

HEALTH & WELLNESS



# NEWSLETTER

## MAINTAIN YOUR STRENGTH & BALANCE THROUGH THE PANDEMIC



### KEEPING YOUR HEALTH IN MIND

- Taking temperature of everyone coming in.
- Number of persons allowed in the waiting room are kept to a minimum.
- Following strict sanitary protocols by making sure every surface in our clinic is thoroughly cleaned and wiped down at all times.
- We will be taking health protocols very seriously and will be doing our very best to ensure the highest levels of cleanliness and caution at all times.

#### Get Your Health Back On Track With Physical Therapy

Discover how physical therapy can help improve your strength and balance.

#### Healthy Recipe

Try this healthy recipe perfect for the spring!

#### Patient Success Story

Discover what our patients have to say about their experience!

[WWW.MARKETPLACEWELLNESSCENTER.COM](http://WWW.MARKETPLACEWELLNESSCENTER.COM)

CALL US TODAY 951-684-2874

# NEWSLETTER

## PHYSICAL THERAPY CAN HELP YOU MAINTAIN YOUR STRENGTH & BALANCE THROUGH THE COVID-19 PANDEMIC



Have you been sick from COVID-19 this year, or in 2020? As more research is done, it's being discovered that there are several negative lasting effects from the virus, many of which are causing long term challenges with strength and balance that can continue for unprecedented amounts of time. Here at Marketplace Physical Therapy & Wellness Center in California, we offer methods of treatment for patients recovering from COVID-19. If you've noticed that you're still living with strength or balance issues as a result of the virus, call our clinic today to schedule an appointment. We'll have you back up on your feet and feeling better in no time.

**Has your strength or balance been affected by COVID-19?** The COVID-19 virus has been found to lead to a loss of function in many different areas of the body. This is an illness that truly wreaks havoc on the body.

As time has passed, the list of side effects from COVID-19 has gotten significantly longer. People have reported different side effects, and some of them can be much worse than others depending on age, pre-existing conditions, and other factors.

Lowered levels of overall strength, as well as balance and gait issues, are commonly reported amongst individuals recovering from the virus. Physical therapy is becoming a more widely known option for COVID-19 recovery in these areas of function.

**How can physical therapy help improve my strength?** COVID-19 directly affects a person's levels of strength and can leave you feeling weak and helpless for weeks to

come long after the virus is no longer in your system. You may find yourself feeling very sore and achy, struggling to get dressed, or having trouble lifting heavy items at your job. It may even be difficult for you to get out of bed without assistance.

Regaining your strength back after a bout of COVID-19 is a long process, but physical therapy can help. Our skilled therapists at Marketplace Physical Therapy & Wellness Center in California can help patients regain their muscle strength, stamina, and energy during recovery through the following types of training and exercise programs:

- Upper and lower body strengthening exercises
- Breathing exercises to increase lung function and capacity
- Balance and gait training
- Aerobic exercise and for improved pulmonary health
- Stretching
- Endurance training
- Manual therapy

Your strength needs to be in tip-top shape for you to lead an active lifestyle. Your physical therapist will cater your treatment plan around specific movements designed to increase your strength, flexibility, balance, and overall mobility.

The result of physical therapy for COVID-19 recovery is allowing you to return to living the life you want, free from movement restrictions. **(continued inside)**

## GET YOUR HEALTH BACK ON TRACK WITH PHYSICAL THERAPY

*(continued from outside)*

**How can physical therapy help improve my balance?** Patients whose balance has been negatively affected by the virus run the risk of fall injuries. This is especially true for older adults recovering from COVID-19.

According to the *Centers for Disease Control and Prevention*, “Thirty million older adults fall each year—resulting in about 30,000 deaths. Each year, 3 million older adults are treated for a fall injury. One out of every five falls causes a serious injury, such as broken bones or a head injury.” You don’t want to be a part of this statistic. Vestibular therapy can help people recovering from COVID-19 to regain their balance and improve their gait pattern.

During a vestibular assessment, one of our physical therapists will do a full evaluation of your joints, muscles, coordination, posture, inner ears, and eye-tracking capabilities. This way they’ll be able to pinpoint the exact issue affecting your balance.

**What should I expect at physical therapy?** Keep in mind that physical therapists are trained movement specialists who know how to find and target the source of your pain, balance, gait, or strength problems.

Your Marketplace Physical Therapy & Wellness Center physical therapist will complete a full assessment of your condition, ask you health-related questions regarding your experience with COVID-19, and figure out the exact reason you’re struggling with regaining normal movement.

From there, they will create a customized treatment plan specific to your needs for optimizing your levels of function and restoring your health to what it was previous to contracting the virus.



