

HEALTH & WELLNESS



NEWSLETTER

GET YOUR HEALTH BACK ON TRACK WITH PHYSICAL THERAPY

READ ON TO FIND OUT HOW...



Benefits Of Physical Therapy

Discover how our physical therapists can help you improve your health.

Healthy Recipe

Try this healthy recipe perfect for the season!

Staff Spotlight

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

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CALL US TODAY 951-684-2874

NEWSLETTER

GET BACK TO DOING WHAT YOU LOVE! PHYSICAL THERAPY CAN HELP



Have you struggled with pain? Are you dealing with an injury affecting your ability to do your usual routine? Our highly skilled physical therapists can guide you back to health and back to doing what you love! Whether you have recently had surgery or are recovering from a new injury, physical therapy at Marketplace Physical Therapy can help.

October is National Physical Therapy Month. Marketplace Physical Therapy wants to make sure that you have a reliable source to help you resolve whatever physical condition you face. Our physical therapists are highly trained and experienced in treating musculoskeletal disorders. We understand how important it is to get to the root of the problem and provide solutions that work.

Our team of physical therapists is devoted to helping our patients recover from injuries and pain that are interfering with everyday activities and making life way harder than it should be. Request an appointment with Marketplace Physical Therapy today, so we can help you get back to the life you deserve!

Why should I choose physical therapy? There are several reasons to choose physical therapy over costly surgeries and medications. Physical therapy has been shown to not only help resolve pain and improve function, but it is also effective at enhancing your overall health and well-being.

One of the most significant benefits of physical therapy is that it can uncover the underlying reasons for your injuries and/or pain. Some of the impairments your physical therapist can help you correct include:

- Loss of motion
- Weakness
- Poor posture and faulty movement patterns
- Gait abnormalities
- Loss of balance
- Coordination deficits
- Neurological impairment
- Unhealthy lifestyle behaviors (i.e., poor sleep habits, improper nutrition, lack of exercise, etc.).

A physical therapist can educate you about ways to move safer that use your energy more efficiently, reduce the risk of re-injury and enhance the overall effects of your care. The benefits of physical therapy treatments include easing pain, reducing spasms, increasing circulation, and promoting healing.

(continued inside)

BENEFITS OF PHYSICAL THERAPY

(continued from outside)

Physical therapy can help improve your joint range of motion and overall mobility: Our ability to move depends on how individual joints move and how the body's joints move in concert with one another. Increasing joint range of motion and mobility of the connective tissues around your joints (including the tendons, muscles, fascia, and joint capsules) will help your joints feel better and move better. This will also help you improve your overall functional mobility and activity tolerance, essential for work, leisure, and simple daily function.

Physical therapy can help strengthen weaknesses and compensation patterns: Through injury or surgery, muscles become weak and impact your ability to move and function normally. For some, an old injury or abnormal movement pattern has led to weakness due to compensations. Physical therapists are skilled at assessing the whole body, identifying weakness, and teaching how to restore strength and function.

Physical therapy can improve your overall health and well-being: When you see a physical therapist for pain and/or injuries, you will receive the benefits of rehabilitation to resolve the condition and a total body approach to health. Physical therapists can recommend nutrition to improve pain, reduce inflammation, and improve overall health. In addition, physical therapists are movement experts and trained to help you move/exercise more, no matter your limitations or restrictions. More activity equals improved health!

Physical therapy can help you reduce the risk of injury: By implementing a holistic approach, we can improve and restore your function and prevent injuries. This may include all components of typical physical therapy and include gait modifications and coordination exercises to stimulate the nervous system and help ensure your mechanics are ideal to avoid an injury.



Call us today to request an appointment. The mission of our physical therapy clinic is to use compassion, encouragement, and motivation in the treatment of our patients and clients. We provide outstanding and personalized skills as movement and rehabilitation physical therapists through exceedingly high customer service and results! Our goal is to positively impact people's lives and improve their quality of life. Your therapy will be centered around helping you get back to doing the things you love without pain. We understand that no two pain conditions are alike, and no two treatment plans should be either. Contact Marketplace Physical Therapy to learn more about National Physical Therapy Month and the benefits of physical therapy. If you're struggling with a painful condition or experiencing a physical limitation, our therapists will work with you to ensure your success!

Sources: <https://academic.oup.com/ptj/article/95/10/1433/2686492>
<https://academic.oup.com/ptj/article/90/7/1014/2737793>
<https://bjsm.bmj.com/content/52/24/1557.citation-tools>
<https://www.sciencedirect.com/science/article/abs/pii/S1568997218302106>

HEALTHY *Recipe*



AVOCADO-EGG TOAST

INGREDIENTS

- ¼ avocado
- ¼ teaspoon ground pepper
- ⅛ teaspoon garlic powder

- 1 slice whole-wheat bread, toasted
- 1 large egg, fried
- 1 teaspoon Sriracha (Optional)
- 1 tablespoon scallion, sliced (Optional)

INSTRUCTIONS

Combine avocado, pepper and garlic powder in a small bowl and gently mash. Top toast with the avocado mixture and fried egg. Garnish with Sriracha and scallion, if desired.

Source: <https://www.eatingwell.com/recipe/267169/avocado-egg-toast/>

STAFF SPOTLIGHT



Danica Lacson, PTA – Chino

Danica Lacson, PTA received her Bachelor's Degree in Kinesiology with a minor in Filipino and Filipino American Studies from California State University – East Bay. She then later went to receive her Associate's Degree for Physical Therapist Assistant from Stanbridge University. In the beginning of 2010 Danica was actually a pre-nursing major. However, that changed in 2012. Danica tore her medial meniscus in 2011 and required surgery. During her recovery she saw both the world of a nurse and that of a physical therapist. She noticed that her physical therapist saw her recovery through the end and not only cared about her physical well being, but also her mental and emotional well being. When her physical therapist went above and beyond to ensure that Danica was okay in all aspects of recovery, that ultimately drew her to the physical therapy world.

Danica finds the most rewarding aspect of the physical therapy field is seeing the smiles on her patients when they are able to acknowledge the small improvements in their daily lives as a result of physical therapy.

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 marketplacephysicaltherapy

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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 10/30/22

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