

RIDE THE WAVE TO RECOVERY
NEWSLETTER



PacificPro Physical Therapy & Sports Medicine Can Show You How To
**ALLEVIATE YOUR PAIN AND
IMPROVE YOUR SPINE HEALTH**

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ALLEVIATE YOUR PAIN AND IMPROVE YOUR SPINE HEALTH

Are You Living With Back Pain?

Do you notice your pain worsens when you have to stand for more than 10 minutes or when you have to walk long distances? At PacificPro Physical Therapy, our physical therapists are experts at helping our patients resolve their pain and get back to doing what they love!

The severity of back pain can range from minor dull aches to sharp stabbing pains. Pain that radiates from the spine to the buttocks and down the leg(s) may be a sign of sciatica. Understanding why you are having pain and what to do about it can be tricky.

Your spine does a lot for your body – it protects your spinal cord, allows you to breathe correctly, and it is what allows your body to move. Almost every function in your body is directly connected to the health of your spine. You may even wonder how to tell if your spine is healthy.

When we think of health, we typically focus on nutrition, exercise, and heart health – but spine health is also essential. At PacificPro Physical Therapy, our therapist can help you resolve your pain and get your spine healthy again!

The Importance of Good Spine Health

Your spine is a complicated structure of bones, joints, muscles, discs, and nerves. It takes a delicate balance to make sure it is at its peak level of health and function. Back pain is often the result of a breakdown somewhere in the system and can be avoided by improving your spinal health.

To make sure your spine is at its optimum health, you must achieve the following:

- Good posture and spinal curves
- Strong trunk muscles (i.e., core, gluteus, and spinal muscles)
- Good joint and muscle mobility
- Good balance and coordination ability
- Good nutrition and rest at night

Of course, much like anything else, maintaining great spine health is easier said than done. Fortunately, our team of physical therapists knows how to make sure you understand what to do to keep it functioning at its peak level!

pacificpropt.com

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

Kachumber Salad (Indian Salad)

INGREDIENTS

- 1 small onion finely chopped
- 2 medium tomatoes chopped small
- 1 large cucumber chopped small
- 4-5 (4 to 5) red radishes chopped small (optional)
- 1 green chili finely chopped (remove seeds to reduce heat if needed)
- 1/4 cup (4 g) packed chopped cilantro
- 1/4 tsp (0.25 tsp) or more salt
- 1/4 tsp (0.25 tsp) or more freshly ground black pepper
- 1/4 tsp (0.25 tsp) or more cayenne pure red chili powder
- 1 tsp or more freshly squeezed lime or lemon juice

DIRECTIONS Chop the onions, tomatoes, cucumbers, radishes, wash and drain well then add to a bowl. Add the veggies and the rest of the ingredients to a bowl. Taste and adjust salt and heat. Serve.

Source: <https://www.veganricha.com/kachumber-salad-cucumber-tomato-onion-salad-recipe/>

EXERCISE TO TRY AT HOME

Forward Bend — Long Sitting

Sit with legs straight out and lower back tall. Bend forward, keeping your lower back tall to feel a stretch in the back of your thighs. This helps with lower back pain. Hold for 20 counts and repeat as needed.



Physical Therapy Can Help IMPROVE YOUR SPINE HEALTH

We will start with an injury evaluation and a movement assessment to identify all the factors contributing to your pain. This will consist of a thorough history to understand more about your typical daily routine, the demands on your back, and your overall health status.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate pain relief technique that might help.

Your physical therapist will then incorporate activity-specific treatments with a deliberate progression that ensures a safe return to your normal activities. Every good therapy program will include injury prevention strategies that ensure you stay doing what you love!

What To Expect At Your Physical Therapy Visits

Your body is meant to move – this is the most important purpose of the spine. Our physical therapists will provide you with the tools to resolve your pain and improve your spinal health.

We will tailor your program to address your specific needs. We will then monitor and progress you based on your response to this program.

Understanding the source of your pain and managing it can help you be proactive and find a solution. We will help you modify the painful activities and tasks to give you the confidence and freedom to resume the things you have been avoiding.

Our physical therapists can check your spine health every six months to ensure your back is moving how it should. Whether you are focusing on your heart, joints, or spine – whatever you do, it is always important to take care of it now so it will be there for you later!

Call Today For An Appointment

If you have been living with back pain, or you'd like to avoid potential back pain, contact PacificPro Physical Therapy today.

Don't live with the limits of back pain – improve your spine health with us.

Our New Location In CANYON HILLS/MENIFEE IS NOW OPEN



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.



Meet the Team Staff Highlight

Mason Nebrija, DPT

Mason has been a part of our team for quite some time and originally worked at our Irvine location for several years. Life has taken him from beautiful Hawaii, to the lush greens and rains of Oregon, and back to sunny California where he is currently practicing at our newest clinic in Murrieta.

Mason has clinical experience in orthopedics, pediatrics, neuromuscular rehabilitation, therapeutic exercises and manual physical therapy techniques. He provides a fun, professional and relaxed environment for all his patients. Mason is passionate about his work and continues to take con-ed courses focusing on evidence-based practice and individualized programs so his patients can reach their goals and get back to what they love doing "quicker and pain-free."

Outside of work, Mason loves being active and enjoys spending time with his wife and son, hiking, golfing, playing sports and traveling with his family.

PACIFICPRO

PHYSICAL THERAPY & SPORTS MEDICINE

PATIENT SUCCESS



"I just recently had 2 knee replacement surgeries (L/R) over the last 4 months, and PacificPro has been there for and with me the entire time, helping me recover and regain my leg motion and strength. The Pacific Pro staff is warm, knowledgeable, and friendly. The equipment is modern and clean. It never feels crowded, and the stations are well placed for privacy and safety. When going through tough times, on a winding road to recovery, you want someone who knows what you are going through, and how to help you achieve the best outcomes. I'm well on my way to full recovery, and PacificPro made all the difference. Thank you." – **Dan A.**

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



Thank you!

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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