

RIDE THE WAVE TO RECOVERY
NEWSLETTER

A close-up, profile photograph of a young man with dark hair, looking off to the side. He has a black earplug in his left ear. The background is a light, neutral color.

DON'T LET BACK PAIN SLOW YOU DOWN!

*Get back in the
game with PT*

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New Location
Coming Soon!



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Back pain can hinder your day-to-day activities. Left untreated, it can even lead to long-term joint, spine and nerve damage. As one of the most common physical complaints, over 80 percent of the U.S. population will suffer from it at some point in their lifetime. The pain itself can hinder your ability to reach, lean, kneel, lift or bend. It can also hinder your time spent with friends and family. Direct pain aside, minor aches and cramps associated with a back pain problem can make you irritable — ruining your good time.

What Causes Back Pain?

A few things cause back pain. The American Physical Therapy Association covers each of these, but the following are leading causes:

- Spinal and core muscle weaknesses
- Bad posture

- Spinal muscle and tissue damage
- Improper lifting form
- Limited hip, spine and thigh muscle flexibility
- Bad abdominal, pelvic and back muscle coordination

Unfortunately, a lot of people don't seek treatment when back pain arises. Before they know it, they have a big problem. They might assume nothing — except for medication — can solve their back pain problem. Medication might mask the pain, but it won't cure the problem's root cause.

Back Pain Solutions

You're in luck: Back pain can be cured! The National Institute of Neurological Disorders and Stroke covers a number of back pain remedies. These include the use of strength exercise, physical therapy

and medication. Where medication is considered, anti-inflammatory drugs, analgesic medications and counter-irritants are the most popular.

Before you can treat your back pain, however, you need to know why it started. Whether you've tweaked a muscle or have a deeper injury, a spine specialist can help.

The physical therapists at PacificPro can help determine the cause of your back pain and develop a customized plan to get you back to the activities you enjoy, pain free.

NO DOCTOR'S REFERRAL NEEDED

California is a Direct Access State, so you can see a physical therapist without a doctor's referral! Start your recovery today at PacificPro Physical Therapy & Sports Medicine.

HEALTHY RECIPE

Easy Mango Protein Smoothie

INGREDIENTS

- 1/2 cup unsweetened vanilla almond milk
- 1/2 cup low-fat vanilla Greek yogurt
- 1 cup frozen mango chunks (or about 1/2 of a fresh, chopped mango with 1/2 cup of ice)
- 1 scoop vanilla whey protein powder
- 1 tsp honey or to taste (optional)
- 1 mint sprig (optional)



DIRECTIONS

Blend mango, ice (if using), yogurt, almond milk, protein powder, and honey together in a blender until smooth. Garnish with a mint sprig if desired, and enjoy!

EXERCISE TO TRY AT HOME

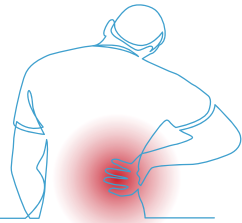
Bridge | Arms Flat

Lie flat on your back with your arms straight beside you. Bend knees up so that your feet are flat. Lift your hips up in the air to make a bridge using your arms to stabilize. Lower down in a controlled manner.



Exercises copyright of
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Back Pain Prevention



A little prevention goes a long way. If you want to avoid future back pain, you can make sure you're being good to your back.

Lift Properly

You pick things up constantly. Even if you're lifting something light, make sure you're facing the object. Squat, keeping your spine straight. Lift with your leg muscles, as this will reduce the pressure placed on your spine.

Use Good Posture

When you're standing, imagine a string is attached to the top of your head — lifting you up. This will keep your hips, spine, shoulders and neck aligned. If you're sitting, don't slouch.

Use Strength Training

Your body has hundreds of muscles. These muscles protect and control your spine. By lifting weights, running and swimming, you can keep them strong. Train your core muscles. In doing so, you'll easily control quick, lifting movements.

It never hurts to visit a physical therapist, either. Get regular check-ups, and make sure your body is in good condition. If you have a history of back injuries, pain or minor aches, don't hesitate to talk to a professional. You deserve a pain-free life, and your back will thank you.



If you have recently sustained a painful sports injury, stop trying to deal with it alone at home. Icing it will only go so far! Our physical therapists are highly trained movement specialists. Through physical evaluations, they will be able to examine your moving body in order to decide the best treatment plan for your specific needs.

Contact PacificPro today to schedule an appointment!

Back Pain Relief For Runners!



PATIENT SUCCESS

Did you know that the way you run, could be causing your back pain? Most people have something in their style of running that can cause long term wear and tear. For example, a foot turned-out, a weak abdomen or poor posture contributes to stress on their body. PacificPro's experts are trained to treat running disorders and teach corrective running techniques. By changing the way you run, it is possible to eliminate and prevent back pain.

On a daily basis, you run more than any other physical activity. How you run defines almost everything about you, including your physical abilities. We can help you discover that something about the way you run, may be the reason you have pain and help you change it.

You Run Over A Million Steps In A Year

Your run involves many body parts, all interacting together to produce your running style. It's as natural as breathing, and if any of your six (two ankles, two knees, two hips) weight bearing joints are not in good alignment, you're at risk for structural pain. One minor running error repeated millions of times can do an incredible amount of damage to your back, muscles, nerves and joints. This can eventually cause pain and arthritis.

Often, the cause of back pain is poor strength – specifically, weak abdominal muscles. The pelvis is held in place by numerous muscles, including the abdominals, hamstrings, gluteals and hip flexors. An imbalance or weakness in these muscles can lead to pelvic misalignment, causing the pelvis to tilt forward or backward. Forward tilt of the pelvis leads to a sway back.

In addition to abdominal weakness, a lack of strength in the gluteals and hamstrings leads to forward pelvic tilt. While the abdominals stabilize the pelvis by pulling upward on the front, the gluteals and hamstrings offer stability by pulling down on the rear of the pelvis. Exercises must be done to strengthen both the abdominals and gluteals. Running gives the gluteals a good workout. The abdominal muscles can be conditioned through physical therapy and easy weight training exercises.

The physical therapists at PacificPro can help analyze your running style and help get you on a path to being a stronger, and safer, runner.



"Peter was great to work with! He was very nice, and a very caring and resourceful therapist. He listens to your complaints and then analyzes the best therapy for you. He taught me the best exercises to do for my particular back issues, and got me back into working condition once again. I've continued to keep up with my exercises at home, and so far I've been golden with no relapses whatsoever. My core muscles continue to get stronger each day, which is very beneficial for me and what I really needed to do. I'm now back to swimming and biking again, with no pain. Thank you so much Peter!! I would highly recommend Peter and PacificPro as well." – Heidi J.

We want to hear your Success Story. Scan the QR code and leave us a Google review.



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Has Your Pain Come Back? Come Back to PT!

1. Keep up with your physical therapy exercises to relieve pain and prevent further injuries.
2. If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
3. Contact PacificPro for an appointment. We will guide you so you can get back to the activities you love.

pacificpropt.com