

HEALTH & WELLNESS



**MARKETPLACE**  
PHYSICAL THERAPY  
& WELLNESS CENTER

# NEWSLETTER

## KICK KNEE & HIP PAIN OUT OF YOUR LIFE

COME INTO PHYSICAL THERAPY FOR RELIEF

### What You Can Expect At Physical Therapy

Discover how we can help in your recovery from knee and hip pain.

### Healthy Recipe

Try this healthy recipe perfect for the spring!

### Staff Spotlights

Get to know our therapists as we show appreciation for our staff.

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

CALL US TODAY 951-684-2874

# NEWSLETTER



## PHYSICAL THERAPY IS YOUR SOLUTION TO KNEE & HIP PAIN

Are you struggling with hip and/or knee pain? Is hip or knee pain causing you to move slower and leaving you with pain that becomes more difficult to cope with, step after step? When you are dealing with knee or hip pain, every step requires more effort than usual.

Pain can drain your energy level as you attempt to do even basic tasks, such as taking care of your home or walking around the office. When hip or knee pain develops, seeking the support of a physical therapist is the best course of action. Working with a physical therapist can reduce your recovery time and improve your ability to cope with the pain and discomfort by introducing you to targeted exercises and stretching techniques that can enhance your ability to recover from the injury.

Call Marketplace Physical Therapy & Wellness today to make an appointment. With guidance from our physical therapist you can find solutions to your pain and get back to living the life you enjoy!

**What is causing your pain?** There are several reasons why hip or knee pain may develop from a slip or fall-related accident to a sports injury. Knee pain is often due to sprains or tears of a ligament(s), cartilage tears, tendonitis, and arthritis. In comparison, hip pain is associated with similar injuries and the result of congenital malformations of the joint, fractures, or bursitis.

The main risk factors associated with the onset of hip and knee pain are:

- Getting older
- Being overweight/obesity
- Previous knee injury

Identifying the risk factors for hip and knee joints can be challenging, so getting a physical therapy assessment is crucial for a good outcome. At Marketplace Physical Therapy & Wellness, our therapists are skilled and identify the source of the issue and help you find a solution.

**How physical therapy can help you.** Physical therapy is a long-term solution to pain and suffering through targeted exercises and stretching techniques. Our programs at Marketplace Physical Therapy & Wellness are designed to strengthen the targeted areas and help the body recover and heal.

Our therapists are highly trained and experts at identifying the underlying cause of the pain and educating you on significantly improving your quality of life. We recognize the exact points on the body that are not moving as they should and provide individualized programs to restore your function and minimize your pain.

*(continued inside)*

## WHAT YOU CAN EXPECT AT PHYSICAL THERAPY

*(continued from outside)*

If you're experiencing hip or knee pain, contact a physical therapist immediately. Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the finding.

**Education.** Understanding the source of your pain and managing it can help you be proactive and find a solution. Understanding what is going on, and more importantly, what you can do about it, is one of the most effective solutions.

**Advice to stay active.** Pain in the lower extremities can play an essential role in the deterioration of quality of life, loss of balance, and changes in gait function. It is crucial to stay active. Your physical therapist can help you identify modifications to painful tasks and help you be safe and active.

**Exercise therapy.** A physical therapist will tailor your exercises, monitor you, and progress you based on your individual needs. Supervised exercise therapy includes:

- Range of motion exercises
- Strength exercises
- Proper stretches exercises
- Gait training
- Balance and coordination exercises

Sometimes, when your hips and knees are in pain, it can cause you to change the way you are moving, causing you to change the flow and pace of your gait, which is how you walk. Other times, prolonged pain can cause you to stop doing movements that are indicative of healthy joints.



**Contact our clinic today.** Physical therapy aims to restore range of motion and improve flexibility and strength while reducing the general experience of pain. It provides targeted exercises that support the joints with precise movements that help reinforce strength and range of motion. Our physical therapy exercise programs make it possible to increase mobility and strength while simultaneously improving your coordination and balance. **Call Marketplace Physical Therapy & Wellness today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes.**

Source: <https://www.uptodate.com/contents/approach-to-the-adult-with-unspecified-hip-pain>  
<https://painphysicianjournal.com/current/pdf?article=NTlwOQ%3D%3D&journal=111>  
[https://www.oarsijournal.com/article/S1063-4584\(02\)90796-X/pdf](https://www.oarsijournal.com/article/S1063-4584(02)90796-X/pdf)  
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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3261259/>  
<https://doi.org/10.1016/j.pmn.2020.12.011>

