

HEALTH & WELLNESS



MARKETPLACE  
PHYSICAL THERAPY  
& WELLNESS CENTER

# NEWSLETTER



## RETURN TO THE FIELD IN YOUR BEST SHAPE YET!

### How Can Marketplace Physical Therapy & Wellness Center Help?

Discover how our services can help  
get you back in shape.

### Healthy Recipe

Try this healthy recipe  
perfect for the spring!

### Join Our Team!

We are hiring for various  
positions within all of our  
locations!

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# NEWSLETTER

## RETURN TO THE FIELD IN YOUR BEST SHAPE YET!



Are you ready to get back to sports but may be out of shape or feeling pain? Just because it may have been a while that doesn't mean that we can't still enjoy the time we have to participate in our sports and outdoor activities, right? In order to do that though, you need to make sure that your body is ready to perform at its very best so that you can avoid injuries on the field.

Marketplace Physical Therapy & Wellness Center in California would like to give our patients and readers some information on ways you can begin taking care of your body to prepare for the coming season. We hope this pre-sports checklist helps you out!

If you have any questions, or are dealing with aches and pains that make it difficult for you to train or practice, contact our clinic to set up an appointment with one of our physical therapists. We want to make sure you're in the best shape you can be in!

**Preparing for the season.** There are several habits you can start practicing to get ready for the season, no matter how short it may be!

**1. Show up well-rested.** You need energy to play sports, and you get energy from being well-rested. In fact, Pubmed's study on basketball players shows that getting more sleep is shown to significantly improve speed, accuracy, reaction times, and mental well-being.

Aim to get 8 hours of sleep every night. Avoid blue lights from your phone, laptop, or TV screen at least 2 hours before you get in bed.

**2. Stay hydrated and maintain a healthy diet.** Cutting out sugary and fatty foods is key here. Focus on eating lean meats, healthy greens, and choosing better snacks such as nuts, carrot sticks, or fruit. Carrying around a refillable thermos of water is a great idea too, as your body performs much better when it's well hydrated!

**3. Show up to practice motivated to improve.** No one ever got better without hard work. Each time you practice, try to focus on improving different areas of your physical abilities, such as speed, your throw, or your swing. The better you get at your sport or activity, the more motivated you'll be to keep improving.

**4. Don't forget warm-up and post-workout stretches.** Sometimes players and athletes can get so excited or eager to begin practicing that they forget the importance of warming up beforehand. Warm-up stretches are not optional, in fact, they help prevent you from injuring yourself with strains, sprains, and tears in your muscles, ligaments, or tendons!

The same goes for post-workout stretching. Post-workout stretches help your body to move excess lactic acid out of your muscles, which can prevent you from feeling sore. **(continued inside)**

## HOW CAN MARKETPLACE PHYSICAL THERAPY & WELLNESS CENTER HELP?

**(continued from outside)**

These tips are great to follow, and we strongly encourage you to do so. However, there may come a time where you need an extra set of eyes and hands on your physical condition. That's where we come in.

As your neighborhood PT clinic, Marketplace Physical Therapy & Wellness Center is here to help you with season preparations. Our skilled therapists are here to help you relieve and eliminate nagging aches and pains that may affect your performance or mobility. They're also experts when it comes to resolving any injuries that may occur during the playing season.

Your physical therapist can assess your condition and pinpoint areas that need improvement. Oftentimes your pain is resulting from an underlying cause that isn't so obvious. Your therapist will be able to find and target that cause, with stretches and exercises aimed at helping you manage and eliminate your pain.

**Schedule your appointment today.** Marketplace Physical Therapy & Wellness Center understands the importance of being able to perform at your best when you're on the field or participating in a physical activity you enjoy.

We hope you take advantage of these tips and pieces of advice, and in the meantime, call us today to schedule an appointment to have a comprehensive assessment done! **Our physical therapists are more than happy to help you make the most out of this unique short season as possible.**

<https://pubmed.ncbi.nlm.nih.gov/21731144/>



## KEEP YOUR KNEES SAFE BY PREVENTING INJURIES

**1. Prepare for the terrain.** Whether you're hiking, biking, or simply taking a stroll, it is important to prepare for the terrain beforehand. Knee injuries are common when moving or biking along unsteady surfaces. Hiking boots with proper traction will help you maneuver those uneven terrains without the risk of slipping or falling. If needed, custom orthotics may also be fitted to your boots, in order to make the journey easier and more comfortable for you, in addition to decreasing your risk of injury. While biking, it is important to make sure you have a thick tread that isn't worn-down and that your wheels can sustain any rocks or sticks you may bike over.

**2. Train your body.** It is important to train your body for any physically demanding event, whether it be a sport, hobby, or job. By training, doing proper warm-ups and cool-downs after a workout, maintaining a nutritious diet, and strengthening the necessary parts of your body, you can greatly decrease your risk of sustaining an injury. Contact us to find out how we can get you to your peak performance.

**3. Run responsibly.** Running can lead to some accidental injuries, such as Achilles tendinitis, sprains, or shin splints. By wearing the proper footwear and maintaining a proper running technique during the summer months, you can run responsibly without the risk of sustaining an injury. Make sure your feet are always aimed in the direction you are running, your body is leaned forward, and your knees are soft and bent, in order to lessen the impact of the ground. Most importantly – always warm-up beforehand!



**Schedule a consultation today!** At Marketplace Physical Therapy & Wellness Center, we want you to be able to enjoy your life without risking an undesirable knee injury. If you find yourself in any sort of pain, or if you'd like some extra assistance in injury prevention, don't hesitate to contact us. **We can design an individualized treatment plan for you, based on your specific needs and goals!**

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## A HEALTHY RECIPE FOR DADS! GRILLED VEGETABLES

### INGREDIENTS

- 1 yellow squash
- 1 zucchini
- 8 oz cremini mushrooms, stemmed
- 1 small red onion
- 1 red bell pepper
- 1 green bell pepper
- 1 ear fresh corn, cut into 1-inch rounds
- Extra virgin olive oil, for drizzling
- Sea salt & ground black pepper
- tzatziki, pesto, or Greek dressing for drizzling/serving



### INSTRUCTIONS

Heat a grill to medium-high and spray with a non-stick cooking spray. Cut the vegetables into similar-sized chunks and thread onto 4 metal skewers. Drizzle with olive oil and season with salt and pepper. Grill the skewers for 8 minutes per side or until the vegetables are tender and lightly charred. Remove from the grill, season to taste, and serve with desired sauce or dressing.

<https://www.loveandlemons.com/grilled-vegetables/#wprm-recipe-container-43114>

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## EXERCISE TO GET BACK IN SHAPE

### HIP FLEXION | BENT KNEE

Strengthen your hip by first standing with good posture. Lift one leg up. Return to the start position with control. Repeat 10 times on each side. Use a chair or wall for balance if needed.

Strengthens glutes



### WE ARE HIRING!

Various Positions at Marketplace Physical Therapy & Wellness Center have now opened up! We are looking to hire for all of our locations. **Call any of our locations for further information.**

Head over to our "Join Our Team" page on our website at [www.marketplacewellnesscenter.com/join-our-team/](http://www.marketplacewellnesscenter.com/join-our-team/).

This will take you to our "Join our Team" page. Upload your Resume for our team to review.

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