



# SEASONAL RECIPE

Add a little Sunshine to your winter workouts!

## Easy Mango Protein Smoothie



### INGREDIENTS:

- 1/2 cup unsweetened vanilla almond milk
- 1/2 cup low-fat vanilla Greek yogurt
- 1 cup frozen mango chunks (or about 1/2 of a fresh, chopped mango with 1/2 cup of ice)
- 1 scoop vanilla whey protein powder
- 1 tsp honey or to taste (optional)
- 1 mint sprig (optional)

**DIRECTIONS** Blend mango, ice (if using), yogurt, almond milk, protein powder, and honey together in a blender until smooth. Garnish with a mint sprig if desired, and enjoy!

## EXERCISE TO TRY AT HOME

### Bridges

Begin on your back. Bend your knees and keep your back flat on the ground. Gently, contract your abdominals and hold to keep your back flat as you move up into the bridge position. Remember to breathe. Gently, squeeze your butt muscles and lift your hips off the ground. The goal is to have your hips aligned with your knees and shoulders. Hold for 5 seconds and repeat 10 times.



*This exercise helps strengthen your core.*

# WHY IS MEDICAL CARE SO EXPENSIVE?

*Continued from previous page.*

The sooner you seek out physical therapy treatments in the early stages of your condition, the more you'll save. And no matter what route you take, incorporating physical therapy has been shown to help your results and improve your overall health and well-being!

## Understanding Insurance Terminology

Insurance terminology can be confusing. Below we've provided some definitions for some standard terms that you can discuss with your insurance provider before scheduling an appointment:

**Copay:** A copayment, also referred to as a copay, is a fixed amount of money that a patient may have to pay before receiving a medical service. The amount of each patient's copay is defined by their insurance company and may vary depending on your plan.

**Deductible:** A deductible is a fixed amount of money that an insured patient must pay out of pocket before the insurance company will pay any medical expenses. Your deductible amount will depend on your insurance company and your particular plan.

**Coinsurance:** Coinsurance refers to the amount of cost that you split between your insurance provider. For example, 80/20 is a standard coinsurance, in which the insurance company will pay 80% of a medical cost, and the patient will pay the remaining 20%. Each insurance company will have a different coinsurance policy.

## What To Expect At Your Visit

Physical therapists are adept at diagnosing a person's functional problem's root problem. Rather than looking at the symptoms (pain, discomfort, stiffness), we look at what is causing the symptoms. More importantly, we will determine how the symptoms are affecting your function.

Our team will conduct a thorough evaluation to determine the injury's severity and identify any other weaknesses or limitations that may affect your recovery and function. As a result, we will perform the right type, frequency, and duration of therapy, based on your goals.

Our physical therapists will guide you through a series of exercises designed to help your injury and return you to your pre-injury abilities. We will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and dynamic exercises designed to restore function and prevent future injuries.

## Physical Therapy Will Provide The Foundation For Success While Reducing Costs!

**At PacificPro Physical Therapy, we are more than happy to discuss any further monetary or insurance questions that you may have. Contact us today to schedule an appointment and discuss how physical therapy is the most cost-effective way to get relief!**

**Request an Appointment**

# 5 HEALTHY EATING RESOLUTIONS FOR 2023



What's your New Year's resolution this January? Many individuals choose the New Year as a perfect time to start getting healthier and improving their diet. If this is your resolution, stick around to discover 5 ways you can eat healthier.

**1. Drink more water.** Drinking water is one of the most essential actions you can take to improve your short and long-term health. Dehydration can affect concentration, alertness, short-term memory, and can cause fatigue. Drinking enough water each day also helps support your kidney health and your physical performance. The benefits go on and on!

**2. Eat more Omega-3s.** Increasing your intake of omega-3 fatty acid-rich foods may help you maintain a healthy blood pressure. According to research, omega-3 fatty acids can help improve your mood, which is something we all need during the short, dark days of winter.

Aim for two servings of fish per week, preferably fatty fish like salmon, sardines, and some types of tuna high in omega-3s. Not a fan of fish? Choose walnuts and flax as good non-fish sources of omega-3s.

**3. Substitute meat with tofu.** Did you know that restricting your meat intake is good for the environment and your heart? When you substitute soy for meat, you will naturally consume less saturated fat. While tofu lacks authentic flavor, this is what makes it so versatile—it absorbs the flavors of a stir-fry sauce or marinade like a sponge, making it taste fantastic!

**4. Cut back on salt.** Excessive salt consumption can raise blood pressure, a significant risk factor for heart disease and stroke. Watch how much salt you add to your food and avoid high salt snacks—like potato chips.

**5. Limit your sugar intake.** Too much sugar is not only bad for our teeth, but it also increases the risk of unhealthy weight gain and obesity, which can lead to severe and long-term health issues. Instead of selecting sugary drinks, opt for cool refreshing water. You can also replace sweets and candy with healthy snacks, like carrots and hummus.

**Need help with your resolutions? Our Physical Therapists can help you get started on a safe and effective fitness plan tailored to your needs and goals. Call today for an appointment and start feeling better and maybe even save some money in the process.**

[Request an Appointment](#)

## Patient Success



*"Second time in five years I have rehabbed an injury at Pacific Pro. The staff is professional and responsive to their clients' needs. I really felt like they were trying to help me meet my goals rather than trying to churn through clients. I hope I don't have any future injuries that require PT, but, if I do, I will certainly be calling Pacific Pro." – William B.*

**We want to hear your Success Story. Click below and leave us a review.**

[Share Your Success Story](#)

Thank you!

We've Expanded In Irvine!

**IRVINE**  
949.679.3988

**LAGUNA HILLS**  
949.716.2730

**MURRIETA**  
951.600.0054

**MURRIETA/  
FRENCH VALLEY**  
951.417.8195

**TEMECULA**  
951.506.0200

**HEMET**  
951.929.9890

**CORONA**  
951.407.9233

**Canyon Hills/Menifee**  
951.244.8404

New Location NOW OPEN

Now in Tennessee

**Murfreesboro**  
615.962-8232

## 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](http://pacificpropt.com)

# A Very Special Thank You!

Thanks to Kamali'i Family Foster Agency and to all those that helped to make someone's Christmas a little brighter.



***Wishing all a Merry Christmas and Happy New Year!***

We've  
Expanded  
In Irvine!

**IRVINE**

949.679.3988

**LAGUNA HILLS**

949.716.2730

**MURRIETA**

951.600.0054

**MURRIETA/  
FRENCH VALLEY**

951.417.8195

**TEMECULA**

951.506.0200

**HEMET**

951.929.9890

**CORONA**

951.407.9233

**Canyon  
Hills/Menifee**

951.244.8404

New  
Location  
**NOW  
OPEN**

Now in  
Tennessee

**Murfreesboro**

615.962-8232

