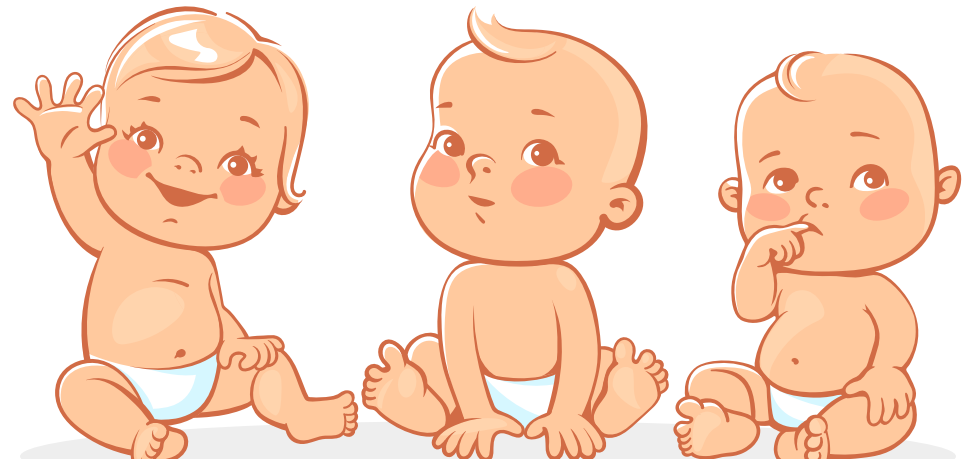


LOVE BLOSSOMS AT MARKETPLACE PT! HELP US WELCOME OUR NEWEST TINY CUPIDS

Love in the Air: Our clinic family has joyously welcomed the pitter-patter of tiny feet as our talented physical therapists become proud parents! These bundles of joy bring an extra dose of happiness to our close-knit community. Join us in congratulating our dedicated therapists on their precious arrivals. Cheers to the next generation of caregivers!



CUPID'S COMFORT: A SOOTHING SHOULDER!

Five Ways You Can Help Prevent Shoulder Pain

- 1. Strengthen your upper body:** Strong upper back and shoulder muscles are better able to provide the shoulder joint with the support and stability it needs, meaning you'll be less likely to suffer an injury. Not sure how to get started? Our PTs can walk you through some appropriate exercises.
- 2. Keep your mobility:** We can show you simple range of motion exercises that will get the blood flowing to your joints, keeping them healthy. Reaching overhead, across your body, or behind your back all basic stretches that can do wonders—just make sure you never force a movement!
- 3. Don't forget to warm up first:** Many popular recreational activities put you at risk for a shoulder injury, including swimming, pickleball, and tennis. It's crucial that you warm up your shoulder before you dive in. Try some quick cardio paired with active shoulder stretches (like arm circles).
- 4. Maintain proper posture:** Proper posture isn't about standing up straight all the time; it's about maintaining postural awareness and keeping your spine in alignment no matter what you're doing. And if you have a sedentary job, move around regularly. Both habits will help keep your upper back and shoulder strong.
- 5. Pay attention to ergonomics.** If your workspace isn't shoulder-friendly, you might wind up with an overuse injury. Simple changes—like adjusting the height of your computer monitor or maintaining good posture when using hand tools—will reduce repetitive stress and lower your chances of developing shoulder pain.

Need A Little Help? We've Got You

Marketplace Physical Therapy physical therapists can help you prevent shoulder injuries as easily as we can treat them! Whether you're looking for a shoulder stretch and strengthen routine, postural corrections, or some simple ergonomic adjustments, we're for you.

Call us today to get started!



FEBRUARY IS HEALTHY HEART MONTH

There are several ways you can help improve your heart health! The therapists at Marketplace Physical Therapy have put together a list of manageable lifestyle changes you can make as soon as today to ensure good heart health for years to come.

1. Exercise regularly

Regular physical activity can help you gain muscle strength and endurance. Exercise helps your cardiovascular system work more efficiently by delivering oxygen and nutrients to your tissues.

2. Eat lots of fruits and vegetables

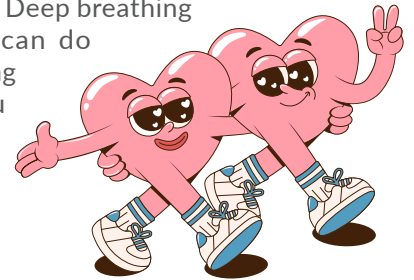
According to a study published in the International Journal of Epidemiology, eating ten servings of fruits and vegetables a day can lower your risk of cardiovascular disease by 28% and premature death by 31%.

Ten servings may sound like a lot, but remember that there are many ways to up your fruits and veggies intake. You could add fruit to your water, add vegetables to your fruit smoothie, and snack on carrots and hummus during the day instead of chips.

3. Manage your stress

Did you know that there are over 1,400 biochemical responses to stress? Some of these include a rise in blood pressure and a faster heart rate. For these reasons, stress can have long-term adverse effects on your health.

Try to take the time out of your day to practice mindfulness and check in with your body. Deep breathing activities and meditation can do wonders for anxiety. Practicing yoga may also help you decrease your stress levels.



**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

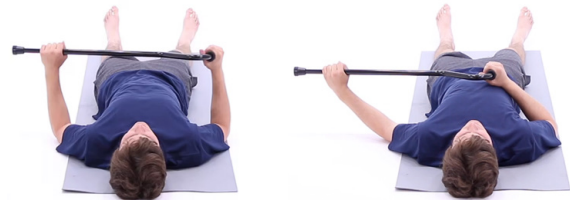
Redlands 210 E. Citrus Ave.
Redlands, CA 92373
951.349.4741

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

EXERCISE ESSENTIALS

SUPINE PASSIVE INTERNAL ROTATION

Get a lightweight stick, such as a yardstick, broom handle, or cane. Lay on your back on a mat. Hold the cane in both hands, with the working hand on the handle of the cane. Your elbows should be at 90 degrees so your forearms are perpendicular to the floor. With the non-working hand, pull the cane so that the working hand is just touching the chest. Keep the cane parallel to the floor throughout the entire movement. Repeat this motion as directed by your provider. 3 sets, 10 reps.



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

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**



What Is The Best Diet In 2024?



Dr. Patty Ann Ford
DR, PH, MPH, CEDRD

Ingredient of the month:

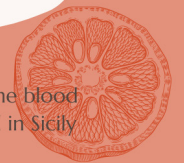
Blood Orange

Fun Facts About Blood Orange:

- Full of anthocyanins, a type of antioxidant. These are the pigments that give them their dark red color. These antioxidants are known for their anti-cancer properties.

- Blood oranges are the primary orange grown in Italy. Their season is typically from December - April, so they can be harder to find and more expensive than navel or other common oranges.

- Tarocco blood oranges are the sweetest of the blood orange varieties and have long been cultivated in Sicily and other Mediterranean-like climates.



3191 Mission Inn Ave. Suite B
Riverside, CA. 92507

**located inside Anytime Fitness*

TEL: 951-684-2874

www.marketplacewellnesscenter.com