCH VANILLA
 DARK COFFEE
 JAVA CHIP
 CHOCOLATE MILK
 ICED CAFFE LATTE
 FRAPPUCCINO
 ICED TEA
 CARAMEL
 GREEN TEA
 MACCHIATO

Patient Success Spotlight

Michaels Stimpod Experience

I noticed tingling in my feet around 2018, and may have had some indications for several years before then. Around 2019, I became concerned enough that I talked with my primary care doctor. We had extensive blood tests done that indicated nothing out of the ordinary. I was referred to a neurologist, and based on the blood tests and his assessment, he concluded that I had Peripheral Neuropathy with no known cause. I was told this was fairly common and that there was not much I could do. I continued with periodic visits to my neurologist, and numbness and tingling continued to progress from my toes through the arch of my feet. In 2025, I began to notice periodic tingling in my fingertips additionally.

In June 2025, I attended a Neuropathy workshop at Koda Physical Therapy. My wife and I have seen Dr. Loren Kimble for a number of years for back issues and various sports and posture injuries. I have had good experiences and confidence in Loren's practice and therapy. At the workshop, I learned about Stimpod treatment and experienced a demonstration on myself. This was the first I heard of a potential treatment that might help with my neuropathy. After talking to Loren and the visiting presenter, I decided to give treatment a go.

- June 2025: I began treatment twice a week with Phu Hoang at Koda
- September 2025: Reduced treatment to once a week
- November 2025: I have a new neurologist, and I began taking a course of supplements that he recommended
- January 2026: Reduced treatment to once every two weeks
- February 2026: Reduced treatment to once every 4 weeks
- March 2026: Reduced treatment to once every 5 weeks and am currently on that schedule
- Current Status
 - Feet – Less numbness overall. More feeling of surfaces. I am a hiker, and these both give me more confidence that I'm not headed for an injury because I don't have enough feel of the trail in my feet.
 - Fingers – The journey for my fingertips has been interesting. Since tingling and numbness are occasional and not as pronounced as in my feet, I expected quicker response and recovery in my fingers than my feet. This has not been the case. The success has been slower, and tingling still comes back sporadically. Overall though, I think tingling and numbness are occurring less frequently with treatment
 - Overall – My biggest concern was that my neuropathy was on a path to get a bit worse and worse. I had concerns of eventually having to limit my hiking and perhaps limit other activities as numbness increased and spread. Currently, I feel pretty optimistic that I have stemmed the worsening progress of my neuropathy, and I have regained a significant amount of feeling in my feet. That's a pretty good place to be, and I'm happy.



Weight Lifting Exercises to Avoid With a Lumbar Disc Bulge By Dylan

I hear this all the time from people who love to train: "I know I have a disc issue, but I don't want to lose my strength, so I just keep pushing through."

I get it. Nobody wants to feel like they're starting from zero. But here's the truth: some of the most "normal" exercises in a typical strength program are exactly the ones making a lumbar disc bulge worse. And the frustrating part? Most people don't find out until they're already flared up and sidelined for weeks.

So before you load another bar or grind through another set, let's talk about what to avoid, and more importantly, what you can do instead to keep building strength without setting your back on fire.

- Sit-ups or crunches
 - Core exercises like heel taps or supine marching where your lumbar spine is in neutral are better
- Traditional Dead Lifts
 - Light weight single arm-single leg dead lifts in golfer's lunge position are better
- Barbell Back or Front Squats
 - Leg Press machine can be safe if you don't go too deep and round your back
- Bent Over Rows
 - Standing Rows using a cable machine are better
 - Prone I-T-Ys on a Swiss ball are better
- Seated Knee Extension Machine
 - Wall sits with Swiss ball behind the low back are better for quads
- Standing Overhead/Military Press or Farmer's Carry
 - These compress the discs in the lower back excessively
 - Supine Shoulder exercises with resistance bands are better
- Straight Leg Raise and Standing forward bend hamstring stretches
 - These place a lot of strain on the sciatic nerve and disc.
 - Doing an intermittent nerve gliding motion by pumping the ankle is much safer to free up the sciatic nerve



Here's the Thing...

