

HEALTH & WELLNESS



# NEWSLETTER

## 'TIS THE SEASON TO PAIN-FREE KNEES & HIPS

READ ON INSIDE...



### What You Can Expect At Physical Therapy

Discover how you can find relief from hip and knee pain with physical therapy.

### Seasonal Recipe

Try this healthy recipe perfect for the season!

### Merry Christmas

Merry Christmas from your Marketplace PT family!

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

CALL US TODAY 951-684-2874

# NEWSLETTER

## PHYSICAL THERAPY CAN HELP RESOLVE YOUR 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 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, 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 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
- Proper stretches exercises
- Strength exercises
- Balance and coordination exercises
- Gait training

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.

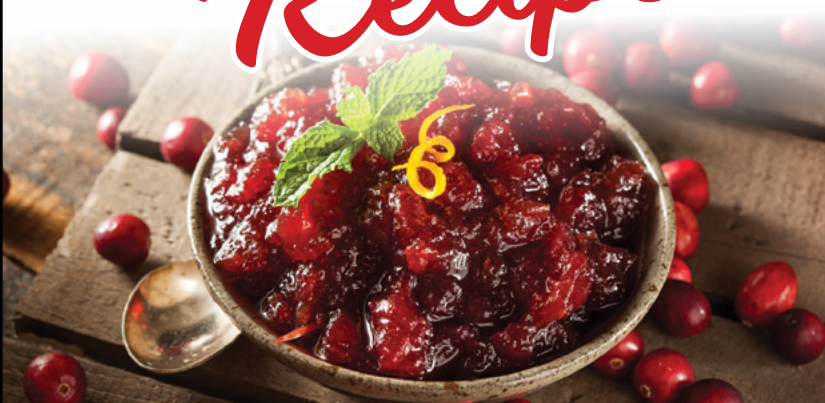


### Contact our clinic today

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 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=NTIwOQ%3D%3D&journal=111>  
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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



## HOMEMADE CRANBERRY SAUCE

### INGREDIENTS

- 1 (12 oz) bag fresh cranberries
- 1 cup water
- ½ cup sugar
- 2 1-by-4-inch strips orange peel
- Pinch of kosher salt

### INSTRUCTIONS

Place cranberries, water, sugar, orange peel and salt in a medium saucepan. Bring to a boil. Reduce heat to maintain a simmer and cook, stirring often, until most of the cranberries have burst, 10 to 12 minutes. Remove the orange peel. Serve at room temperature or chilled.

To find out more about high-quality protein, check out our website for helpful information! <https://marketplacewellnesscenter.com/high-quality-protein/>

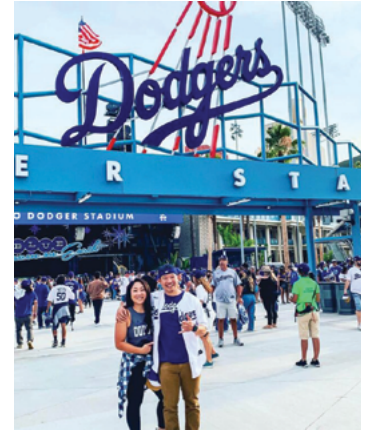
<https://www.eatingwell.com/recipe/268044/the-best-homemade-cranberry-sauce/>

# CONGRATULATIONS DR. KIM, CHINO CLINICAL DIRECTOR

## Dr. Paul Kim, DPT– Chino

Dr. Paul Kim DPT, has been promoted to clinical director of Marketplace Physical Therapy's Chino location. Dr. Kim graduated from Cal Poly Pomona with a Bachelor's degree in Kinesiology with an emphasis in Science and received his Doctorate Degree in Physical Therapy from Loma Linda University. Dr. Kim has a long list of previous clinical experience including outpatient orthopedics and work at skilled nursing facilities.

As a United States Army Veteran, Dr. Kim desires to give back to the veteran community, first responders and law enforcement. Paul shows a special interest in helping military service members return back to active duty as well as working with stroke and Parkinson's patients. Dr. Paul Kim has traveled all over the world while in the Army, but his favorite destination has been Oahu, Hawaii. This year Paul hopes to travel to Japan with his wife. When Dr. Kim isn't traveling the globe he enjoys hiking and camping. Next time you have the privilege of working with Dr. Kim, make sure you ask him about his experience living in Korea!



*Merry Christmas*  
**From your Marketplace  
PT Family!**