Without a doubt, COVID-19 has taken our world and flipped it upside down. Recovery can be a long road, but it doesn’t have to be one you walk down alone. If you’re experiencing issues with your strength or balancing abilities, physical therapy could be key to feeling normal again. **Call our clinic at 951-684-2874 today to schedule an appointment.**

Source: *Summary of respiratory rehabilitation and physical therapy ...*<https://www.ncbi.nlm.nih.gov/articles/PMC7443542>

## CORONAVIRUS RECOVERY: BREATHING EXERCISES

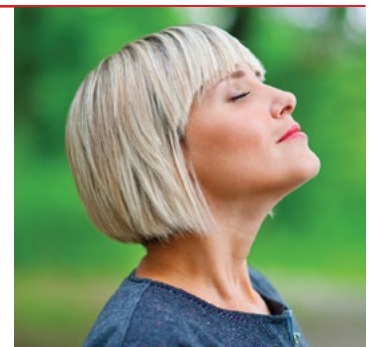
**Benefits of Breathing Exercises.** “Deep breathing can help restore diaphragm function and increase lung capacity. The goal is to build up the ability to breathe deeply during any activity, not just while at rest,” notes Lien. Deep breathing exercises can also lessen feelings of anxiety and stress, which are common for someone who experienced severe symptoms or was admitted to a hospital. Sleep quality may also improve with these breathing exercises. Anyone can benefit from deep breathing techniques, but they play an especially important role in the COVID-19 recovery process. The exercises can be started at home during self-isolation and easily incorporated into your daily routine.

**Precautions.** Do not begin exercises, and contact your doctor, if:

- You have a fever
- You have any shortness of breath or difficulty breathing while resting
- You have any chest pain or palpitations (“fluttering” of the heart in the chest)
- You have new swelling in your legs

STOP exercise immediately if you develop any of the following symptoms:

- Dizziness
- Shortness of breath more than normal
- Chest pain
- Cool, clammy skin
- Excessive fatigue
- Irregular heartbeat
- Any symptoms you consider an emergency



Call 911 immediately if these symptoms don’t stop with rest or if you experience any change in mental status from your normal capacity.

Source: <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-recovery-breathing-exercises>

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## TRY THIS HEALTHY RECIPE! MOTHER'S DAY GREEN FRITTATA

### INGREDIENTS

- 2 eggs, lightly beaten
- 4 egg whites
- 2 tbsp fat-free milk
- 1 tsp snipped fresh chives
- 1/8 tsp black pepper
- 1/4 cup shredded Parmesan cheese
- 2 tsp olive oil
- 1/2 cup 1/2-inch pieces asparagus
- 1/4 cup sliced green onions
- 1/2 cup chopped spinach leaves



- 1 clove garlic, minced
- 1 small roma tomato, chopped

### INSTRUCTIONS

Preheat the broiler. In a small bowl combine the eggs, egg whites, milk, chives and pepper; stir in 2 tablespoons of the cheese. In an 8-inch nonstick broiler-proof skillet heat oil over medium. Add asparagus and green onions; cook and stir for 2 minutes. Add spinach and garlic; cook for 30 seconds. Pour the egg mixture into the skillet; reduce heat to low. Cook covered for 10 to 12 minutes. Sprinkle with the remaining 2 tablespoons of cheese. Place skillet under broiler 4 to 5 inches from heat. Broil 1 minute or just until the top is set and the cheese is melted. Top with tomato.

## PATIENT SUCCESS STORY



### "Ahora me siento mucho mejor!"

*"Recomiendo este lugar de terapia fisica. Yo no podia dormir en la noche por el dolor. Ahora me siento mucho mejor. Ya no tengo dolor y duermo agusto. Muy recomendado el lugar" - M.P.*

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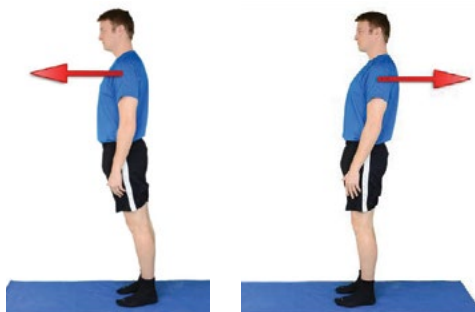
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## EXERCISE TO HELP BUILD YOUR STRENGTH

### BALANCE | ANKLE STRATEGY

Stand with good posture. Sway backwards and forwards keeping your knees and hips straight. Maintain your balance by using your ankles. Sway for 30 seconds. Rest. Repeat 5 times.

Improves balance



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