

HEALTH & WELLNESS

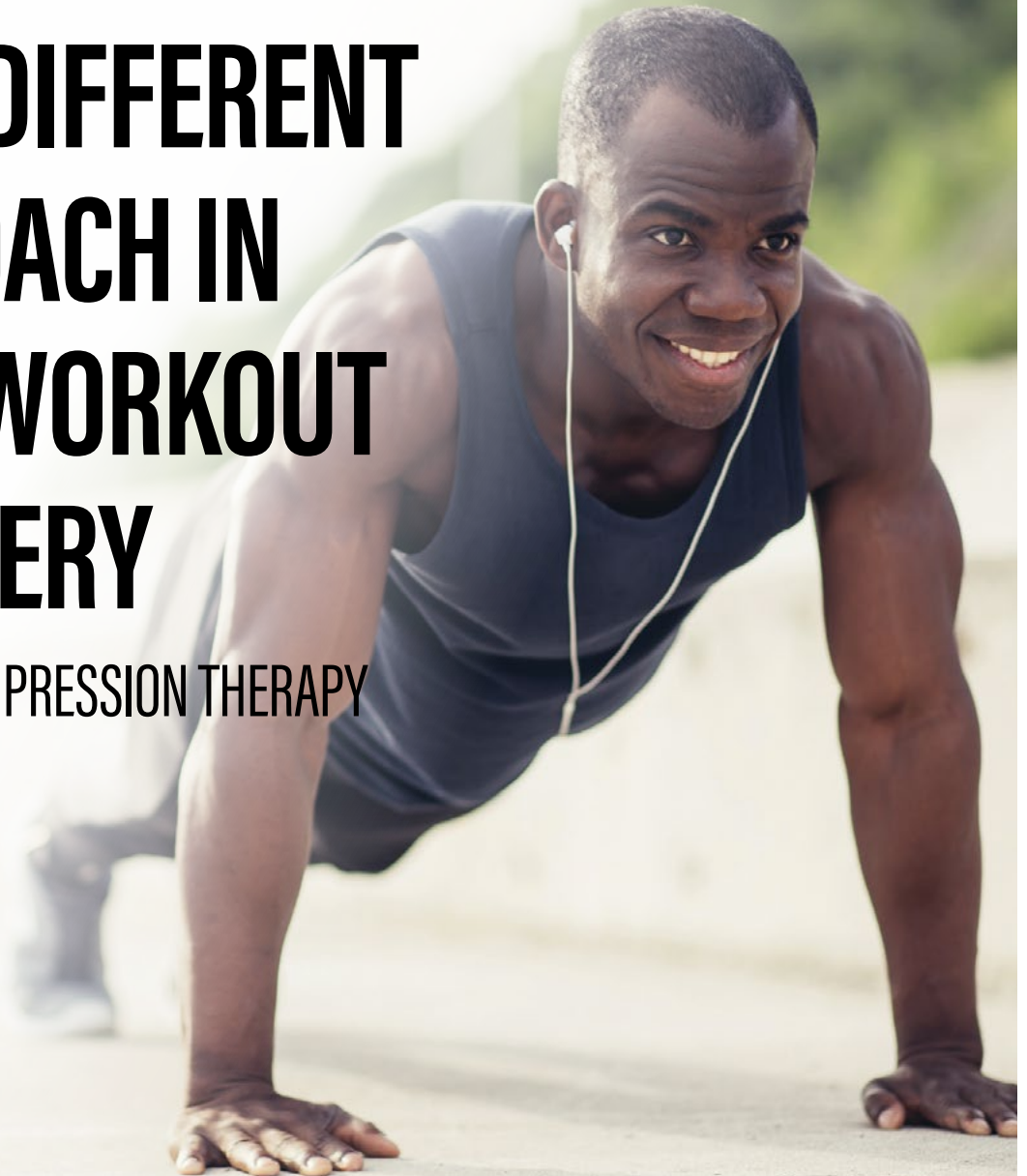


MARKETPLACE
PHYSICAL THERAPY
& WELLNESS CENTER

NEWSLETTER

TRY A DIFFERENT APPROACH IN YOUR WORKOUT RECOVERY

DISCOVER COMPRESSION THERAPY



Physical Therapy Can Help With Your Recovery

Discover how we can help in your recovery from recent injuries.

Marketplace In The Community

Our staff enjoyed sponsoring the "Run Through Redlands" 2022 marathon.

30 Minute Compression Therapy For Only \$20

Schedule your compression therapy treatment today!

WWW.MARKETPLACEWELLNESSCENTER.COM

CALL US TODAY 951-684-2874

NEWSLETTER

THE BENEFITS OF COMPRESSION THERAPY



Have you been dealing with swelling that never seems to go away? Are you looking for an edge in your recovery after an intense workout? Or maybe you have an upcoming surgery and want to ensure the best possible outcome. In all scenarios, compression therapy can help!

At Marketplace Physical Therapy & Wellness Center, our physical therapists use the most advanced techniques, including compression therapy, to help our patients recover from injury and prevent delayed recovery after surgeries. Blood flow is essential for the healing and proper functioning of the body, and compression is one of the most valuable tools available to help blood flow more efficiently. If you are looking for one of the best ways to get swelling under control or want to enhance your recovery after working out, call Marketplace Physical Therapy & Wellness Center to see if compression therapy is the answer you have been looking for!

