



RIVERSIDE
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STAND UP TO YOUR PAIN!

Tips to Alleviate Your Pain and Improve Your Spine Health

Are you living with back pain? Do you notice your pain worsens when you have to stand for more than 10 minutes or when you have to walk long distances? At PacificPro Physical Therapy & Sports Medicine, our physical therapists are experts at helping our patients resolve their pain and get back to doing what they love!

The severity of back pain can range from minor dull aches to sharp stabbing pains. Pain that radiates from the spine to the buttocks and down the leg(s) may be a sign of sciatica. Understanding why you are having pain and what to do about it can be tricky.

Your spine does a lot for your body – it protects your spinal cord, allows you to breathe correctly, and it is what allows your body to move. Almost every function in your body is directly connected to the health of your spine. You may even wonder how to tell if your spine is healthy.

When we think of health, we typically focus on nutrition, exercise, and heart health – but spine health is also essential. At PacificPro Physical Therapy & Sports Medicine, our therapists can help you resolve your pain and get your spine healthy again!

The Importance Of Good Spine Health

Your spine is a complicated structure of bones, joints, muscles, discs, and nerves. It takes a delicate balance to make sure it is at its peak level of health and function. Back pain is often the result of a breakdown somewhere in the system and can be avoided by improving your spinal health.

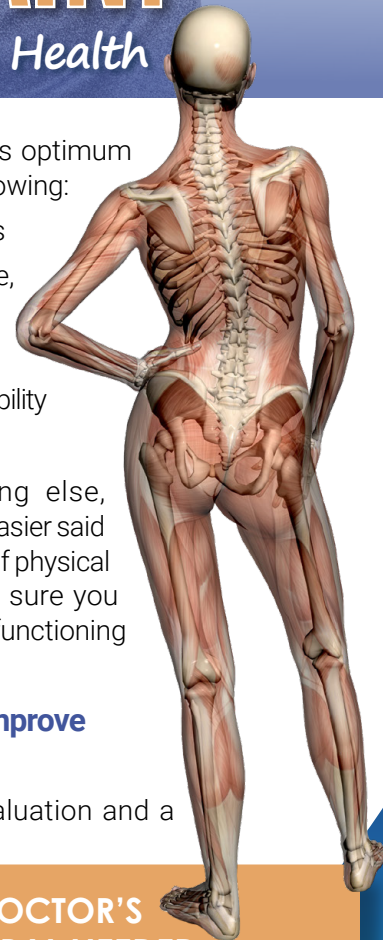
To make sure your spine is at its optimum health, you must achieve the following:

- Good posture and spinal curves
- Strong trunk muscles (i.e., core, gluteus, and spinal muscles)
- Good joint and muscle mobility
- Good balance and coordination ability
- Good nutrition and rest at night

Of course, much like anything else, maintaining great spine health is easier said than done. Fortunately, our team of physical therapists knows how to make sure you understand what to do to keep it functioning at its peak level!

How Physical Therapy Can Improve The Health Of Your Spine

We will start with an injury evaluation and a movement assessment to identify all the factors contributing to your pain. This will consist of a thorough history to



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.

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HEALTHY RECIPE

TOMATO, MOZZARELLA & BASIL BRUSCHETTA



Ingredients

- 1 (32-oz) can whole tomatoes, drained
- 1 cup fresh basil leaves
- 4 tbsp extra-virgin olive oil
- 6 cloves garlic, peeled
- Kosher salt & freshly ground black pepper
- 2 large French baguettes, sliced 1-inch thick (about 36 slices)
- 1 ½ lbs fresh mozzarella cheese, sliced ¼-inch thick

Directions: Preheat oven to 375 degrees F. In the bowl of a food processor, add drained tomatoes, 1 cup basil leaves, olive oil and 2 cloves garlic. Pulse until smooth, but somewhat chunky. Season with salt and pepper. On a baking sheet, line up baguette slices. Toast in oven for about 3 minutes. Working quickly, rub the remaining garlic on the toasted side of each slice and then lay a piece of mozzarella cheese on top. Place bread back in oven for about 45 seconds. Remove from oven and spread one tablespoon of the tomato mixture on each piece. Place bruschetta on decorative platter and garnish with basil leaves.

