

RIDE THE WAVE TO RECOVERY
NEWSLETTER



HOW STEADY ARE YOU ON YOUR FEET?

PACIFICPRO PHYSICAL THERAPY & SPORTS MEDICINE CAN SHOW
YOU HOW TO REDUCE YOUR RISK OF A FALL-RELATED INJURY



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FEELING OFF BALANCE?

PacificPro Physical Therapy
& Sports Medicine Can Show
You How To Reduce Your
Risk of a Fall-Related Injury

Do you frequently notice an imbalance, dizziness, or unsteadiness that makes you feel as if you may fall over at any given time? Have you suffered from a fall in the past? Are you worried that you may be at risk of falling? At PacificPro Physical Therapy, our team will address your concerns and help you regain your confidence!

In older adults, falls are the leading cause of fatal and nonfatal injuries. Most people don't think about working on their balance until it is too late. The good news is that you can easily prevent most falls with guidance from a physical therapist.

Falls are a significant concern for seniors, and even without an injury, a fall can cause a loss of confidence and reduce a person's ability to carry on with daily activities. If you have recently sustained a balance-related injury, it is important to seek the help of a physical therapist immediately to avoid additional injuries in the future.

Our team will give you the tools to recover from a recent fall or avoid additional injuries in the future. Call PacificPro Physical Therapy today for an appointment, and

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let us help you get stronger and more confident so you can do the things you enjoy!

Are You At Risk of Falling?

Some people have a higher risk of falling than others, and a combination of factors causes most falls. The more risk factors a person has, the greater their chances of falling. The most common risk factors include:

- Advanced age
- Dizziness or vertigo ("spinning" sensations, even when remaining still)
- Vision problems
- Impaired balance and gait control (whether age-related or due to illness)
- Muscle weakness and reduced physical fitness due to a sedentary lifestyle
- Neurological disorders (i.e., Parkinson's disease and Alzheimer's)
- Cardiovascular disease (i.e., heart attack, stroke, PAD)
- Cognitive impairments
- Depression
- Acute and chronic illnesses
- Previous history of falls

Your physical therapist will assess your medical history to determine how many risk factors toward falling you may have. They will educate you on what these factors mean, as well as steps you can take to decrease your risk

Physical Therapy Can Keep You On Your Feet

Our physical therapists will perform a thorough physical evaluation to figure out the best treatment plan for you. We will start with an injury evaluation, mobility, strength, and a balance assessment to identify all the factors contributing to the injury. This will consist of a thorough history to understand more about the demands on the body, how many risk factors you may have, and your overall health status.

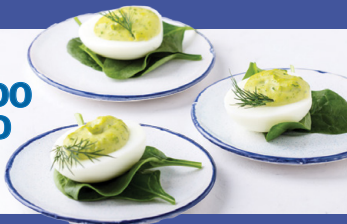
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NO DOCTOR'S REFERRAL NEEDED

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

AVOCADO DEVILED EGGS



INGREDIENTS:

- 6 hard-boiled eggs
- 1 avocado, peeled and pitted
- 1 lime, juiced
- 2 tbsp red onion, finely chopped
- 2 tbsp cilantro, finely chopped
- 1 tsp garlic powder
- Salt and pepper, to taste

DIRECTIONS Cut the hard boiled eggs in half and scoop out the yellow egg yoke to a mixing bowl. Place the hard boiled egg white halves on a serving platter. To the mixing bowl of egg yolks, add the avocado, lime juice, red onion, cilantro, garlic powder, salt and pepper. Use a fork and mash all of the ingredients together until nice and creamy. Scoop the mixture with a spoon and dollop it back into the egg white halves. Alternatively, you could use a piping bag to pipe the avocado egg mixture into the egg white halves. Garnish with extra red onion and cilantro, then serve and enjoy!

Source: <https://downshifology.com/recipes/avocado-deviled-eggs/>

EXERCISE TO TRY AT HOME



Stand with your heels up against a wall. Attempt to get your heels, buttock, shoulders and head to touch the wall at the same time. Hold for 20 seconds and repeat 10 times.

This exercise helps improve your posture and balance, as well as your core strength.

FEELING OFF BALANCE?

Physical Therapy Can Help



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In addition, we will include a review of your fall history and fear of falling, as well as identifying any home hazards/ environmental factors that may contribute to your fall risk. We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate balance and gait techniques for the individual.

What To Expect In Physical Therapy

The good news is that you can prevent most falls. The key is to get guidance from your therapist, who will teach you the correct exercises to improve your balance. Our recommendations aim to reduce your risk of falling, but they will also aid you in improving coordination, strength, flexibility, and overall movement. Some common aspects of treatment include:

Pain management. Your physical therapist will work with you on relieving pain first before continuing any other forms of physical activity.

Balance training. Balance is a large part of fall prevention, as lack of stability is one of the main reasons falls occur. Your physical therapist will design a balance training plan for you as part of your treatment.

Strength training. Your physical therapist will design a strength training plan for you, which will focus on specific muscle groups in need of improvement.

Your physical therapist will then incorporate task-specific treatments with a safe and effective progression to assist you in a safe return to daily activities. Every good therapy program will include injury prevention strategies that ensure you stay doing what you love!

Exercise is one of the most effective treatment methods for patients with an increased risk of falling. Our team will help guide you through the steps you need to regain your confidence and reclaim your life.

Contact PacificPro Physical Therapy to schedule a consultation and get started today!

CHECK OUT OUR NEW LOCATION IN CANYON HILLS/MENEFEE



PATIENT SUCCESS



"I have really enjoyed my rehab experience at PacificPro Physical Therapy. As a physical therapist myself and a very active, 40 year old hip replacement patient it was important to me to get back to enjoying my life with no limitations. Michelle was my main therapist. She actually listened to what I had to say and was constantly adapting my treatment to continue my progress.

The environment is welcoming and all staff were knowledgeable and very encouraging, especially when I was having a tough day. Kortney was always able to schedule appointments when I needed them and greeted me with a smile every time I walked in. I am so grateful for the care that I received." –Ira F.

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



Thank you!

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

Meet the Team Staff Highlight

Karli Baker, DPT

Karli earned her Bachelors Degree in Kinesiology from CSU San Marcos and her Doctorate of Physical Therapy from Loma Linda University. She became interested in physical therapy after playing basketball throughout high school and seeing several teammates get injured and go through physical therapy successfully. She has experience treating patients with a wide range of orthopedic conditions and enjoys getting to know patients and helping them reach their goals. In her spare time, Karli enjoys spending time with her family, volunteering at church, hiking and being outdoors.

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.

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