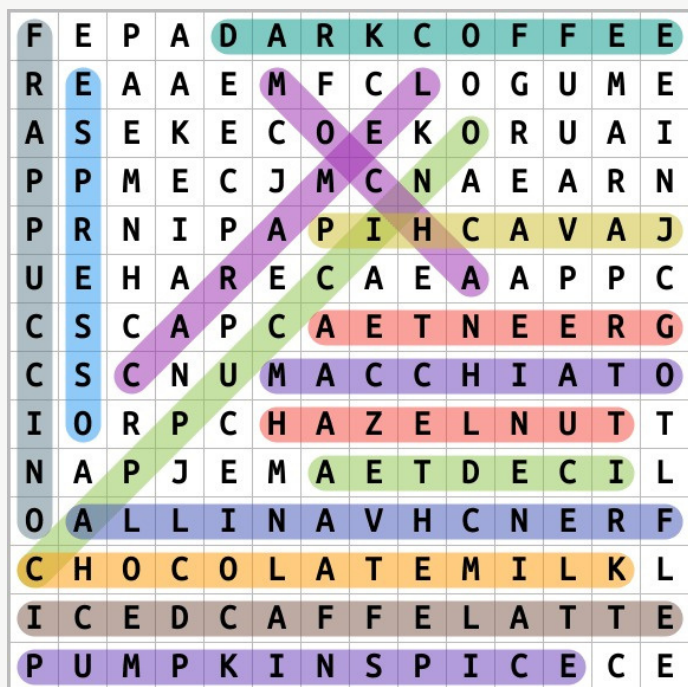
Every back is different. What's "safe" depends on where you are in your healing, how irritated things are right now, and what your specific disc issue looks like. That's not something you should be guessing about from a newsletter, even a good one.

That's exactly why our physical therapists and personal trainers work side by side here at Koda. We don't just hand you a list of exercises to avoid; we assess your back, your movement, and your goals, and build a plan that lets you keep training hard without setting yourself back.

If you've been "working around" your back pain instead of actually fixing it, let's have a conversation. Give us a call or stop by; we'll take a look and tell you exactly where you stand.



Word Search Answers



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
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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

Physical Therapy Tip's for Sept

By: Kevin

Stop Tweaking Your Back! Preparing Your Body for Fall Yard Work. With the crisp September weather officially here, many of us are heading back out to the yard to tackle autumn cleanup, gardening, and raking early leaves. But before you grab that rake or lift those heavy yard waste bags, how are you protecting your spine?

If you are still using your lower back to do all the bending and twisting during your weekend chores, you might actually be setting yourself up for an injury!

The Golden Rule of Fall Chores: Hinge at the hips to lift. Pivot your feet to twist.

To keep your joints protected and your weekends productive, it helps to understand how these two movement strategies work:

Lifting Activity: The Hip Hinge (Power from the Glutes)

- What it is: Bending at the hips and knees while keeping your spine in a straight, neutral position rather than rounding your back.
- Why it works: It shifts the heavy lifting load away from your vulnerable lower back muscles and transfers it to your body's natural powerhouses—your glutes and hamstrings.
- Try this: When picking up a heavy bag of leaves or a planter, push your hips backward like you are closing a car door with your glutes, keep your chest up, and drive through your heels to stand.

Repetitive Activity: The Staggered Stance (Save Your Spine)

- What it is: Placing one foot slightly in front of the other and shifting your weight back and forth as you rake or sweep.
- Why it works: It minimizes harmful rotational torque on your lumbar spine and allows your legs and core to safely control the repetitive sweeping motion.
- Try this: Step your right foot forward, hold the rake comfortably, and rock your weight from your front foot to your back foot as you pull. Switch your leading foot every 5 minutes to avoid overuse on one side!

Having Surgery This Year? Here's the Insider Secret Most Patients Never Get Told
Quick question: if one decision could shave weeks off your recovery, reduce your pain, and get you back to your life faster. Would you want to know about it before surgery, or find out in a hospital hallway afterward?

Most patients don't get the choice. Not because it isn't available, but because nobody tells them early enough. Let's fix that.

Why "Surgery Season" Is a Real Thing

Every year, elective surgeries spike as deductibles reset and people finally book the knee, hip, or shoulder procedure they've been putting off. Surgeons' calendars fill fast and so does the recovery side. This isn't about our schedule. It's about your outcome, and that timeline starts earlier than most people realize.

The Mistake Most Patients Make

Here's the pattern we see constantly: someone schedules surgery, focuses all their energy on the procedure, and doesn't think about physical therapy until they're home, swollen, sore, and holding a referral. Now they're scrambling for an appointment during the hardest part of recovery.

The smartest patients flip that order – lining up their recovery team before surgery, so there's no gap and no lost time.

What "Pre-Hab" Is (and Why It Works)

Pre-hab means strengthening your body before surgery – like training for a race you already know is coming. Patients who go in stronger and more mobile tend to come out recovering faster, because their body isn't starting from zero. We build that plan around your surgery, your function, and your goals.

A Tale of Two Recoveries

Picture two people having the same knee surgery. One books a pre-surgical consult, builds strength beforehand, and already has their first post-op visit scheduled before they even go into the OR. The other waits – great surgery, but two weeks home losing momentum before rehab even starts.

Same surgery. Very different recovery. The difference wasn't the surgeon – it was the plan.

How to Talk to Your Surgeon's Office

Just say: "I'd like to line up physical therapy before my surgery date, including a pre-surgical consult." Most offices welcome this – it's not unusual, and it makes their job easier too.

Your Next Step

If surgery is anywhere on your horizon. Yours, your spouse's, or a parent's. Don't wait for the referral packet to think about rehab.

📞 Call us at 707-981-8604. Let's get your name on the calendar before your surgery date does it for you.

Move smarter. Recover stronger.

