



# HEALTHY RECIPE

## NATURAL HYDRATION!



## HOMEMADE ELECTROLYTE DRINK

### Ingredients

- 1 cup coconut water
- 1 cup filtered water
- 1 tablespoon raw honey
- Juice of 1 lemon or 1 1/2 limes
- 1/8 teaspoon sea salt

**Directions:** Add all of the ingredients into a blender and blend until combined. You can also stir everything together in a large mason jar.

<https://coconutsandkettlebells.com/diy-natural-electrolyte-drink/>

## EXERCISE TO TRY AT HOME

### Clamshell Bridge (with Exercise Band)

Start by lying on your back with knees bent, feet flat on floor and arms at your sides with palms down. Wrap a band around your legs just above your knees. Engaging the abdominals and squeezing the buttocks, slowly lift hips up towards the ceiling. While your hips are raised, spread your knees apart against the band and let them come back in slowly. Repeat for 3 sets of 10 reps each.

PT WIP-3



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

# HOW YOU CAN AVOID SURGERY AFTER A SPORTS INJURY

*Continued from previous page.*

The recommended treatment for a strain is the same as for a sprain. Your physical therapist will first assess your injury to determine what course of treatment is the best option. The emphasis should be to relieve pain and restore mobility, followed by simple exercises that progress you back towards sport participation. For a more severe tear, surgery may be necessary.

## How Physical Therapy Can Help With A Sprain Or Strain Injury

Knowing the correct exercises to prepare for the return to sports activities is vital. Our physical therapy experts have years of experience rehabilitating people after injuries and returning them pain-free to the sports activities they enjoy.

We will start with an injury assessment to help determine if the athlete needs intervention. Identifying injuries early allows for an "active recovery" to assist the athlete return to sports rather than waiting to do nothing (passive recovery).

Your physical therapists will create a specific exercise plan based on your needs to resume sports and prevent further injury. Even if you have an old injury, it is essential to have it evaluated by our physical therapists to prevent long-term damage.

We can also help with injuries like tendonitis, arthritis, stress fracture, or muscle pain. Our therapists can design a treatment plan to address pain, mobility loss, and weakness and promote improved sport-specific function and minimize the risk of re-injury.

## What You Can Expect In Physical Therapy

In addition to rehabilitating an injury, our physical therapist will help teach you the tools you need to prevent injuries and help your overall well-being. We recommend the following additional strategies for injury prevention:

- **Sleep** is one of the most effective strategies to reduce injury rates and improve sports performance. Try to get 8-10 hours per night.
- **Foam rolling** is an effective way to warm up tissue without negatively affecting performance.
- **Strength training** can keep the joints supported and the muscles and tendons resilient.
- **Nutrition matters.** A well-balanced diet is the best approach to assist us in staying in the game!
- **Hydration** is essential for recovery and injury prevention.

Sports injuries often occur from ill-prepared individuals who just jump into the activity without increasing their strength, endurance, and sports-specific training activities. Therefore, if you are not in top condition, you are more prone to injury.

**At PacificPro Physical Therapy, our therapists are dedicated to helping you avoid surgery and keeping you in the game! Contact us today for a comprehensive assessment and treatment program.**

[Request an Appointment](#)



**PROPER  
FORM  
WHEN  
LIFTING  
WEIGHTS**

You've most likely heard that using proper form when lifting is the key to preventing injuries. At PacificPro Physical Therapy, our physical therapists will work with you to ensure you are using proper mechanics to maximize your athletic performance and minimize your risk of injury.

Lifting helps maximize strength gains and sports performance and minimizes or eliminates the risk of sustaining an injury.

**How Proper Lifting Mechanics Ensure Your Results!**

Our PacificPro Physical Therapy specialists will work with you on your motor control to ensure you can coordinate your movements effectively and efficiently. Using the correct posture and movement patterns helps ensure your lift and that your body functions optimally.

Our programs will start with a movement assessment to identify any restrictions or weaknesses that may affect your ability to perform the necessary movements required for the specific lift. Next, your highly trained therapists will educate you on proper form, known as the neutral spine position, where your vertebrae are stacked over one another and stabilized by your muscles.

The relationship between your spine and your extremities is fundamental to lifting and maximizing your capabilities. In this position, your spinal muscles and joints are coordinated and will ensure you maintain proper form throughout the lift.

The goal of lifting is to gradually progress the exercises to challenge the individual without causing an injury. Loading means the cumulative amount of exercise you're doing and can be changed by adding repetitions, sets, resistance, duration, and speed. Our team will also focus on gradually loading the muscles.

**Your therapist at PacificPro Physical Therapy will create a targeted, individualized plan of care for you to continue on your own to maximize your recovery and prevent future injuries!**

**Patient Success**



*"I had a shoulder injury and was referred here. I met Laurie and she first asked me what I hoped for through therapy—I knew it was going to be a good experience at that moment. She customized a plan for me and each time we met, we had a check in to see what needed to be adjusted. She even gave me tips for working with my strength and Pilates trainers! I truly appreciate the care she provided and I'm back to doing the things I enjoy!" —Tonya 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!**

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**Canyon Hills/Menifee**  
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**Murfreesboro**  
615.962.8232

**New Location  
Coming Soon**

**PacificPro is excited to announce we are opening a new clinic in Riverside!**



**Request an Appointment**

**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**