



RIVERSIDE
9900 Indiana Ave.
Suite 8
Riverside, CA
951.376.1120

NEW ADDRESS FOR
OUR CLINIC IN...



French Valley
29920 Hunter Road
Suite 102
Murrieta, CA 92563
951.417.8195



Conquer Your Neck Pain!

FIND RELIEF FOR PERSISTENT NECK PAIN WITH PHYSICAL THERAPY

Have you ever had one of those days at work or school when your neck just won't stop bothering you? Or maybe turning your head to check for cars is difficult or painful. Neck pain can really impact your day and make life less enjoyable. Good news! At PacificPro Physical Therapy, we've got a team that knows just how to help you feel better and give you tips to keep the pain away.

Most of the time, neck pain happens because there's something wrong with a muscle or joint. Figuring out what the real source is can be difficult, but with the help of our experienced therapists, you can get to the root of your problems, and more importantly get the solutions you're looking for.

Our therapists will use treatments like specific stretches, hands-on techniques, and strength exercises that are tailored for immediate and lasting relief. Our ultimate goal? To help you return to a life you can enjoy to the fullest.

Take action today! Request an appointment and set the wheels in motion for the lasting relief you deserve.

Source of Neck Pain: Causes and Symptoms

Neck pain is a multifaceted condition, and its origins can vary widely from person to person. Whether your discomfort starts from an unfortunate car accident or something that seems insignificant, like maintaining an improper posture while working at your desk, our team can help.

What may appear to be a minor issue, such as a recurring crick in your neck, could potentially develop into a chronic issue that disrupts your daily life.

For some individuals, the issue lies deeper within the structure of the spine (for example, changes to the discs, the cushions between vertebrae). Disc degeneration can lead to pain and difficulty moving the neck. Whereas problems such as bulging or herniated discs can be particularly painful and can even lead to nerve compression. This often results in additional symptoms such as sharp, radiating pain or numbness extending into the shoulders or arms.

Luckily, our physical therapists are skilled at identifying these contributing factors and formulating an effective treatment plan tailored to alleviate your specific symptoms.

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.

HEALTHY RECIPE

ROASTED BRUSSELS SPROUTS

WITH GOAT CHEESE AND POMEGRANATE



Ingredients

- 1 pound Brussels sprouts, trimmed and halved
- 1 large shallot, sliced
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 2-3 teaspoons white balsamic vinegar
- ¼ cup crumbled goat cheese
- ¼ cup pomegranate seeds

Directions: Preheat oven to 200 degrees Celsius. Toss Brussels sprouts with shallot, oil, salt and pepper in a medium bowl. Spread on a large rimmed baking sheet. Roast the Brussels sprouts until tender, 20 to 22 minutes. Return to the bowl and toss with vinegar to taste. Sprinkle with goat cheese and pomegranate seeds.

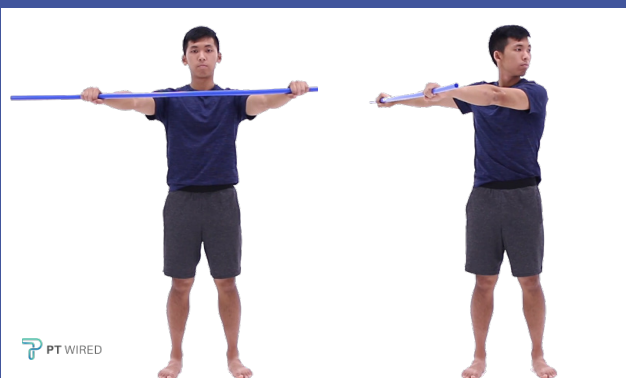
<https://www.eatingwell.com/recipe/277561/roasted-brussels-sprouts-with-goat-cheese-pomegranate/>

EXERCISE TO TRY AT HOME

This exercise can help relieve neck pain.

NECK STRETCH WITH LATERAL REACH

Start by standing up straight holding a dowel down in front of you with both arms straight. Raise both arms up to shoulder height and rotate your arms and torso over to one side while simultaneously rotating your head over to the other side until you feel a stretch in your neck. Hold for 30 seconds.



Continued from previous page.

Physical Therapy: Your Pathway to Relief

We'll start with a comprehensive evaluation, including gathering as much information about your health, previous history of neck pain, and information about your most recent episode.