## HEALTHY Recipe

### STRAWBERRY SCONES

#### INGREDIENTS

- 1 cup fresh strawberries, cut into small pieces
- 1 cup all purpose flour
- 1 cup whole wheat flour
- 1/4 cup sugar plus 1 tsp for topping
- 1/4 tsp salt
- 2 tsp baking powder
- 1/4 cup (half stick) frozen butter
- 3/4 cups 1% light buttermilk, cold
- 1 tsp vanilla

#### INSTRUCTIONS

Preheat the oven to 400°F. Measure out ¼ cup of sugar and remove 1 tbsp. Mix strawberries with 1 tbsp of sugar and set aside. In a large bowl, mix all the dry ingredients including the remaining sugar. Using the large holes of a cheese grater, grate the frozen butter into the flour. Mix well with flour. In a medium bowl, mix the buttermilk, vanilla. Slowly stir in the wet ingredients to the dry ingredients, until all the mixture is moistened. Fold in the strawberries. Line a cookie sheet with a silicone sheet or parchment paper. Drop 8 equal large spoonfuls onto the cookie sheet (to avoid tough scones, do not press or compact). Sprinkle with one teaspoon of sugar. Bake in the center rack 18 minutes. Remove and let them cool about 5 minutes before eating.



Recipe: <https://www.skinnytaste.com/low-fat-strawberry-scones/>

## PATIENT SUCCESS STORY



**"I couldn't have done it without each one of you!"**

*"Just wanted to say thank you to my PT crew Alex, Matt, Lexi, and Kennedy for their awesome therapy/coaching etc. in my total hip replacement recovery! I couldn't have done it without each one of you. Thank you for helping me achieve those 3 crazy goals of mine! (back on her motorcycle, running, and wearing heels)." – Susan B*

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951-482-8264

# STAFF SPOTLIGHTS



## Zeke Rivera

Meet Zeke! Zeke has been with the Marketplace family for over 5 years. His desire to become a Physical Therapy Assistant sparked when a friend got into an accident and overcame their injuries with Physical Therapy. He enjoys helping patients defeat their chronic pain and connecting with them on a meaningful, personal level. His goal is for patients to want to become a better version of themselves everyday.

For Ezequiel this is something he can relate to, he used to weigh 320lbs and has lost more than 100lbs! Although this is an ongoing journey he believes that a healthy and active lifestyle significantly helps, not only from a personal level but for our patients too. Overall he tries to become a better and stronger version of himself everyday to be an example for our patients. Ezequiel dreams of running a marathon, competing in an Olympic triathlon, traveling to every continent and even opening his own clinic of physical therapy. Ezequiel enjoys working out, hiking, reading books, trying new things, walking, hiking, and spending time with his dogs!



## Congrats Dr. Blake, New Clinical Director of Marketplace - Downtown Riverside!

Blake Perryman, PT, DPT completed his undergraduate studies at Southern Adventist University in Collegedale, Tennessee with a bachelor's degree in Health Sciences. He then continued his education at Loma Linda University where he received his Doctorate in Physical Therapy.

Blake has always been fascinated with movement and biomechanics. The Physical Therapy field gives him the chance to further explore and familiarize himself with all types of patients, injuries and levels of movement. Blake finds that helping assist his patients accomplish goals they never thought they would, to be the most rewarding aspect of his career.

This year Dr. Perryman looks forward to moving into his first home with his wife, and two dogs. Blake is a sport fanatic, if he isn't watching sports he enjoys playing slow pitch softball with his wife. Originally from Arlington, Texas, Blake has lived all over the south including North Carolina and Tennessee. A fun fact about Blake is he has never lived in 1 place more than 5 years.



## Brenda Marquez, Future DPT Nicholas Lasley, Future DPT Gabriella Ortega - Future PTA

*(Image of PTAs presented left to right)*

Congrats to our Physical Therapy Aides! Three of our aides were accepted to the Doctor of Physical Therapy and Physical Therapy Assistant program at Loma Linda University! We always look to hire aides that have a passion for Physical Therapy. Our Physical Therapists do everything in their power to help employees reach their goal of becoming Physical Therapists and Physical Therapy Assistants. Over the years we have had many aides pursue a career in Physical Therapy and look forward to helping many more pursue those dreams!