

# FREE VIRTUAL WORKSHOP



MARKETPLACE  
PHYSICAL THERAPY  
& WELLNESS CENTER



**- Youth Sports -**  
Performance Preparation  
& Injury Prevention  
with Dr. Blake Perryman, PT, DPT

## June 1st at 7 PM PST

**ATHLETES & PARENTS, JOIN US AS WE  
DISCOVER TECHNIQUES TO IMPROVE SPORTS  
PERFORMANCE & PREVENT INJURY**

## GET RELIEF FOR YOUR SPORTS INJURY AND **GET BACK IN THE GAME!**

Did you roll your ankle playing pickup basketball? Has your shoulder started interfering with your ability to play sports? You may be dealing with sports injuries that are getting in the way of your enjoyment of the game.

Thankfully, at Marketplace Physical Therapy, our physical therapists are experts at treating sports injuries, and we can help get you back and keep you in the game!

According to the U.S. Centers for Disease Control, there is an average estimate of 8.6 million sports and recreation-related injury episodes each year. Most sport-related injuries are due to overuse injuries and acute traumas.

Whatever age you are or level of physical ability you may have, physical therapy can help you enhance the healing process of a sports injury. With our sports injury

rehabilitation programs, you will be able to get back to doing the activities you love in no time.

Contact Marketplace Physical Therapy today to consult with one of our physical therapists.

### **What are the most common sports injuries?**

Sports injury is a term that can describe any injury sustained while exercising or performing an athletic activity. The two most common ways in which sports injuries can occur are:

1. Acute trauma: A sudden event such as a football player colliding with another, or a non-contact injury like a sudden change in direction or an awkward landing.
2. Repetitive/overuse injuries: Chronic issues that start from faulty throwing techniques, improper grip on a

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# WE CAN HELP KEEP YOU OFF OF THE BENCH!

tennis racquet, or running in ill-fitted shoes.

Simply put, anything that results in pain while performing physical activity can be considered a sports injury.

Acute injuries are caused by a single specific incident, such as:

- **Sprains:** injuries to ligaments
- **Strains:** injuries to muscles
- **Fractures:** injuries to bones

**Tears:** injuries to any soft tissue, including muscle, tendon, ligament, and cartilage

Some examples of overuse injuries include:

- Tendonitis
- Bursitis
- Shin splints
- Tennis elbow
- Runner's knee

Whether you rolled your ankle on the soccer field, swung your bat too aggressively on the baseball diamond, or strained your back while hiking your favorite trail, Marketplace Physical Therapy can help you find relief!

## How physical therapy can help

Your treatment plan will be dependent upon the nature of your injury, your health history, and whether or not the injury requires surgical intervention. If you've sustained a sports injury, rehabilitation should start immediately to ensure the fastest recovery possible.

We will start with an injury evaluation and a biomechanical assessment to identify all the factors contributing to your injury. Our physical therapists are experts in sports rehab. They will conduct a thorough assessment to determine the injury's severity and identify any other weaknesses or limitations that may affect your recovery.

In addition, we will conduct a thorough history to understand more about your training schedule, the demands on your body, and your overall health status. We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques.



Next, your therapist will create a targeted, individualized care plan to promote accelerated recovery and future injury prevention. We will incorporate sport-specific treatments with a "return to sport" progression to assist you in a safe return to training and competition.

Each therapy program will include injury prevention strategies that focus on progressing your strength and dynamic stability to restore your function and prevent injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help you change directions and land correctly to avoid a future injury.

The overall goals of physical therapy are a safe return to training/competition and minimizing re-injury upon your return to the sport you love!

## Contact us today!

Physical therapy has been proven to treat both acute and chronic sports injuries successfully. At Marketplace Physical Therapy, our physical therapists will help you get started on the right track toward returning to the sport you love!

If you are an athlete suffering from a sports-related injury, don't waste any more time on the sidelines. Take your recovery to the next level with our physical therapy team!

Call today to schedule an appointment with one of our specialists.

# VISIT A CLINIC NEAREST TO YOU!

**Riverside** 3191 Mission Inn Ave. Ste B  
Riverside, CA 92507  
*\*Located inside Anytime Fitness*

**Riverside/Corona** 4270 Riverwalk Parkway, Ste 114  
Riverside, CA 92505  
*\*Located inside Anytime Fitness*

**Chino** 14682 Central Ave  
Chino, CA 91710

**Redlands** 210 E. Citrus Ave.  
Redlands, CA 92373

**Beaumont** 1620 E. 2nd St.  
Beaumont, CA 92223

# EXERCISE ESSENTIALS

## SHOULDER ROTATIONS

Try this movement to improve your shoulder mobility.

Start by standing up straight with your arms by your sides. Raise both arms up so your elbows and armpits are at 90-degree angles with your forearms aiming straight up to the sides of your head. Your upper arms should be parallel with the floor and perpendicular to your body. Rotate your forearms down toward the floor, keeping your elbows where they are. Your palms should be facing behind you at the bottom. Rotate back up. 3 sets, 10 reps, hold.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

# HEALTHY RECIPE

## EASY SALMON CAKES

### Ingredients

- 2 (6 oz) cans salmon skinless and boneless
- 2 large eggs
- 2 tbsp mayonnaise
- 2 tsp Dijon mustard
- 2 tsp minced fresh garlic
- ½ tsp kosher salt
- ¼ tsp black pepper



- ½ tsp dried thyme
- ½ cup chopped parsley
- ¼ cup olive oil

### Directions

Preheat your oven to the “keep warm” setting. Drain the salmon cans thoroughly. Place the salmon in a large bowl. Flake it well into tiny pieces. Add the eggs, mayonnaise, Dijon mustard, garlic, kosher salt, black pepper, and thyme. Mix well. Mix in the chopped parsley. Heat the olive oil over medium heat in a large 12-inch nonstick skillet, for 3 minutes. Transfer four mounds of the mixture to the skillet. Pack the mixture into the scoop, then release it into the skillet and gently flatten. Cook for 3 minutes on each side. Place the cooked patties in the oven to keep warm while you cook the second batch.

<https://healthyrecipesblogs.com/salmon-cakes-recipe/>

# WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!



★ REVIEWS

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