

RIDE THE WAVE TO RECOVERY  
NEW T T E R

**PACIFICPRO**  
PHYSICAL THERAPY & SPORTS MEDICINE



**RIVERSIDE**  
9900 Indiana Ave.  
Suite 8  
Riverside, CA  
**951.376.1120**

*Get Moving!*

**PHYSICAL THERAPY CAN HELP  
YOU GET ACTIVE AGAIN**

Do you find it challenging to find the time to get healthier? Do you struggle with injuries and pain? You may benefit from working with a physical therapist to help you get back on track. At PacificPro Physical Therapy, our therapists are experts at eliminating pain and resolving both old and recent injuries so that you can enjoy a healthier life!

**When you are in pain or tired after a long day at work, it can sometimes be difficult to find the energy to deal with injuries or stick to a nutritious diet. As a result, your body may start to suffer the consequences of more injuries, pain, or severe health issues like high blood pressure and diabetes.**

Lifestyle diseases are the primary cause of morbidity and mortality in the United States. These include heart disease, cancer, diabetes, and joint and muscle disorders. All of these conditions are associated with physical inactivity, an unhealthy diet, and stress. Fortunately, the vast majority of these behaviors can be successfully treated by a licensed physical therapist.

Physical therapists are leaders in promoting health and wellness. Our therapists can help you by providing education, prescribing physical activity and exercise. They provide hands-on interventions to help you resolve your pain and injuries and get back to a healthy life!

Contact PacificPro Physical Therapy today to find out more about how our services can help you live a healthier, stronger, and more active life!

### What Does it Mean to be Healthier?

Health is defined as the state of being free from illness or injury. It essentially means that your body is operating at its highest levels of function. Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you.

Physical therapy treatments can help improve your health, but they only work if you apply healthy lifestyle choices in your everyday life, as well.

Some tips you can do on your own to become healthier, stronger, and more active include:

**Getting enough sleep.** Sleep is the most effective strategy that has one of the most significant effects on your overall well-being. To keep your body functioning normally, try and get between 7 and 8 hours of sleep per night. The more regular your rest, the better you will feel.

**Strength training.** Strength training is one of the most effective injury prevention strategies to help stay injury-free.

**Cardiovascular exercise.** Get your heart rate up and make sure you walk or are active and moving every day! Frequent exercise can boost your metabolism and improve your mood.

**Joint and muscle mobility.** Stretching helps keep you moving and feeling better. Knowing the proper exercises and specialized treatments can relieve your joint and muscle pain and improve your overall health.

**Nutrition matters.** You are what you eat. Make sure you're putting the right kinds of things in your body. Avoid fad diets and stick with a plant-based, whole grain, and lean protein diet. Avoid sugar and processed foods.

**Stay hydrated.** Hydration is essential for injury prevention and the proper function of your body. Water keeps your body systems functioning at an optimum level.

*Continued on next page.*

### 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.

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

**Request an Appointment**

# HEALTHY RECIPE



## THE DETOXIFIER JUICE RECIPE

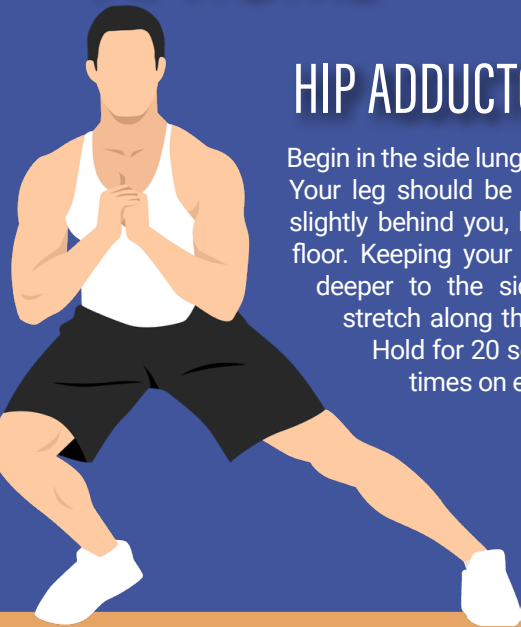
### Ingredients

- 2-3 med-lg Beets
- 6 Carrots
- 2 medium Apples
- 1/2 Lemon
- 1-2 inch Ginger

**Directions:** Wash, prep, and chop produce. Add produce to juicer one at a time. Serve cold over ice. May store in tightly sealed jars or glasses in the refrigerator for 7-10 days. Shake or stir well before drinking.

