

NEWSLETTER



DISCOVER HOW TO RECOVER FROM KNEE PAIN

WWW.MARKETPLACEWELLNESSCENTER.COM

NEWSLETTER

STRETCHING CAN IMPROVE KNEE PAIN



You can avoid hamstring tears, meniscus tears, IT band syndrome, and more, by doing strengthening exercises of both the hamstrings and glutes. Stretching your hamstrings and quadriceps (the muscles at the front of the thigh) and doing warm-up exercises before a run will help in keeping them warm and loose, thus decreasing your risk of straining them.

Try these simple exercises to help keep you moving. **Always consult your physical therapist or physician before starting exercises you are unsure of doing.**

BUTTERFLY STRETCH

While in a sitting position, bend your knees and place the bottom of your feet together. Next, slowly let your knees lower towards the floor until a stretch is felt at your inner thighs.

Strengthens knees



PIRIFORMIS STRETCH - MODIFIED

While lying on your back, hold your knee with your opposite hand and draw your knee up and over towards your opposite shoulder.

Stretches knees



YOUR TRANSFORMATIONAL SPECIALISTS FOR THE WELLNESS PROGRAM

- Meet with a coach physically 2x per month
- Coaches available anytime during business hours
- Custom workout based on Dr. Recommendation
- Continued Nutritional Guidance/Meal Planning
- 24/7 Access to Gym
- Multiple Locations

Visit our site at www.marketplacewellnesscenter.com for more information.

Have You Met Your Annual Insurance Deductible?

Take advantage of your insurance deductible before the new year.

What To Know About Our Redlands Clinic

Learn more about our Redland location!

Sudoku Puzzle

Complete a sudoku puzzle for a chance to win a gift!

WWW.MARKETPLACEWELLNESSCENTER.COM

CALL US TODAY 951-684-2874

HAVE YOU MET YOUR ANNUAL INSURANCE DEDUCTIBLE?



An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything.

Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2020. Contact us today to schedule your appointment.



Ratatouille Dip Recipe

INGREDIENTS

- 1 (14.5 ounce) can crushed tomatoes
- 1 small eggplant, cubed
- 1 small zucchini, cubed
- 1 small yellow squash, cubed
- 1 small red bell pepper, chopped
- 1 tbsp fresh thyme leaves
- ½ tsp garlic powder
- ½ tsp ground pepper
- ½ cup grated Parmesan
- 8 oz pita chips

DIRECTIONS

Stir together tomatoes, eggplant, zucchini, yellow squash, and bell pepper in a 4-quart slow cooker. Cover and cook on High for 1 hour. Stir in thyme, garlic powder, and ground pepper. Turn to Low and cook for 30 minutes more. Using a potato masher, crush the vegetable mixture to a chunky consistency. Stir in Parmesan. Stir occasionally while serving with pita chips.

What To Know About Our REDLANDS CLINIC

500 N. ORANGE ST., REDLANDS, CA 92374

MEET YOUR LOCAL PHYSICAL THERAPIST

DR. ASHLEY ENGLE, DPT

- Diploma in Science
- Doctorate in PT



MEET YOUR LOCAL PTAs

ALEX VARA, PTA | NICHOLAS TOMLIN, PTA



Serving the community for almost 20 years!

WHAT WE TREAT:

- Back Pain
- Hip & Knee Pain
- Headaches
- Shoulder Pain
- Neck Pain
- Wrist Pain
- Motor Vehicle Accidents
- Sports Injuries
- Neurological Disorders
- Arthritis
- Balance and Gait
- Foot & Ankle injuries
- Post & Pre Surgical Rehab

GET TO KNOW US:

Your local Physical Therapist, Dr. Ashley Engle, is a recent 2017 doctoral graduate from Loma Linda University. Prior to this accomplishment she graduated with her bachelors in science from SAU in Chattanooga Tennessee. Every year she is invited to the AcroCup in Vegas treating over 1,000 acrobats. She has a history of competing in acrobatic gymnastics with a silver national title. She enjoys dance, cheer, softball, traveling and yoga.

Your Redlands team will go to extreme lengths to help you overcome your biggest obstacles and live your life to the fullest. Don't let your pain consume you! Call us today to schedule your Free Physical Therapy Analysis.

- Move Freely • Alleviate Pain Naturally • Have More Energy •
- Enjoy Activities Pain Free • Be Stronger •

FREE PHYSICAL THERAPY ANALYSIS

CALL US TODAY 951-370-1325!

Must present coupon at appointment. Exp 01/8/20



HOURS

Monday: Thursday: 7 AM - 7 PM

Friday: 7 AM - 4 PM

INSURANCES WE ACCEPT

Kaiser Permanente • Beaver • TriWest • TRICARE • Medicare • Anthem Blue Cross • Aetna • Hundreds More!

5 LOCATIONS IN THE INLAND EMPIRE

1620 E. 2nd St. Beaumont

500 Orange St. Redlands

3191 Mission Inn Ave. Riverside

4270 Riverwalk Pkwy. Riverside

14682 Central Ave. Chino

OVER 150 REVIEWS

"Having problems for over two months before I came here - after two sessions, I already see a change. They told and showed me what I could do at home to help myself - they are awesome. I would send everyone here - very impressed." - Kelly M.



	7		3	9	6		
1	6		2		8	9	
	4						3
			4	8	2		5
4			3	9	6		
5							7
	9	2		5			4 1
		4	2	6			8

http://1sudoku.com

n° 228310 - Level Medium

Sudoku PUZZLE

The objective is to fill a 9x9 grid with digits so that each column, each row, and each of the nine 3x3 subgrids that compose the grid contain all of the digits from 1 to 9.

Bring in this Sudoku puzzle, completed, and be entered into a drawing for **bio freeze** and a Starbucks gift card!



RIVERSIDE
3191 B. Mission Inn Ave.
Riverside, CA 92507

RIVERSIDE / CORONA
4270 Riverwalk Pkwy
Riverside, CA 92505

CHINO
14682 Central Ave
Chino, CA 91710

REDLANDS
500 N. Orange St.
Redlands, CA 92374

BEAUMONT
1620 E. 2nd St.
Beaumont, CA 92223