What is compression therapy, and how does it help? Typically, movement in the body stimulates blood flow through the contraction and relaxation of the muscles. If this system is impaired by injury or disease, blood flow is impaired, and swelling builds.

Compression therapy is a therapeutic approach that uses pressure to increase blood flow in the extremities and improve blood flow to the heart. Pressure is most commonly applied through elastic-based garments (i.e., socks, pants, sleeves, etc.) or mechanical compression units (i.e., Pneumatic machines like NormaTec).

Compression garments and mechanical compression units are most commonly used to reduce or prevent swelling, especially after an acute injury or post-surgery. There are several other uses for compression, including:

Pain relief: People often mistakenly attribute the pain solely to the injured tissue after trauma. For many people, swelling is causing the majority of their misery. Reducing the swelling leads to relieving pain, making other activities tolerable.

Quicker recovery: Using compression helps move blood through your system more efficiently. This helps move the waste materials that build up during the healing process to get carried away efficiently, ensure a speedy recovery process, and reduce post-workout soreness. In addition, studies have found that compression increases the amount of oxygen found in muscles due to increased circulation. Oxygen is fuel for your muscles and helps you recover from soreness due to the exertion of exercise.

Blood clot prevention: The prevention of blood clots (deep venous thrombosis) is one of the most important benefits of wearing compression stockings. Studies demonstrated that compression stockings caused improved blood flow and reduced (eliminated) the risk of clot formation.

(continued inside)

PHYSICAL THERAPY CAN HELP WITH YOUR RECOVERY

(continued from outside)

Treating Lymphedema: Sometimes, people experience swelling in an arm or leg after cancer-related surgeries/treatments involving the lymph nodes. Compression garments and therapies help reduce the edema and promote recovery.

Compression therapy is one of the most valuable tools for recovery, prevention, and enhanced healing response. At Marketplace Physical Therapy & Wellness Center, our therapists are highly skilled at identifying when to use compression to ensure your outcomes!

How physical therapy can help. Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. One of our physical therapists will conduct a thorough evaluation to determine the severity of your condition and identify any other weaknesses or limitations that may affect your recovery.

Next, your therapist at Marketplace Physical Therapy & Wellness Center will create a targeted, individualized plan of care for you to promote accelerated recovery and future injury prevention. We will start with pain management, swelling control with compression therapy, and restoring mobility to the injured area.



Your physical therapist will guide you through exercises designed to progress your strength and functional mobility. We will also incorporate balance and coordination exercises to stimulate the nervous system and help ensure you can resume your normal activities and prevent future injuries.

Request an appointment today! At Marketplace Physical Therapy & Wellness Center, we understand what it takes to achieve your desired results. **Call today to schedule an appointment with one of our specialists and learn how compression therapy can help!**

Sources: <https://pubmed.ncbi.nlm.nih.gov/25649317/>
<https://minds.wisconsin.edu/handle/1793/81683>
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MARKETPLACE IN THE COMMUNITY

“Run Through Redlands” 2022

We sponsored a marathon in downtown Redlands benefiting multiple nonprofit organizations. We offered pre and post therapy to the runners and participants.



RIVERSIDE
951-319-2482

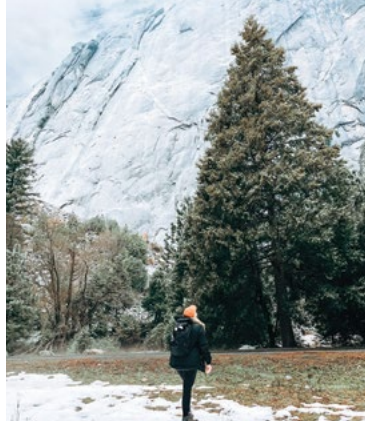
RIVERSIDE / CORONA
951-494-4499

CHINO
909-352-4705

REDLANDS
951-349-4741

BEAUMONT
951-482-8264

STAFF SPOTLIGHT: DR. DESIREE LYONS HOWARD, PT, DPT



Desiree Lyons Howard, PT, DPT, graduated with her Bachelor's in Biology from California Baptist University. She then received her Doctorate in Physical therapy at Loma Linda University. Desiree has had the privilege of joining Marketplace during her clinical rotations to further expand her knowledge on movement and rehabilitation.

Desiree enjoys being apart of another's success. She finds pure joy witnessing a patient's face light up when they are able to complete a task that they once thought they would never to achieve. As a previous patient of therapy, that took her away from her sport, she was able to witness the dedication and hard work that comes with

assisting someone to achieve their recovery goals. Desiree is truly honored to help patients walk through some of the most difficult seasons of their lives.

Desiree enjoys spending time with her husband outdoors or in the mountains. Her absolute favorite place she has traveled to is Yosemite. She enjoys a great cup of coffee and spending time with good friends and family. This year Desiree hopes to spend more time traveling. Her biggest goal in life is to be an amazing wife to her husband, Joel and start a family of their own.

30 MINUTE COMPRESSION THERAPY FOR ONLY \$20

Benefits of Compression Therapy include the following:

- Reduce swelling
- Reduce recovery time
- Relieve muscle pain
- Increase range of motion

Schedule a treatment today by calling 951-376-3380!



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US!**

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