

HEALTH & WELLNESS



# NEWSLETTER

**GET BACK IN  
THE GAME WITH  
RELIEF FOR YOUR  
SPORTS INJURY!**



### **How Can Physical Therapy Help?**

Discover why you should seek physical therapy for a sports injury.

### **Keep Up With Our Clinic Happenings!**

Follow us on social media to keep up with our events!

Marketplace Has Been Offering PT For One Of Our Local High School Football Teams.

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

CALL US TODAY 951-684-2874

# NEWSLETTER

## GET BACK IN THE GAME WITH RELIEF FOR YOUR SPORTS INJURY!



Did you know that according to the U.S. Centers for Disease Control, over 2 million high school athletes suffer from sports-related injuries annually? Additionally, 3.5 million kids under the age of 14 also receive treatment for sports-related injuries annually. This doesn't even include the number of adult athletes that get injured from a sport.

Whatever age you are, or level of physical ability you may have, physical therapy can help you in enhancing the healing process of a sports injury. With our sports injury rehabilitation programs, you will be able to get back to doing the activities you love in no time. If you are looking for a quick and easy way to get off the sideline and return to your sport, contact Marketplace Physical Therapy today to consult with one of our physical therapists.

**I have a sports injury – how did that happen?** “Sports injury” is a term that can be used to describe any injury sustained while exercising or performing some sort of athletic activity. There are two ways in which sports injuries can occur: suddenly, such as one football player colliding with another, or over time, through repetitive motions, such as improperly lifting heavy weights at the gym or running in ill-fitted shoes. Simply put, anything that results in pain while performing physical activity can be considered a sports injury.

Whether you rolled your ankle on the soccer field, swung your bat too aggressively on the baseball diamond, or strained your back while hiking

your favorite trail, Marketplace Physical Therapy can help you find relief. Your treatment plan will be dependent upon the nature of your injury, your health history, and whether or not the injury requires surgical intervention. If you've sustained a sports injury, please contact us as soon as possible. Any injury left untreated can become more severe over time.

Sports injuries can typically be placed into two categories: acute or overuse.

**Acute injuries are caused by a single specific incident, such as:**

- Sprains
- Strains
- Fractures
- Tears

**Overuse injuries are caused by excessive repetitive movements over time. Some examples of overuse injuries include:**

- Frozen shoulder
- Flexor tendinitis
- Shin splints
- Tennis elbow
- Golfer's elbow

*(continued inside)*

## HOW CAN PHYSICAL THERAPY HELP?

*(continued from outside)* The overall goal of physical therapy is healing and prevention. In addition to treating the injury, our physical therapists will help strengthen the affected area, in order to prevent additional injury from occurring. Our physical therapists will also provide you with helpful warm-up and cool-down techniques for your sport, in order to lower your risk of sustaining another injury.

At Marketplace Physical Therapy, our physical therapists will create a treatment plan for you, based on your individual needs. Physical therapy is a natural and holistic approach to healing, including services such as:

- **Manual therapy.** This may include massage or joint mobilizations.
- **Modalities.** This may include specialized treatments that your physical therapist has been certified to perform, such as ultrasound or electrical stimulation.
- **Therapeutic exercises.** This may include any targeted movement to help you find relief, including, but not limited to: area-specific exercises, balance and coordination exercises, muscle performance exercises, range of motion exercises, posture exercises, and relaxation exercises.

Physical therapy has been proven to be successful in treating both acute and chronic injuries, such as ligament sprains, muscle strains, plantar fasciitis, bursitis, tendinitis, and more. Your physical therapist will teach you about what your body is experiencing and the recovery process it will go through. You and your physical therapist will work together to help you reach your



physical goals, allowing you to be engaged and active in your rehabilitation. Physical therapy offers so much more than current symptom relief - it offers sports injury prevention and natural performance enhancement. If you are an athlete suffering from a sports-related injury, don't waste any more time on the sidelines. Take your recovery to the next level with our physical therapy team. **Confirm your appointment with one of our experienced physical therapists today and get started on the right track toward returning to the sport you love!**

## MARKETPLACE HAS BEEN OFFERING PT FOR ONE OF OUR LOCAL HIGH SCHOOL FOOTBALL TEAMS.



**Dr. Blake Perryman with Beaumont High school.**



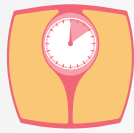
**RIVERSIDE**  
3191 Mission Inn Ave.  
Suite B  
Riverside, CA. 92507

**RIVERSIDE / CORONA**  
4270 Riverwalk Parkway  
Suite 114  
Riverside, CA. 92505

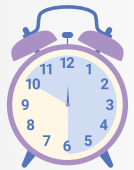
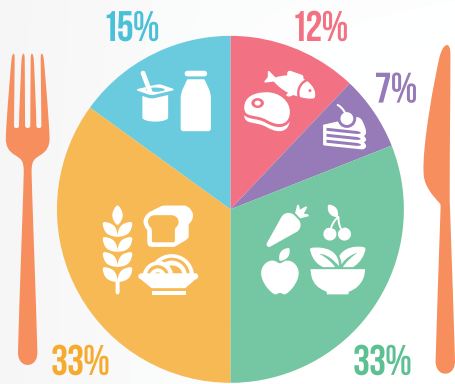
**CHINO**  
14682 Central Ave  
Chino, CA 91710

**REDLANDS**  
500 N. Orange St.  
Redlands, CA 92374

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

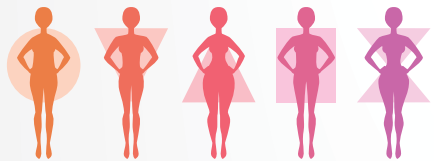


## BALANCE YOUR PLATE TO STAY WELL-NOURISHED



**SLEEP 8 HOURS**  
Sleep deprivation signals your metabolism to slow down

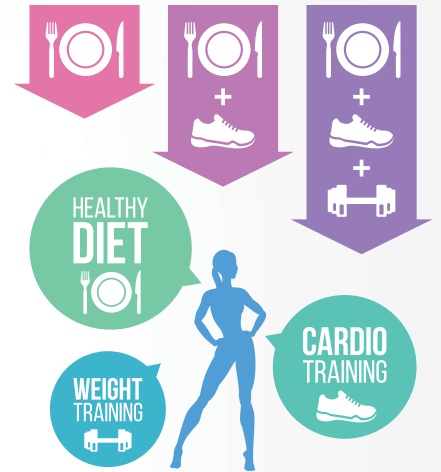
## WHAT'S YOUR BODY TYPE?



**5%** of body mass loss per month IS SAFE AND DOABLE



## WHAT'S THE BEST WAY TO LOSE WEIGHT?



## CALORIES BURNED IN 10 MINUTES



**0.5L** DRINK ENOUGH WATER  
**17 OZ** of water may increase the amount of calories burned for at least an hour



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