



RIVERSIDE
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Unlock Your Core Strength!

HARNESSING THE POWER OF PHYSICAL THERAPY

Have you noticed that your back pain seems to make standing upright more difficult, that you don't feel as balanced as you once used to? Believe it or not, these are signs of core muscle weakness. At PacificPro Physical Therapy, our physical therapists can help you figure out if your core is weak, and more importantly, how to get it strong again!

Your core muscles help you do a lot – from sitting, to walking, to getting up and down from chairs. If your core muscles are weak, they may be affecting your function and possibly your pain levels.

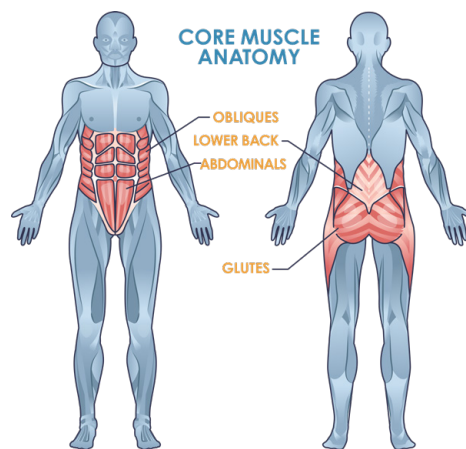
Our team of physical therapists can assess your core and determine if it is affecting your daily activities. With proper guidance, you can learn how to get strong and engage your muscles the way they were designed to move!

What Are The Core Muscles?

When most people think of core muscles, they immediately think of the abdominals. However, the muscles of the core comprises the lower back, hip, pelvis, pelvic floor, and even the diaphragm muscle. The muscles that make up your core are designed to help stabilize your body, support your posture, and allow your skeleton to move appropriately. When any of the muscles within that group become weak, your trunk experiences instability, which makes it difficult for your body to function correctly.

The stability of the trunk plays a role in maintaining an upright posture and helping to change positions when sitting, standing, and walking. Core strength is also essential in sports performances, allowing the body to balance and control movements while running, jumping, and sustaining contact.

Significant weakness in the core will often lead to compensations and straining different body areas, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, or pain.



How Physical Therapy Can Help Strengthen Your Core

Our licensed physical therapists will conduct a physical evaluation to determine where the weakness is rooted and what muscles must be strengthened to correct it.

Whether you feel pain in your back, neck, shoulders, or legs, we will thoroughly analyze your posture, movement, and strength to

pinpoint precisely what is causing your pain. From there, we will create an individualized treatment plan for

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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.

HEALTHY RECIPE



WATERMELON CUCUMBER LIME REFRESHER

Ingredients

- Per each serving:
- ½ cucumber, diced
 - 3 cups watermelon, cubed
 - 2 limes, juiced

Directions: Add the watermelon, cucumber, and lime juice to a blender, and blend until smooth. Using a mesh strainer, strain the juice over a large liquid measuring cup to remove the pulp. Use a spoon to help stir the pulp and press out the liquid. (Reserve the pulp to make pulp muffins!)

Source: www.tasty.co/recipe/watermelon-cucumber-lime-juice

EXERCISE TO TRY AT HOME

SQUAT

Try this simple exercise to help strengthen your core.

Stand with good posture, making sure your feet are shoulder width apart. Perform a squat by bending at the hip and knees. Stop at the point where you cannot keep your lower back flat. Rise up by straightening at the hip and knees. Repeat 7-10 times.



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you based on your specific needs, aimed at strengthening your core, improving your posture, and alleviating pain.

Core stability is about muscular strength and proper sensory input. This sensory input alerts the central nervous system about the movements and positions you are putting your body through. This means specific exercises designed to help your body react to different movements.

Our therapists will design a program to teach you how to use your core muscles properly. We will create a strength program that focuses on core-specific exercises and progresses to multi-joint free weight exercises to train the core muscles adequately. We will provide constant feedback and allow refinement of movements to ensure the core provides optimal spinal stabilization.

What To Expect In Physical Therapy

When your core is strong, reactive, and mobile, it can perform at optimal levels. Our team of physical therapists will assess your particular condition to identify how your core is affecting your function.

Your therapist can educate you on how your core affects your physical activity and contributes to the pain you may be experiencing. Through an individualized exercise program, you can reduce your pain, prevent the condition from worsening, and improve daily function.

In many cases, physical therapy can design appropriate core strengthening exercises and provide relevant feedback to your central nervous system that improves your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle!

If you want to strengthen your core, relieve your pain, and improve your overall health, call us today to set up an appointment!



[Request an Appointment](#)

pacificpropt.com



FITNESS IN THE SUMMER

TIPS TO BEAT THE HEAT AND WORK OUT SAFELY THIS SEASON!

Put the cool factor back into your workout routine with these summer tips! Always remember to stay hydrated and listen to your body to avoid dehydration or stressing any muscles.

Adjust your body temperature. Hop into a cold shower before your workout. Studies show that a pre-exercise cool down improves performance in the heat — probably because it lowers your heart rate as well as core and skin temperatures.

Get the dirt. Try to walk, run, or cycle on dirt or gravel paths, since asphalt and concrete tend to radiate heat and reflect the sun's rays, making you feel hotter. Live near water? Take advantage of the breeze on even steamy days; if possible, start out with the wind at your back, so when you're finishing you'll be running into a headwind, which feels cooler.

Cool down with essential oils. Dabbing a few drops of peppermint or eucalyptus oil on the back of your neck and at your temples just before your workout provides a cooling effect and also opens up your nasal passages, so you can breathe a little easier when the air is humid.

Summarize your intervals. To keep your fitness level up, do your regular cardio at a slightly slower pace, but add in 30-second speed bursts every three to five minutes. You'll maintain your conditioning and burn more calories without having to go all-out the entire time.

Refuel with fruit. They're more than 80 percent water, so fruits such as grapes, watermelon, cantaloupe, and honeydew are a tasty way to replenish fluids and boost your energy post-workout. Keep them frozen or grind them into a smoothie for a refreshing treat!

[Request an Appointment](#)

Patient Success

"If you have ever been in a dysfunctional work environment, PacificPro is the opposite of that."

"Initially, I chose PacificPro based on reviews and proximity, and now I also appreciate the professional and positive atmosphere. The therapists are welcoming and engaged and knowledgeable in their field, and the whole office, including the PT Aides and front desk staff, act as a cohesive team that supports each other and all the patients. They pitch in together, they behave as if the patients matter to all of them, they take advantage of teaching opportunities to help you understand how the body works, and they are encouraging and kind. Natalie Wek is truly the best. I like the pleasant ambiance and mood of the place. If you have ever been in a dysfunctional work environment, PacificPro is the opposite of that. I am grateful for the progress I am making at PacificPro."

—Colleen T.

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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**MURRIETA/
FRENCH VALLEY**
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HEMET
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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.

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