

**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.

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- IRVINE**  
1 Peters Canyon Road  
Suite 120  
Irvine, CA 92606  
949.679.3988
  - LAGUNA HILLS**  
24422 Avenida de la Carlota, Suite 100  
Laguna Hills, CA 92653  
949.716.2730
  - MURRIETA**  
25284 Madison Ave.  
Suite 103  
Murrieta, CA 92562  
951.600.0054
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Murrieta, CA 92563  
951.417.8195
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Corona, CA 92881  
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# RELIEVING LOW BACK, HIP AND KNEE ARTHRITIS PAIN

*Stay in the game with PT*

If you're constantly facing lower back, hip or knee pain — you might be feeling arthritis. According to the Centers for Disease Control, roughly 54.4 million U.S. adults are diagnosed with some form of arthritis per year. As we age, the cartilage in our joints wears down, causing painful bone on bone rubbing, inflammation, stiffness, and pain.

While there is no cure for replacing cartilage yet, it is possible to alleviate the symptoms of arthritis, by improving your joint movement, muscle strength, balance, and coordination. It's even possible to eliminate symptoms entirely, depending on the amount of arthritis you have. If you have regular aches and pains, keep reading. We have a solution.

**What Is Arthritis, Exactly?**

Before knowing how to relieve arthritic pain, you'll need to understand it. Arthritis — or the painful stiffness, or inflammation,

of joints — isn't a single disease. The term "arthritis" is an informal explanation of joint pain and disease in general.

Over 100 types of arthritis exist, according to the Arthritis Foundation. People of all ages, races and sex can get it. It's also the leading cause of ongoing disability in America. The most prevalent form of arthritis is osteoarthritis, which is caused by either injury or normal wear and tear.

**What Causes Lower Back, Hip and Knee Arthritis?**

Because arthritis is a catch-all term, pinpointing what causes arthritis may be difficult. In most cases, arthritis is caused by overuse, wear and tear, or injuries.

Arthritis can also be caused by:

- Infections, such as Lyme disease
- An immune system dysfunction — rheumatoid arthritis
- The inheritance of osteoarthritis

· An abnormal metabolism, which leads to gout

For arthritis sufferers, even simply walking can cause pain in the lower back, hip or knee. Often, arthritis is a downward spiral of progress pain, limiting movement and strength, which in turn causes more inactivity and pain. However, by improving joint movement, muscle strength, balance and coordination, this cycle can be broken, reducing pain and inflammation.

**Discover how our team of specialists at PacificPro can get you moving pain-free again!**

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# HEALTHY RECIPE

## Buddha Noodles

### INGREDIENTS

- 12 oz. package udon noodles
- 3 tbsp. smooth peanut butter
- 3 tbsp. soy sauce
- 2 tbsp. sesame oil
- 1 tbsp. honey
- 1 tbsp. lime juice
- 1 clove garlic, minced
- 2 c. Shredded chicken
- 2 c. broccoli florets, steamed
- 2 avocados, thinly sliced
- 2 green onions, thinly sliced
- 1 tsp. sesame seeds



### DIRECTIONS

In a large pot of salted boiling water, cook noodles according to package instructions. Drain noodles and rinse with cold water to cool. Return noodles to saucepan. Add peanut butter, soy sauce, sesame oil, honey, lime juice and garlic. Stir until sauce is creamy and noodles are fully coated. If the sauce is too loose, turn heat to low and cook until the sauce has thickened, about 1 minute. Divide noodles between bowls. Top each serving with chicken, broccoli, avocado and green onions. Garnish with sesame seeds and serve warm or at room temperature.

## EXERCISE TO TRY AT HOME

### KNEE EXTENSION STRETCH

While sitting near the edge of a chair, tighten your top thigh muscle to press the back of your knee downward towards the ground. Repeat 6 times on each leg.



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## Arthritis and Physical Therapy



Regardless of the cause of arthritis, physical therapy plays a major role in the treatment of arthritis symptoms and should be tried first, before more aggressive procedures such as surgery. While maintaining a healthy weight, exercise and a good diet help, surgical intervention may eventually be needed. However, physical therapy has been shown to be an excellent way to prepare and recover after a total knee or hip replacement.

It is very common for the muscles that support the knee, hip, and low back to become weakened from inactivity. Through targeted easy to do exercises, we help your muscles regain their strength, providing greater support to the joints, and reducing inflammation.

Furthermore, by improving balance and coordination, especially to the knee and hip joints, the abnormal strain on the joints is relieved, and safety is improved to reduce risk of further injury.

If you or a loved one suffers from arthritis, you have options. The first step is to contact one of our therapists today, and ask about ongoing physical therapy treatment to restore mobility, comfort and quality of life.

**See how we can help your joints feel better and move better! Go online or call us to schedule an appointment today.**

## 6 Food Choices to Help Ease Arthritis Pain

### 1. Broccoli, Brussels sprouts and cabbage.

These veggies are part of the cruciferous family, and they are full of a compound called sulforaphane, which helps slow cartilage damage in joints due to osteoarthritis. Try adding broccoli, Brussels sprouts, cabbage, kale or cauliflower to your salad or stir-fry.



### 2. Fatty fish.

Fatty fish like salmon, tuna, trout and mackerel are rich in omega-3 fatty acids, which help fight inflammation. Try adding fish to your diet a couple of times a week. If you're not a big fan of fish, ask your doctor about taking an omega-3 supplement.



### 3. Garlic.

Garlic is a member of the allium family — which also includes onions and leeks. These items contain a compound called diallyl disulfide that may help with a number of diseases — including arthritis.



### 4. Tart cherries.

Some people with arthritis have found relief from products made from tart cherries. The ingredient in cherries that helps with joint symptoms is the same one that gives this fruit its red color — anthocyanin.



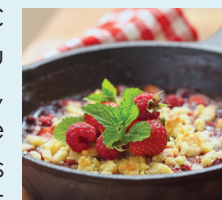
### 5. Turmeric.

One of the best-researched inflammation fighters isn't a food at all, but a spice. Turmeric contains a compound called curcumin. The compound has been used for centuries in India to ward off inflammatory diseases. You'll find this yellow spice in Indian cuisines — particularly curries.



### 6. Vitamin C.

Antioxidants in vitamin C may slow the progression of OA. You can get vitamin C from strawberries, kiwi, pineapple, or cantaloupe. However, we warn you against taking supplements with much higher doses than 65 to 85 milligrams, because in large doses vitamin C can increase the risk of kidney stones.



## PATIENT SUCCESS

"I have been coming to PacificPro Physical Therapy for over a year now with a healing fractured back. I couldn't ask for a better facility, from the girls at the front desk to the therapist aids and the therapists, every one of them have my Heart! Everyone of them is on the same page, very professional, and they care for your needs on a personal basis. I have used every therapist there and each one is professionally trained and has great skills. Every therapist has different ideas to see that I succeed and everyone of them enjoys their job. You are treated with a personal touch. It's so nice to go into an establishment knowing you're in great hands by all, The owner should be proud of this group, I know I am and would recommend PacificPros to anybody. Thank You For Taking Care of Me" — Dj N.

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

Thank you!



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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.

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