Source: <https://www.modernhoney.com/healthy-juice-cleanse-recipes/>

## EXERCISE TO TRY AT HOME



### HIP ADDUCTOR STRETCH

Begin in the side lunge position as shown. Your leg should be out to the side and slightly behind you, both feet flat on the floor. Keeping your back straight, lunge deeper to the side until you feel a stretch along the inside of your leg. Hold for 20 seconds and repeat 5 times on each leg.

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# Get Moving!

## PHYSICAL THERAPY CAN HELP YOU GET ACTIVE AGAIN

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**Practice meditating.** Meditation is beneficial for physical and mental well-being. Try practicing things like meditation and yoga regularly. The downtime will help you feel better.

Your physical therapist can provide you with exercises, stretches, and nutritional tips that can help increase your health and help you feel physically better overall.

### How Physical Therapy Can Help You

Our physical therapists evaluate and treat abnormal physical function related to an injury, disability, disease, or unhealthy lifestyle. Our team is composed of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. We play a leading role in preventing, reversing, and managing lifestyle-related conditions.

Every program is designed based on your individual needs. Learning how to safely move without injury or pain is a significant part of our physical therapy programs. We use objective measurements to determine the level of strength and fitness and build your program accordingly.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and improve overall health.

### Contact One of Our Clinics Today To Make An Appointment

Are you looking for assistance with improving your health and increasing your strength and physical activity? Our team at PacificPro Physical Therapy would love to help you live the highest quality of life possible.

**Contact us today to begin your new chapter toward becoming a healthier you!**



[Request an Appointment](#)

DO I HAVE TO BE INACTIVE  
WHEN I'M IN PAIN?

# EXERCISE & PAIN RELIEF



If you have back or joint pain, there are probably some times when all you want to do is lie in bed all day. It's tempting, but it might make the problem worse. Doctors used to prescribe bed rest for back pain and other chronic pain conditions, but studies have found that people who exercise and stay flexible manage their pain much better than those who don't.

If you do have a chronic pain condition like back pain or hip, knee, or shoulder problems, you shouldn't begin an exercise program without guidance. Check with your physical therapist first. They have the expertise to help you develop an individualized exercise program. Have a professional; a physical therapist show you what is appropriate to do given your condition.

## 7 EXERCISES/ACTIVITIES TO HELP ALLEVIATE PAIN

- 1. Walking
- 2. Swimming
- 3. Yoga
- 4. Tai Chi
- 5. Pilates
- 6. Stretching
- 7. Aerobics



[Request an Appointment](#)

## Patient Success

*"...they are smart, caring, and downright amazing."*

*"Heather, Connor, Grace and the rest of the staff are amazing. Some PT I've done in the past was nothing more than go and stretch, do this exercise, then do that exercise. I get it – the stretching and exercise are important, but I needed hands-on help. On day 1 during my intake, I let Heather know that I was there so that they could work on physical treatment – not things I could do at home. They spend time actually working on my injury with massage, cupping and muscle scraping. Then they gave me some exercises and stretches that I couldn't do at home and after 10 years of pain, I'm starting to see a sunrise on the horizon. I highly recommend this team – they are smart, caring, and downright amazing." –*

**Captain C.**

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

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951.600.0054

**MURRIETA/  
FRENCH VALLEY**  
951.417.8195

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**HEMET**  
951.929.9890

**CORONA**  
951.407.9233

**Canyon Hills/Meniffee**  
951.244.8404

**Murfreesboro**  
615.962.8232

New Location NOW OPEN

**Riverside**  
951.376.1120

**9900 Indiana Avenue, Ste 8  
Riverside, CA**

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)