

RIDE THE WAVE TO RECOVERY  
NEWSLETTER



PacificPro Physical Therapy Can Show You How  
**YOU CAN BECOME HEALTHIER,  
STRONGER & MORE ACTIVE!**

**IRVINE**  
949.679.3988

**LAGUNA HILLS**  
949.716.2730

**MURRIETA**  
951.600.0054

**MURRIETA/  
FRENCH VALLEY**  
951.417.8195

**TEMECULA**  
951.506.0200

**HEMET**  
951.929.9890

**CORONA**  
951.407.9233

**Canyon Hills/  
Menifee**  
951.244.8404



PacificPro Physical Therapy & Sports Medicine Can Show You How

# YOU CAN BECOME HEALTHIER, STRONGER & MORE ACTIVE!

It is common aspiration to become healthier, stronger, or more active. However, this can sometimes be a difficult feat, with lack of time, pain, injuries, or difficulty sticking to a nutritious diet. When you are in pain, undesirable chemicals within your body are heightened, which can increase stress. As a result, your endocrine system becomes affected, which works to regulate the hormones in your body. Fortunately, the vast majority of aches and pains can be successfully treated by a licensed physical therapist. At PacificPro Physical Therapy, our team is comprised of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. To find out more about how our services can help you live a healthier, stronger, and more active life, contact our office today!

[pacificpropt.com](http://pacificpropt.com)

## Your Health And You

The term "health" is all relative. It essentially means that your body is operating at its highest levels of function in regards to breathing, circulation, digestion, and more. It doesn't necessarily mean that you have to be the most athletic person in the room. Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you. Your physical therapist can provide you with exercises, stretches, and nutritional tips that can help increase your health and help you feel physically better overall.

## Increasing Your Strength And Flexibility

It is no secret that strength and flexibility both play important roles in your health. Did you know that there are approximately 642 skeletal muscles in

the human body? Your muscles work hard, not only to help you move, but also to support your circulatory and breathing systems. When you become stronger and more flexible, you become healthier overall.

**At PacificPro Physical Therapy, our physical therapists can guide you through proper exercises and specialized treatments in order to relieve your joint and muscle pain, increase your strength and flexibility, and improve your overall health.**

## 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

## Chocolate Peppermint Toffee



### INGREDIENTS

- 1 sleeve of Ritz Crackers (about 16 crackers)
- 1/2 cup butter (1 stick)
- 1/2 cup brown sugar
- 1 cup chocolate chips
- peppermint candy

**DIRECTIONS** Preheat your oven to 425° and line an 8 x 8 baking dish with parchment paper. Cover the bottom of the pan with crackers. Combine brown sugar and butter in a pan and bring to a boil. Boil for 3 min WITHOUT stirring. Immediately pour mixture over crackers in the pan and spread evenly. Bake for 5 min to thicken and set the caramel. Remove from oven and sprinkle chocolate chips evenly over the top. Place the pan back in oven for about 2 min or until chocolate is soft enough to spread. Immediately spread melted chocolate chips so that you have a nice even layer. Sprinkle with crushed peppermint candy and cool for several hours before serving..

## EXERCISE TO TRY AT HOME

### Standing Quad Stretch



Stand tall with your feet hip-width apart, pull your abdominals in, and relax your shoulders. Bend your left leg, bringing your heel toward your butt, and grasp your left foot with your right hand. Switch legs and repeat the stretch.

## 7 TIPS to Improve YOUR HEALTH

Physical therapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well. Some tips you can do on your own to become healthier, stronger, and more active include:

### 1. Taking care of aches and pains.

Don't let these long-term problems linger. Contact PacificPro Physical Therapy for professional help.

### 2. Limiting your sitting.

Get up every 30 minutes to walk around at work and home.

### 3. Getting out and moving.

Exercise regularly, even if it's just taking a short walk every day.

### 4. Maintaining a nutritious diet and controlling portion.

Make sure your food intake is nutritious and portioned. By chewing your food thoroughly, you won't feel as if you have to eat as much.

### 5. Drinking more water.

Water keeps your body systems functioning at an optimum level.

### 6. Breathing!

Work on your deep breathing in order to increase your oxygen intake and get your lymphatic system moving.

### 7. Getting enough sleep.

Sleep at least 8 hours a day. It is best to get into a routine where you are going to bed and waking up on a regular cycle. This helps your endocrine system.

### Contact PacificPro Physical Therapy Today!

Are you looking for assistance with increasing your health, strength, and physical activity? Our team at PacificPro Physical Therapy would love to help you live your highest quality of life.

Contact us today to begin your new chapter toward becoming a healthier you!

# THE HOLIDAYS DON'T HAVE TO BE PERFECT!



**1. Be mindful of your hunger and satiety cues.** Holiday meals usually mean large portions of home cooked meals and desserts. This often results in overeating at meals to get a taste of everything to enjoy. While building your plate, take notice of how hungry you are and portion accordingly. Keep in mind you can always have seconds of your favorite dishes if you are still hungry. Perhaps you will want to leave room for the different types of dessert.

**Be Realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, e-mails or videos.

**Stick To A Budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Instead try donating to a charity in someone's name or give homemade gifts.

**Plan Ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. And make sure to line up help for party prep and cleanup.

**Learn To Say No.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown.

## PATIENT SUCCESS

"I injured my shoulder playing volleyball and can't believe I can play again. When I injured my shoulder, even simple day-to-day tasks were difficult to do but after my sessions at PacificPro Irvine, I'm excited to be back in the game. I noticed improvement in my range of motion from my first evaluation with Peter. He was very knowledgeable and helped me understand my limitations. The physical therapists Peter and Kenny were both amazing at incorporating various exercises which helped me through my recovery and ultimately in strengthening my shoulder. I am truly grateful for their patience and expertise. The aides Miguel, Angela, and Julian were all fantastic and very attentive. Also thank you Chelsea for providing all of the insurance info before my first session so I knew exactly what to expect with no surprises nor hidden fees. She was very informative and organized. I highly recommend this location and the physical therapists. Thank you all. I really didn't think I'd be able to play volleyball again but now I'm ready to get some spikes in." —S.A.

**IRVINE**  
949.679.3988

**LAGUNA HILLS**  
949.716.2730

**MURRIETA**  
951.600.0054

**MURRIETA/  
FRENCH VALLEY**  
951.417.8195

**TEMECULA**  
951.506.0200

**HEMET**  
951.929.9890

**CORONA**  
951.407.9233

**Canyon  
Hills/Menifee**  
951.244.8404



## 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**