

IMPROVE YOUR HEALTH THROUGH STRENGTH TRAINING



PT CAN HELP GET YOU STRONGER AND HEALTHIER!

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STRENGTH TRAINING CAN IMPROVE YOUR HEALTH!

Health is a relative term. It means that your body operates at a high level in all the different systems from circulation, breathing, digestion, and more. Anything you can do to help your body achieve an ideal state is a step towards a healthier you.

We all want to stay healthy, strong, and active, but we often think getting older means we need to take it easy. Fortunately, it is more and more common to realize that an inactive, sedentary lifestyle leads to poor health and a loss of function.

Do you notice it's harder to get out of your chair lately? Do you struggle to carry groceries that were once easy for you to do? Do you find yourself wanting to take more breaks throughout the day because you feel tired all the time?

You may be experiencing the loss of muscle that is common with getting older. Fortunately, at PacificPro Physical Therapy, our therapists are up to date on the strategies that can help you get stronger so you can get back to doing what you love doing!

Why Is Strength Training So Important?

Inactive adults experience a loss of muscle mass and strength, resulting in a struggle to stay active. Sometimes it feels difficult to keep

active due to pain, injuries, or poor diets. Strength training exercise not only eases your pain, it simultaneously helps with your overall physical and mental health.

There are approximately 642 skeletal muscles in the body. Your muscles not only help you move, but they support your overall health, including your circulatory, breathing, and nervous systems. A stronger you means a healthier you!

Relieving joint or muscle pain and guiding you on proper strength training exercises are integral parts of our specialized physical therapy treatments. Strength training helps build muscle mass, and it is one of the essential steps in a rehabilitation program.

Whether you are recovering from an injury or an underlying condition causing you pain, strength training will help you get back to your optimum physical performance.

The following aspects of health are known to benefit from strength training:

- Improved strength
- Reduced fall risk (i.e., lower mortality, fewer serious injuries, quicker recovery)
- Improved resting metabolic rate and reduced-fat weight
- Enhanced physical performance, movement control, walking speed, functional independence

- Improved cognitive abilities and self-esteem.
- Prevention and management of type 2 diabetes (i.e., decreased visceral fat and improved insulin sensitivity)
- Enhanced cardiovascular health (i.e., reduced resting blood pressure, cholesterol and triglycerides)
- Improved bone mineral density (i.e., prevention and reduction of osteoporosis)
- Reduces low back pain
- Eases discomfort associated with arthritis
- Relieves discomfort associated with fibromyalgia
- Reduced risk of cancer-specific mortality and cancer recurrence

Our highly trained physical therapists can create a personalized strength training plan for your particular needs. We have the knowledge and expertise to guide you toward a pain-free, stronger, and healthier lifestyle! Contact PacificPro Physical Therapy to schedule a consultation today!

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.

CLINIC NEWS

PacificPro Physical Therapy is excited to announce that we have expanded our Irvine location. Come check out our new additions at your next appointment!



Meet the Team Staff Highlight

Laurie Loeffler, DPT

Laurie received a Bachelor of Arts degree from California State University, Fresno prior to serving in the United States Army. She completed her Master's in Sports and Health Science while on active duty and received her Doctorate of Physical Therapy from University of Miami following her military service. Laurie has been a Certified Strength and Conditioning Specialist since 2018 and a licensed physical therapist in the state of California since 2019.

Laurie is a business owner and continues to serve in the US Army Reserves at the rank of Major. In addition to being a daily CrossFitter Laurie spends her free time skydiving, biking, hiking, snowboarding, and reading.

EXERCISE TO TRY AT HOME

Bird Dog 4-Point Arm & Leg Raise

Begin by placing your knees and hands on the floor, with your hips and shoulders at a 90° angle. While keeping stable and engaging your core muscles, lift one arm and an opposite leg straight out toward the horizon, with your thumb pointed to the ceiling. Place both arm and leg back down to starting position. Repeat 10 times and then repeat this exercise with the opposite arm and leg. To build stability, this exercise can first be performed using only the arm or leg, and the opposing arm or leg can be added once ready for progression.



HOW PHYSICAL THERAPY CAN HELP YOU GET STRONG



At PacificPro Physical Therapy, our strength training programs will get you back to living a happy and healthy lifestyle. Our physical therapists will design a treatment plan with the best exercises for an effective and speedy recovery.

These exercises will depend upon which part(s) of your body needs strengthening. This may include bodyweight exercises (such as squats, push-ups, or planks) or exercises using additional tools (such as barbells, resistance bands, exercise balls, or hand weights).

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. One of our physical therapists will conduct a thorough evaluation to identify any weaknesses or limitations that may affect your recovery, stability, or strength.

We will use this information to develop a comprehensive program that includes targeted mobility work, strengthening, and any appropriate pain relief technique for the individual. Every good therapy program will consist of injury prevention strategies to ensure you stay doing what you love!

Contact Us Today To Set Up An Appointment

At PacificPro Physical Therapy, our team of physical therapists has proven success with our strength training programs. Strength training can aid you in your journey to become a healthier and more active version of yourself! Call today to schedule an appointment with one of our specialists.



SUMMER FITNESS

Are you ready to get active this season? Summer is finally here, which means warm weather, enjoying the sunshine, and participating in all your favorite seasonal activities.

If you need some inspiration to get moving this season, check out the list below for ideas on how you can get active!

Take Up Gardening — After spending so much time being cooped up indoors through the long winter months, most homeowners can't help but start planning and preparing for a thriving, clean-cut yard this summer.

Gardening is an excellent and approachable way to get moving this season. Even if you don't have a huge yard, you can participate in this activity through container gardening on a porch, windowsill, or in a sunny spot in your home.

Go For A Swim — Swimming is low-impact, gentle on the joints, and a good cardio workout.

Swimming is a fun and healthy activity, whether you're swimming laps, floating, or tossing an inflated ball with a friend. And nothing feels better than jumping into the pool on a hot day!

Sign up for a class at your local YMCA or fitness club to get started.

Find A Hiking Trail — Hiking is a great warm-weather activity to participate in, especially if you enjoy taking in the sight and sounds nature has to offer. If you live near a hiking trail or a scenic area, definitely take advantage of it when you can, and always remember to wear the right footwear so as to prevent ankle sprains and strains!

Walk On The Beach — If you're lucky enough to live near the beach, take advantage of the beautiful scenery while moving your body!

Walking is an easy way to improve your health. In fact, research shows that walking just 30 minutes a day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance.



"I tore my ACL and spent 7 months at PacificPro and they were wonderful! The staff is extremely welcoming and makes physical therapy enjoyable even when it has every reason not to be. They push you to ensure that your recovery is exactly the way that you want it to be. **I feel stronger and more confident in my abilities because of my time at PacificPro.** I finished my time at PacificPro with Peter and he was always open to listening to what I had to say and pushed me to perform to the best of my abilities!" — **Shannon C.**

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



Thank you!

We've Expanded In Irvine!
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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