



# KEEPING UP WITH YOUR PHYSICAL THERAPY THIS SUMMER

## 6 TIPS FOR A HEALTHY DIET THIS SUMMER

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# KEEPING UP WITH YOUR PHYSICAL THERAPY THIS SUMMER

Are you planning a vacation with your family this summer? Are you wondering how to keep up your PT treatments now that you finally feel better? At PacificPro Physical Therapy, our physical therapists can help by providing you with home exercises that you can do no matter where you travel!

It is well known that patients who adhere to their prescribed exercises are significantly better at achieving their goals and have improved physical function. Non-adherence, on the other hand, increases the risk of re-injury or flare-ups and overall less positive outcomes long term.

Our team believes that providing a home exercise program to fit your needs is part of the solution to non-adherence. We understand that your life situation can make prioritizing exercises and physical therapy home programs difficult. We will work with you to provide the most important exercises and a straightforward

program for you to follow so you can enjoy your summer vacations and do what you love!

## How To Incorporate Home Exercises Into Your Travels

One of the most challenging aspects of traveling is finding time to do all the things you want. Our physical therapists understand how difficult it is to do your home exercises when not attending regular physical therapy visits. We provide our patients with home exercises that take their daily life into account.

Here are a few tips to keep up with your physical therapy:

**Use the hotel gym:** Nowadays, most hotels offer small fitness centers with equipment to keep up with your physical activity and exercises.

**Exercise in the pool:** You will often stay at a facility with a pool or access to a pool. Aquatic

therapy is a safe and effective way to keep up with your home exercise program. For some people, an outdoor pool will also offer you a boost to your energy levels and get you some much-needed Vitamin D.

Water offers easy ways to increase resistance by moving your arms or legs faster. This allows you to safely increase the intensity of your exercises with the benefits of buoyancy supporting your joints.

Increasing your resistance allows you to engage your muscles more thoroughly and help you burn more calories in a shorter amount of time. Aquatic exercise also improves your strength, flexibility, and endurance.

**Explore the town you are staying in:** Does your schedule leave little time to fit in physical activity?

Walking around the neighborhood or visiting the shops can be an easy way to exercise.

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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.

# 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!

# KEEPING UP WITH YOUR PHYSICAL THERAPY THIS SUMMER

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Even adding 30 minutes of physical activity into your busy schedule can make a big difference in helping maintain your function. Try taking a walk during your lunch breaks, or if you have access, take a walk on the boardwalk or beach to enjoy some fresh air too!

**Maintain a healthy diet on the go:** Dining out spikes during the summer because more people tend to venture out in the summer and dine outside. This can pose some health risks if you are not careful. Often the foods are loaded with calories and/or are highly processed. These types of foods can lead to inflammation, which in turn can exacerbate your painful conditions.

Maintain a healthy diet this summer by making healthy choices when you dine out and balancing dining with exercise. You can also choose the healthy options on the menu and keep the portion sizes under control.

Our team understands that delivering personalized home exercise programs that take your daily lives and travel plans into account is the key to success in maintaining improvements you have made at physical therapy.

**It's essential to keep your health a top priority no matter where you travel or what you do this summer. Keeping track of your progress with your physical therapy exercises is a great way to stay motivated on the go.**

**If you need guidance regarding your existing physical therapy treatment, or you'd like to begin participating in a regular exercise routine, call PacificPro Physical Therapy to set up an appointment! We're here to help you and keep you feeling your best during the summer months, so you can continue to do all the fun things you love!**



## Meet the Team Staff Highlight

**Erin Skrettingland,  
PT, DPT, OCS**

Dr. Skrettingland's journey towards Physical Therapy was originally unconventional as she received her undergraduate degree in Business and Administration at the University of Phoenix. Being an active Marathon runner led her to visits at Physical Therapy due to injury, which cultivated her passion to become a Physical Therapist. From there she went back to school at Loma Linda University and received her Doctor of Physical Therapy in 2016 and advanced her proficiency with her Orthopedic Specialist Certification in 2017. Since graduating and working in the field she is experienced in all patient populations including athletic and vestibular rehabilitation. In her spare time, she remains active in the fitness industry as she has been an instructor for Pilates, Yoga, Weightlifting and many others since 1997. She also travels around the world competing in Marathons and currently holds a personal best time of 2:57:56.

## EXERCISE TO TRY AT HOME

### LUNGE

*Or on the Road!*

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 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.



Get the whole family moving. Great for breaks on long car rides or on layovers. Think of the fun the kids will have lunging through the airport or up and down the hotel hall.



Get out and explore the town.



## PATIENT SUCCESS

"Over the course of my summer, I sustained a traumatic knee injury that completely changed my year. With the help and constant encouragement of the team here, I've been on a road to recovery since. Everyone here is so friendly and they have made the recovery process a lot less daunting and even enjoyable. I would recommend this place to any of my friends and family who are ever in need of physical therapy."

– Maryam N.



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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New Location NOW OPEN

Now in Tennessee

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## 6 TIPS FOR A HEALTHY DIET THIS SUMMER

Your diet affects many aspects of your well-being including your immune system, bone health, muscle function, inflammation and pain. Conditions including heart disease and diabetes are also impacted by dietary intake. In summer, it can be difficult to keep good nutrition at the forefront especially with barbecues and cookouts popping up everywhere you look! Here are 6 nutrition tips to help you maintain a healthy diet this season:

- 1. Swap out snacks for fruits and vegetables.** Consume at least 5 portions of a variety of fruits and vegetables daily. If this sounds challenging, remember that fresh, frozen, canned, dried, or even juiced fruits and veggies are all options.
- 2. Replace steak with fish.** Fish is a great source of protein and contains many vitamins and minerals. You should try to incorporate at least 2 servings of fish in your diet every week.
- 3. Reduce your saturated fat intake.** Too much saturated fat can raise your blood cholesterol levels, increasing your risk of developing heart disease. Examples of food high in saturated fat include fatty cuts of meat, sausages, butter, hard cheeses, cream, cakes and biscuits.
- 4. Cut down on sugary drinks.** Drinks high in sugar contribute to obesity and tooth decay. Try opting for a cool, refreshing glass of water instead, or a tasty fruit smoothie!
- 5. Drink enough water.** Proper hydration is always important, but even more so during hot weather. You should aim for 6 to 8 glasses of water a day.
- 6. Don't skip breakfast.** A healthy breakfast sets the tone for your day and gives you the energy you need to make it to lunch!

We hope these tips will help you navigate the season and prioritize your health this summer!

**If you or someone you know, is suffering with neck pain, call PacificPro Physical Therapy today! Our physical therapists can help relieve your pain and teach you how to avoid Text Neck and other neck problems going forward.**

## 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**

# PACIFICPRO

PHYSICAL THERAPY & SPORTS MEDICINE

We've Expanded In Irvine!

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NEW Location in TN!

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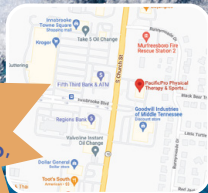
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**Canyon Hills/Menifee**  
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951.244.8404

Check Out Our New Location In Murfreesboro, Tennessee



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*PacificPro is extending our services out East! One of our PTs, Mason Nebrija, recently moved to Murfreesboro, Tennessee where we have opened our newest clinic.*