Next, we'll conduct a physical examination, including a hands-on assessment of your neck and upper back muscles. We'll assess your posture and movement patterns to identify any restrictions or limitations contributing to your pain.

Our treatment programs are built on several key elements, all aimed at facilitating the health of your neck:

- **Posture Correction:** Poor posture is a significant contributor to neck pain. Working with you, our therapists will guide you through the steps to correct your posture, effectively alleviating muscle strain on your neck and shoulders.
- **Hands-on Therapy and Custom Exercises:** Our expert therapists use specialized manual treatments to free up restrictions and alleviate tension in soft tissues. We'll also develop personalized exercise routines aimed at targeting the source of your pain to improve mobility and strength.
- **Ergonomic Evaluation:** Our therapists will provide practical recommendations for your work and home environments that can help minimize any physical strain on your neck and shoulders. We will also introduce you to stress-minimizing methods that can be seamlessly integrated into your work life.

We are committed to working closely with you to craft effective, proactive programs to restore mobility and contribute to overall well-being.

Ready to Take the First Step Toward a Pain-Free Neck?

Don't let neck pain hold you back any longer. At PacificPro Physical Therapy, our team of experts is here to give you the personalized help you need to feel better and stay that way. Let's work together to create a plan that fits you perfectly.

Contact us today to schedule your appointment with our amazing physical therapists and start your journey to a more comfortable, pain-free life!

Request an Appointment

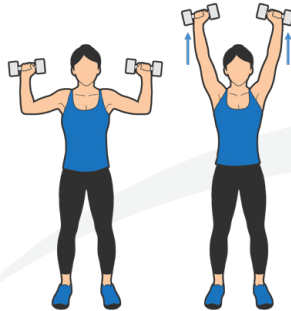


3 Exercises to Strengthen Your Shoulders and Upper Back

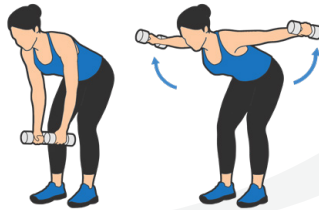
Maintaining strength throughout your shoulders and upper back is crucial to avoid neck pain! The physical therapists at PacificPro Physical Therapy can help you develop a customized exercise program that addresses your needs and fits with your abilities.

Curious about what exercises we might include in that program? Here's an overview of three common resistance training exercises we often use to help people with neck discomfort. Before trying any of them yourself, make an appointment with our team to ensure you're using the right weight and proper form.

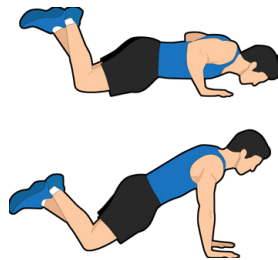
• **Shoulder Press:** With a dumbbell in each hand, make a "field goal" shape with your arms: your arms are bent at a 90-degree angle with your palms facing up. Brace your core as you press the weights overhead, then slowly lower them back down to your starting position.



• **Reverse Flyes:** Lean forward at your waist with your elbows slightly bent and dumbbell in each hand. Slowly raise the weights until they are in line with your shoulders.



• **Modified Push-Ups:** Push-ups are a great way to build upper back and shoulder strength, but if you find the standard push-up too difficult, never fear: the modified version is just as effective. Start on your hands and knees (instead of your feet) with the body in a straight line from head to knee. Slowly lower your chest until it's a few inches off the floor, then rise back up.



A dedicated strength-training program is a great way to reduce neck discomfort. Schedule an appointment with us to get started with one of your own!

[Request an Appointment](#)

Patient Success

"PacificPro Physical Therapy is for real!"

"PacificPro Physical Therapy is for real! I have suffered from chronic neck and back pain for years. I have used pain medication, pain management services, and been through X-rays, MRI, and neurological testing for help.

William and Cody have done miracles for my pain. They have treated, educated, and monitored me for a short time. This has provided me with increased mobility and pain relief. I would recommend their services to anyone who needs them. William is amazing in his medical knowledge and his personal treatment of me as a client. He is the BEST!"

—John T., Laguna Hills clinic

Share Your Success Story

We want to hear your PT Success Story.

Thank you!

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

MURFREESBORO
615.962.8232

RIVERSIDE
951.367.1120

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

We've Expanded

New Location
NOW OPEN

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