

RIDE THROUGH PAIN TO RECOVERY
NEEDS BETTER



**YOUR MORNINGS DON'T
HAVE TO BE SO PAINFUL!
FIND RELIEF FROM YOUR ACHES
AND PAINS WITH PT!**

Do you have aches and pains from time to time? After a long day out in the yard or after an afternoon of trying to keep up with household chores, do you notice that you experience stiffness and soreness?

These aches and pains may be a sign or symptom of a condition that needs to be addressed. At PacificPro Physical Therapy, our physical therapists are skilled at figuring out what is causing your issues and how to resolve them quickly.

Whether it is a lingering ache in your back, feet that feel swollen and tired after a long day, or a crick in your neck that just won't go away, dealing with aches and pains can take a toll on your overall feeling of wellbeing. Although common, sometimes these minor issues start to impact our function.

What may surprise you even more is how many people are coping with those pains without doing anything productive about it. We can show you simple steps to minimize your aches and pains and educate you on the differences between normal and injury.

What Are the Most Common Aches and Pains?

Aches and pains are thought to be a regular part of living on the planet, but there are times when the signals your body is giving you are being misinterpreted. Our physical therapists are skilled at identifying the root cause of your discomfort and educating you on what your body is telling you.

Some of the most common symptoms people misinterpret include:

- Muscle soreness
- Joint stiffness
- Swelling in hands and feet
- Crick in the neck
- An ache in the lower back
- General bodily aches

Although these symptoms may resolve on their own, there are times when they are pointing to a more serious condition that warrants treatment. Our physical therapists will identify and categorize the issue to allow them to establish what's a familiar everyday ache and pain and what is a sign of a more serious condition.

What Should You Do To Resolve Your Aches and Pains Quickly

You can do things at home that can alleviate pain symptoms, help to reduce the severity of your discomfort, and also reduce the likelihood that the pain will return.

Here is a quick rundown of things that you can do at home:

- **When in doubt, move about.** An outdated belief about resting is one of the biggest reasons pain persists. Joints, muscles, bones, and nerves all do better when we stay active. Sedentary behavior delays your recovery and makes you even more susceptible to future aches and pains.
- **Use hot and cold therapy appropriately to reduce soreness.** After a workout or a day of doing chores out in the yard, your muscles will likely feel sore. Apply ice directly to the area that hurts. Put the ice on and off for 20 minutes during the first

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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.

SEASONAL RECIPE



Cherry-Berry Oatmeal Smoothies

INGREDIENTS:

- 1/3 cup quick-cooking rolled oats
- 1/2 cup light almond milk
- 3/4 cup fresh strawberries
- 1/2 cup fresh dark sweet cherries
- 1-2 tbsp almond butter
- 1 tbsp honey
- 1/2 cup small ice cubes

DIRECTIONS In a medium bowl combine water and oats. Microwave 1 minute. Stir in 1/4 cup of the milk. Microwave 30 to 50 seconds more or until oats are very tender. Cool 5 minutes. In a blender combine oat mixture, the remaining 1/4 cup milk, and the next four ingredients (through honey). Cover and blend until smooth, scraping container as needed. Add ice cubes; cover and blend until smooth. If desired, top each serving with additional fruit.

<http://www.eatingwell.com/recipe/259841/cherry-berry-oatmeal-smoothies/>

EXERCISE TO TRY AT HOME

Trunk Rotation In Side Bending

Start by standing up with your feet spread to just outside hip-width and one foot in front of the other. Reach both hands to your front foot and then reach your arm up toward the ceiling and slightly toward your back leg.

Hold for 2 seconds and repeat.

PT WIRE

This exercise helps to improve your shoulder rotation.



YOUR MORNINGS DON'T HAVE TO BE SO PAINFUL!

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24 hours after the activity. After that, consider soaking in hot water, such as taking a warm bath, to soothe your muscles further.

- **Don't underestimate the power of sleep!** Your body relies on sleep to recover. Sleep is also one of the most powerful ways to prevent injuries. Aim to sleep between 7-9 hours every night.
- **Keep your body in good shape with regular exercise.** It may seem counterintuitive to cut down on pain by moving more, but exercise is an excellent way to reduce aches and pains. When you exercise every day, you can train your muscles for more movement and relieve aches and pains.

When aches and pains start to grow severe or chronic, it is time to reach out to our physical therapists. At PacificPro Physical Therapy, our therapists will find the best ways to reduce your aches and pains by considering your specific symptoms and developing a program tailored to your needs.

How Physical Therapy Can Help You

Your physical therapist will assess your particular condition to identify the contributing factors and address all of them. Regardless of the cause of your aches and pains, physical therapy plays a significant role in treating your symptoms and should be the first step.

Working with a physical therapist can help you develop a new approach to managing acute and chronic conditions. Your physical therapy program will likely take into account strategies like hydrotherapy, deep tissue massage, guided stretching, and targeted movements to help you experience ongoing relief from regular discomfort.

In many cases, physical therapy can help you choose specific exercises and design appropriate mobility and strengthening exercises that improve your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle. From start to finish, we're dedicated to your ongoing wellbeing.

Contact Us For An Appointment

There are a lot of different reasons as to why you may be in pain. At PacificPro Physical Therapy, our physical therapists will take a comprehensive

assessment to help determine what may be the primary cause of your condition. Trust that you're in good hands here.



Request an Appointment

Are You Looking For Treatment But Want to Remain Active?

ESSENTIAL RUNNING TIPS FOR BACK PAIN SUFFERERS

Running puts a high level of repetitive stress on the back, and for those with lower back problems it is particularly important to take measures to reduce the strain on the lower back.

In general, the following tips are advisable for runners, especially for those who are susceptible to low back pain or leg pain/sciatica:

- **Do a thorough warm-up prior to beginning a run**
- **Stretch the hamstrings** (the large muscles in the back of the thigh) twice daily to minimize stress across the low back
- **Muscle strengthening or strength training** are also important, particularly with the core muscles of the back
- **Cross training** is useful, so as not to get into an overuse syndrome
- **Wear comfortable, supportive shoes**
- **Try to run on a forgiving surface if possible**, such as a rubber track, and try to avoid running on cement

It is important that back pain patients take note of any back symptoms that perhaps are being exacerbated by a particular activity. If running consistently brings on back pain or leg pain symptoms, an evaluation with a physical therapist specializing in back pain and running analysis can be useful to determine the source of that pain.

Again, muscular sprains and strains tend to be short-lived and respond well to self-care measures, such as heat and stretching. If the pain does not respond to these measures, there may be a more structural problem that requires physical therapy treatment.

If you sustain an injury, don't delay, call PacificPro Physical Therapy today!

[Request an Appointment](#)

Spring is a great time for runners! Whether you are a seasoned runner who wants to improve or are looking to start running and want to do it safely and avoid injuries, PacificPro Physical Therapy can help. Request an appointment and enjoy your run.

PACIFICPRO
PHYSICAL THERAPY & SPORTS MEDICINE

Patient Success



"My experience with PacificPro Therapy & Sports Medicine – Murrieta was outstanding. The professionalism of the staff, the high level of experience and knowledge, and the interpersonal engagement were all evident from my first visit through my last. Every PT session gave me greater confidence in my ability to exceed my personal goals. I am forever grateful for the team at PacificPro Therapy & Sports Medicine – Murrieta for working with me to improve my physical strength, balance, and my overall quality of life! Thank you, PacificPro Therapy & Sports Medicine–Murrieta! You did an amazing job!"
– Albert

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!

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Canyon Hills/Menifee
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New Location NOW OPEN

Now in Tennessee

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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