

RIDE THE WAVE TO RECOVERY
NEWSLETTER



STRENGTHEN YOUR CORE & IMPROVE YOUR HEALTH

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PacificPro Physical Therapy & Sports Medicine Can Show You How To

STRENGTHEN YOUR CORE & IMPROVE YOUR HEALTH

Have you noticed that your back pain seems to make standing upright more difficult, that you don't feel as balanced as you once used to? Believe it or not, these are all signs of core muscle weakness. At PacificPro Physical Therapy, our physical therapist can help you figure out if your core is weak, and more importantly, how to get it strong again!

Your core muscles help you do a lot – from sitting, walking, and getting up and down from chairs. If your core muscles are weak, they may be affecting your function and possibly your pain levels.

Our team of physical therapists can assess your core and determine if it is affecting your daily activities. With proper guidance, you can learn how to get strong and engage your muscles the way they were designed to move!

Contact PacificPro Physical Therapy today to figure out how we can help

you strengthen your core muscles and improve your overall health.

What are the Core Muscles?

When most people think of core muscles, they immediately think of the abdominals. However, the muscles of the core comprise the lower back, hip, pelvis, pelvic floor, and even the diaphragm muscle.

The muscles that make up your core are designed to help stabilize your body, support your posture, and allow your skeleton to move appropriately. When any of the muscles within that group become weak, your trunk experiences instability, which makes it difficult for your body to function correctly.

The stability of the trunk plays a role in maintaining an upright posture and helping to change positions when sitting, standing, and walking. Core strength is

also essential in sports performances, allowing the body to balance and control movements while running, jumping, and sustaining contact.

Significant weakness in the core will often lead to compensations and straining different body areas, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, or pain.

If you want to strengthen your core, relieve your pain, and improve your overall health, call us today to set up an appointment!

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

Sicilian Eggplant Caponata



INGREDIENTS

- 3 tbsp golden raisins
- 1 1/2 tbsp red wine vinegar
- 2 tbsp olive oil
- 8 oz eggplant
- 1 cup chopped red bell pepper
- 3/4 cup chopped white onion
- 1 cup chopped tomato
- 2 tbsp chopped drained capers
- 1/4 tsp crushed red pepper
- 2 tbsp chopped fresh mint

DIRECTIONS Combine golden raisins and red wine vinegar in a bowl. Heat olive oil in a large nonstick skillet over medium-high. Cut 8 oz. eggplant into 3/4-inch cubes. Add chopped red bell pepper, chopped white onion, and eggplant cubes to skillet. Cook, stirring occasionally, until softened, 10 to 12 minutes. Stir in chopped tomato, chopped drained capers, crushed red pepper, and raisin mixture. Simmer until slightly thickened, about 5 minutes. Sprinkle with chopped fresh mint.

Source: <https://www.cookinglight.com/recipes/eggplant-caponata>

EXERCISE TO TRY AT HOME

LUNGE

Start by standing with feet shoulder-width-apart. Next, take a step forward and allow your front knee to bend. Your back knee may bend as well. Then, return to the original position, or you may walk and take a step forward and repeat with the other leg. Keep your pelvis level and straight the entire time. Your front knee should bend in line with the 2nd toe and not pass the front of the foot.



Physical Therapy Can Help STRENGTHEN YOUR CORE

Our licensed physical therapists will conduct a physical evaluation to determine where the weakness is rooted and what muscles must be strengthened to correct it.

Whether you feel pain in your back, neck, shoulders, or legs, we will thoroughly analyze your posture, movement, and strength, to pinpoint precisely what is causing your pain. From there, we will create an individualized treatment plan for you based on your specific needs, aimed at strengthening your core, improving your posture, and alleviating pain.

Core stability is about muscular strength and proper sensory input. This sensory input alerts the central nervous system about the movements and positions you are putting your body through. This means specific exercises designed to help your body react to different movements.

Our therapists will design a program to teach you how to use your core muscles properly. We will create a strength program that focuses on core-specific exercises and progresses to multi-joint free weight exercises to train the core muscles adequately. We will provide constant feedback and allow refinement of movements to ensure the core provides optimal spinal stabilization.

What To Expect In Physical Therapy

When your core is strong, reactive, and mobile, it can perform at optimal levels. Our team of physical therapists will assess your particular condition to identify how your core is affecting your function.

Your therapist can educate you on how your core affects your physical activity and contributes to the pain you may be experiencing. Through an individualized exercise program, you can reduce your pain, prevent the condition from worsening, and improve daily function.

In many cases, physical therapy can design appropriate core strengthening exercises and provide relevant feedback to your central nervous system that improves your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle!

Contact PacificPro Physical Therapy today to schedule an appointment.

Our New Location In CANYON HILLS/MENIFEE IS NOW OPEN

PACIFICPRO
PHYSICAL THERAPY & SPORTS MEDICINE



Canyon Hills/Menifee

25381 Railroad Canyon Road, Suite 1101

Lake Elsinore, CA 92532

951.244.8404

Call today to make an appointment at
our Canyon Hills/Menifee.

Laughter
is the Best Medicine

Did you know?

...that laughter is good for your heart? It diminishes stress and boosts the immune system. Even the simple act of smiling has a positive effect on happiness and physical health, helping the heart recover more quickly after stressful events. Smiling and laughter reduce blood pressure and releases serotonin and other natural pain killers.

Did you know?

...that laughter's positive effects are instantaneous! Once you start laughing, you immediately feel better and pain is perceived as less intense. These effects can last as long as 24 hours so laugh at least once a day!



PATIENT SUCCESS

"I researched and visited several PT sites before selecting PacificPro for rehab from knee surgery. I made a great choice! The facilities are conveniently located and top-notch, but what makes this place great is the awesome staff. From the minute you walk in the door and are greeted by the wonderful Jill-of-all-trades Jessica to the specialized care from the therapist and associate staff, you know you're in great hands.

My PT was Torey. I can't say enough about his knowledge and ability to explain everything you need to know about your injury, your exercises, and your rehab, and his ability to communicate those things effectively. He is truly concerned with you as a person, not just another patient in the therapy assembly line. I didn't have a chance to work with the other PT, Will, but I had a couple of months to listen in on his dealings with his patients, and he was also highly professional, knowledgeable, and caring. Supporting Torey and Will were two outstanding support staffers, Angela and Breanna. They both were incredibly helpful and supportive, whether it's setting up an exercise, showing technique, or providing encouragement. I can't wait to need physical therapy again....ok, maybe not, but if I do, I'm rushing back to PacificPro!!!" – **Joe W.**

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Are You In Pain? 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