



GET YOUR HEALTH BACK ON TRACK WITH PHYSICAL THERAPY

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.).

REDISCOVER YOUR BEST SELF THIS SEASON!

Benefits of Physical Therapy

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.

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!

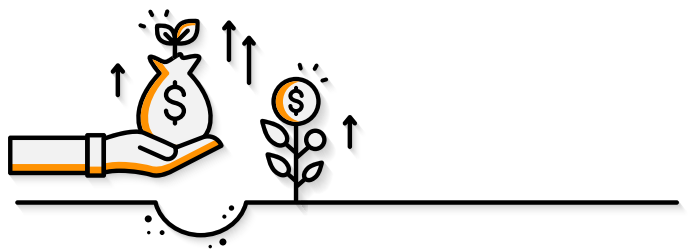
Our goal is to positively impact people's lives and improve their quality of life. Your therapy will be centered around helping you get back to doing the things you love without pain. We understand that no two pain conditions are alike, and no two treatment plans should be either.

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.

YOUR PHYSICAL THERAPY COULD BE FREE

Take charge of your health today and make the most of your insurance benefits! If you've already met your deductible this year or have funds left in your HSA account, you can take advantage of our remarkable opportunity at Marketplace Physical Therapy. Starting now and continuing until the end of 2023, you can address your aches and pains at little to no cost. Don't let these valuable benefits go unused!



**SCHEDULE YOUR
APPOINTMENT
TODAY!**

951-684-2874

VISIT A CLINIC NEAREST TO YOU!

Riverside 3191 Mission Inn Ave. Ste B
Riverside, CA 92507
951.494.4499
**Located inside Anytime Fitness*

Riverside/Corona 4270 Riverwalk Parkway, Ste 114
Riverside, CA 92505
951.319.2482
**Located inside Anytime Fitness*

Chino 14682 Central Ave
Chino, CA 91710
909.352.4705

Redlands 210 E. Citrus Ave.
Redlands, CA 92373
951.349.4741

Beaumont 1620 E. 2nd St.
Beaumont, CA 92223
951.482.8264

EXERCISE ESSENTIALS

ROMBERG BALANCE

Start by placing one foot with your heel right next to the arch of your other foot. Keep your knees straight but not locked and bring your arms across your chest. Balance like this making sure to keep your abdominals braced and your butt squeezed. Hold for 30 seconds and repeat.



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

HEALTHY RECIPE

BROWN SUGAR PUMPKIN SPICE PUMPKIN SEEDS

Ingredients

- 2 cups raw pumpkin seeds (from 1 large pumpkin)
- 1/4 cup dark brown sugar
- 2 tablespoons unsalted butter, melted
- 2 teaspoons pumpkin pie spice
- Pinch of kosher salt



Directions

1. Preheat the oven to 300 degrees F.
2. Place the pumpkin seeds in a colander and rinse away all the pulp and stringy stuff.
3. Spread the seeds out on a rimmed baking sheet and roast until dried out, 30 to 45 minutes.
4. Toss the pumpkin seeds with the sugar, butter, pumpkin pie spice and salt in a medium bowl until evenly coated.
5. Return the seeds to the baking sheet, spread them out and roast until dry, about 35 minutes.
6. Let cool, then break up into pieces before serving.

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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