Source: www.foodnetwork.com/recipes/giada-de-laurentiis/tomato-mozzarella-and-basil-bruschetta-recipe-1940921

EXERCISE TO TRY AT HOME

LION STRETCH

Try this simple exercise to help strengthen your core. Start in tabletop position on a bed or table, with your hands under your shoulders and knees under your hips. Grab the edge of the bed or table with your hands. Slowly drop your hips back toward your heels. Hold for 30 seconds.



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understand more about your typical daily routine, the demands on your back, and your overall health status.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate pain relief techniques that might help.

Your physical therapist will then incorporate activity-specific treatments with a deliberate progression that ensures a safe return to your normal activities. Every good therapy program will include injury prevention strategies that ensure you stay doing what you love!

What To Expect At Your Physical Therapy Visits

Your body is meant to move – this is the most important purpose of the spine. Our physical therapists will provide you with the tools to resolve your pain and improve your spinal health.

We will tailor your program to address your specific needs. We will then monitor and progress you based on your response to this program. Our supervised programs will likely include:

- Postural education for finding your unique ideal posture
- Targeted stretches for pain relief and improved mobility
- Strength exercises for core, gluteus, and spinal muscles
- Manual therapy techniques for pain relief and enhanced mobility
- Electrical stimulation for pain relief

Understanding the source of your pain and managing it can help you be proactive and find a solution. We will help you modify the painful activities and tasks to give you the confidence and freedom to resume the things you have been avoiding.

Healthy lifestyle choices are also crucial for a healthy spine. The following are all examples of healthy changes and habits you can do in your life to improve your spine health:

- Proper nutrition
- Proper sleep
- Giving up cigarettes and limiting alcohol consumption
- Participating in meditation or other stress-reducing activities

Our physical therapists can check your spine health every six months to ensure your back is moving how it should. Whether you are focusing on your heart, joints, or spine – whatever you do, it is always important to take care of it now so it will be there for you later!

If you have been living with back pain, or you'd like to avoid potential back pain, contact PacificPro Physical Therapy & Sports Medicine today. Don't live with the limits of back pain – improve your spine health with us.





4 TIPS FOR AVOIDING SPORTS INJURIES

School is back in session and with a new school year comes a new season for sports! Whether your kids play for their school team or an extracurricular rec team, there is always the risk of an injury. Some are fairly minor, such as scrapes and bruises, but some can be serious enough to need medical intervention. Here is a collection of tips that can help keep your kids playing the game they love rather than watching from the sidelines:

- 1. Emphasize the importance of warm-ups.** Stretching is important to loosen muscle fibers and increase blood flow to the area. A mix of both static stretches (such as toe touches) and dynamic stretches (such as high-knees) will get your athlete ready to hit the field.
- 2. Make sure they are getting enough rest.** Muscle fatigue predisposes an athlete to injury, so sleep is critical for your body to restore and rebuild muscle fibers. Make sure your child is also taking a season "off," as overuse injuries are the most common injuries seen in young athletes.
- 3. Make sure they are hydrating!** Heat-related illnesses, such as heat exhaustion and heat stroke, are a real concern for anyone exercising outside, especially on hot and humid days.
- 4. Make sure they are eating a healthy, well-balanced diet.** It is important for athletes to fuel up correctly with a diet that consists of whole foods such as fruits, vegetables, and lean proteins.

Even when following tips and guidelines to the letter, injuries can unfortunately still occur. Be sure to tell your young athlete that the old saying "no pain, no gain" doesn't apply when it comes to actual injuries. Playing through pain can lead to further damage and a longer healing time, so it is important to address any nagging pains or acute injuries before they turn into something more serious.

Your physical therapy team at PacificPro Physical Therapy & Sports Medicine can help create a plan to treat and prevent injuries by promoting strength training and proper form. Call us today to see how we can help your child succeed this season!

[Request an Appointment](#)

Patient Success

"Every single person here is so good at what they do, and especially Natalie, my physical therapist. She helped me so very much with very effective treatment for hip and back pain. I am mainly pain free and doing my exercises daily. Thank you Natalie and everyone at PacificPro!"

—Leah K., Laguna Hills clinic

"Pacific Pro has life changing services. I was involved in a car accident and suffer from headaches, back and neck pain. The therapist here are very knowledgeable, friendly and attentive to my needs. In the five weeks I've been working with them, my headaches have decreased significantly and my body feels so much better. I look forward to my weekly visits. I would highly recommend Pacific Pro. They are awesome!"

—Shaunta, Corona clinic

We want to hear your Success Story. Click below and leave us a review.

[Share Your Success Story](#)

Thank you!



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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