

HEALTH & WELLNESS



MARKETPLACE  
PHYSICAL THERAPY  
& WELLNESS CENTER

# NEWSLETTER

## STRUGGLING WITH LOWER BACK PAIN?

DISCOVER HOW YOU CAN GAIN RELIEF



### What To Expect At Your Therapy Visits

Discover how we can help in  
your recovery from back pain.

### Healthy Recipe

Try this healthy recipe perfect for  
the spring!

### Staff Spotlights

Get to know our therapists Dr.  
Rachael Keast, PT, DPT and  
Dr. Steven Nieto DPT, OCS  
Certified, SMT.

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CALL US TODAY 951-684-2874

# NEWSLETTER

## THERE'S A NATURAL SOLUTION TO YOUR BACK PAIN



Have you been struggling with chronic lower back pain? Are you willing to try whatever it takes to resolve your sore muscles and aching back? At Marketplace Physical Therapy, our physical therapists are skilled at cupping and use whatever therapeutic technique we need to help you find relief! You may benefit from cupping.

You may hear a lot of claims made about what cupping can and can't treat, and some may seem too good to be true. Fortunately, pain relief from cupping is real, and the science backs it up! Although cupping has been around for centuries, it has gained popularity in the athletic community and with celebrities worldwide.

Physical therapists are highly trained and skilled at treating musculoskeletal pain. We use manual techniques and modalities to provide immediate relief and lasting results. Cupping is an effective tool for physical therapists to use, especially for people with back pain. Call to request an appointment with one of our physical therapists at Marketplace Physical Therapy, and see if cupping is suitable for you!

**What is cupping?** Have you seen people with circular bruises and wondered what they came from? Cupping involves the placement of round cups directly on the skin in pain and/or tension areas. The cups are first heated using fire to create the suction needed to hold them to your body. The cups are then left on your skin for several minutes each session.

Cupping is an ancient treatment started in Chinese and Middle Eastern medicine. For thousands of years, people have practiced cupping therapy to ease pain and other ailments. In Traditional Chinese Medicine (TCM), a practitioner uses points on the Meridian system to guide their treatment. In TCM, the Meridians are thought to be passages for the flow of our vital energy (Qi) and blood (Xue). The Meridian system is believed to connect the interior with the body's exterior, and when in balance, health is restored.

In more modern forms of cupping, the cups are placed on trigger points, which are specific points of high irritability. Trigger points are thought to trigger local and referred pain and are often the result of trauma or overuse. Applying cupping to these areas of tension (trigger points) is a way to relieve musculoskeletal pain.

The exact mechanism of pain control is still being researched, with the leading theory being explained by Gate Control Theory. The gate control theory is essentially where a non-painful input (cupping) closes the nerve "gates" so the pain is blocked.

Nitric oxide is associated with muscle relaxation and, therefore, less tension and pain. Muscle tension is also positively affected by cupping due to increased local blood flow. When blood flow is increased, nitric oxide levels are also increased.

*(continued inside)*



## WHAT TO EXPECT AT YOUR THERAPY VISITS

*(continued from outside)*

At Marketplace Physical Therapy, our physical therapists will perform a comprehensive evaluation. This will include a thorough history and a movement screen to identify all the possible factors associated with your back condition.

Next, your therapist at Marketplace Physical Therapy will create a targeted, individualized plan of care for you to promote accelerated recovery and immediate pain relief. We will use any appropriate technique, including cupping, to alleviate pain and facilitate restoring mobility to the injured area.

Your physical therapist will guide you through targeted exercises designed to help restore mobility, improve strength and regain function. We will also incorporate exercises to challenge and stimulate the nervous system so you can resume an active, pain-free life and avoid future pain or injury.

**Request an appointment at Marketplace Physical Therapy today!** No matter how you heard about it, cupping may be the thing that can help you find relief for your aching back. At Marketplace Physical Therapy, our physical therapists are skilled at helping you find pain relief. **Call today to make an appointment, and get back to enjoying a pain-free life!**

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6248735/>  
<https://pubmed.ncbi.nlm.nih.gov/28494847/>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6435947/>



# HEALTHY *Recipe*



## BAKED LOBSTER TAILS

### INGREDIENTS

- 4 (4 oz) or 2 (8 oz) fresh/frozen, thawed lobster tails
- 3 tbsp unsalted butter, softened
- 1 tsp chopped fresh flat-leaf parsley, plus more for garnish
- 1 tsp grated lemon zest
- 1 tbsp lemon juice
- 1/8 tsp salt
- Lemon wedges for serving

### INSTRUCTIONS

Preheat oven to 400°F. Line a rimmed baking sheet with foil. Cut along the length of each lobster tail shell; do not cut through the wide end of the tail. Using a knife, make a shallow cut in the meat, leaving the fan intact. Remove the vein running through the tail. Using your fingers, loosen the meat from the shells, but do not remove the shells. Place the tails on the prepared baking sheet.

Combine butter, parsley, lemon zest, lemon juice and salt in a small bowl. Mash with a fork until well combined. Divide the butter mixture evenly among the lobster tails and spread the mixture evenly over the lobster meat. Bake the tails for 10 minutes. Transfer the tails to a plate and spoon any melted butter from the baking sheet over them. Garnish with chopped parsley and serve with lemon wedges, if desired.

<https://www.eatingwell.com/recipe/7881193/baked-lobster-tails/>

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# STAFF SPOTLIGHTS



## Dr. Rachael Keast, PT, DPT

Rachael Keast, PT, DPT received her Bachelors of Science from California State University of Fresno. She then received her Doctor of Physical Therapy at Loma Linda University. Dr. Keast's long list of clinical experience includes in-patient rehab at Loma Linda Hospital with an emphasis on dramatic brain injuries, spinal cord injuries, and Cerebrovascular accidents (commonly known as stroke patients), outpatient orthopedics and sports medicine.

Dr. Keast shows a special interest in stroke patients. One of the most rewarding aspects of her career is assisting stroke patients in their recovery and witnessing monumental changes in the smallest of movements. Rachael suffered from a fourth metacarpal spiral fracture where she then had three pins placed in her left hand, and ultimately this incident is what led Rachael to the physical therapy field. During Rachael's second clinical rotation, she had the privilege of working underneath our very own Dr. Courtney Ellstrom, at our Beaumont location. It is there where Dr. Keast gained a wealth of information and skills, and truly fell in love with the field of physical therapy.





## Dr. Steven Nieto DPT, OCS Certified, SMT

Steven Nieto received his Doctorate in Physical Therapy from Loma Linda University. Dr. Nieto is an Orthopedic Certified Specialist, only 3% of Physical Therapists in the U.S. have this certification! OCS Certification is an orthopedics specialty with a focus in the musculoskeletal system. Dr. Nieto achieved his status as a certified spinal manipulative Therapist in 2015 which allows him to treat a multitude of spinal disorders. As director of Physical Therapy staff, Dr. Nieto supervises all clinicians for Marketplace Physical Therapy at all of our locations. He has been with Marketplace Physical Therapy since it's inception in 2003.

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US!**



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## CONSULTATIONS

**BIG**

**DEAL**



**ATTENTION PAIN SUFFERERS!**

Schedule a one-on-one appointment with one of our therapists. Call us to register at 951-684-2874.

*Must present coupon at appointment. Limited to first 15 people.*

Offer expires 06/30/22

# FREE