



PHYSICAL THERAPY CAN HELP YOU GET BACK TO SPORTS THIS SPRING

Are you looking forward to the beautiful weather this spring? With so many great activities to look forward to, it's important to make sure your health is in tip-top shape for this season. At Marketplace Physical Therapy, our physical therapists can help you get over an injury and get ready for spring-time fun!

A physical therapy program can increase your fitness level and help you make the most of your favorite activities. Physical therapists are movement experts who understand the body's demands and how to prepare for activities like running, biking, and playing sports.

If you're looking to get more physical activity this season or finally resolve that old injury and aching joints, call Marketplace Physical Therapy today. We'd love to help you get in the best shape possible so you can participate in all of your favorite activities!

How Physical Therapy Can Help You Be Ready This Spring

Sports: Being able to practice the sport you love, whether competitively or just for fun, is essential. Sports provide a way for you to get physical activity while having fun. Your heart rate rises, your blood gets flowing, your muscles get the workout that they need.

Many sports injuries are caused by not training in the off-season or trying to do too much too soon. Improper training and conditioning can resurface old injuries and new injuries starting. Our physical therapists can help you implement effective strategies to prevent sports injuries this season.

A few common sports injuries that physical therapy can treat include:

- Ligament sprains
- Muscle strains
- Overuse injuries (i.e., tendonitis, joint pain)
- Cartilage tears

It doesn't matter if you play golf, softball, lacrosse, swim, baseball, or another sport. Our physical therapists at Marketplace Physical Therapy can help you get in shape and be prepared for the season. We can also guide you to recover from past injuries that may not have adequately healed.

Here are some excellent activities that can get you in shape and help you get back to playing the sports you love this season!

COMMUNITY NEWS

Biking: Biking is a fun activity people enjoy as it warms up outside. Whether you are riding on the road or the trails, biking can prove to be difficult if you're suffering from injuries that have not healed or chronic pain conditions that restrict your mobility.

If you haven't been on a bicycle for several years, you can start out riding just a few times each week. The great thing about biking is that you can go as slow or as fast as you're able. Riding a bicycle will not only keep you active, even 15 or 20 minutes twice a week is a good start.

A physical therapist can show you the best way to ride the type of bike you own. Our physical therapist can help to mobilize your joints, build up strength and improve your endurance so you can continue taking those long bike rides through the park, mountains, or city streets! Having the proper fit can ensure you spend time enjoying the ride instead of recovering from an injury.

Running: One of the best activities to get in shape or decompress from stress is running. Unfortunately, new and old runners alike will experience injuries that prevent them from putting in the miles. Too often, runners ignore their injuries or don't resolve them entirely, only to worsen or develop a new problem.

While running may be your chosen spring activity, it certainly can be hard on the body, and without proper guidance, you may find yourself unable to run at all. That's why participating in a regular physical therapy routine at Marketplace Physical Therapy is such a good idea.

If you're having difficulty running at the same levels of speed or distances that you're used to, it's a sign you should see a physical therapist ASAP for care. We'll make sure your muscles are strong, and your plan for training is sound. We can help make sure your joint health is up to par before you hit the trails this season.

Request An Appointment Today!

Spring has sprung, and it's time for you to get back in the saddle when it comes to your outdoor activities and hobbies. Whatever you enjoy doing to stay active, our physical therapists at Marketplace Physical Therapy can make sure your body is fully equipped to handle it!

Call our clinic today to schedule a consultation, so you can get out there and enjoy all spring has to offer!

Michael Rappaport, CEO and owner of Marketplace Physical Therapy presented at Cajon High School in San Bernardino to the Medical Terminology and Sport Medicine students sharing our love for physical therapy and the endless possibilities within the field.



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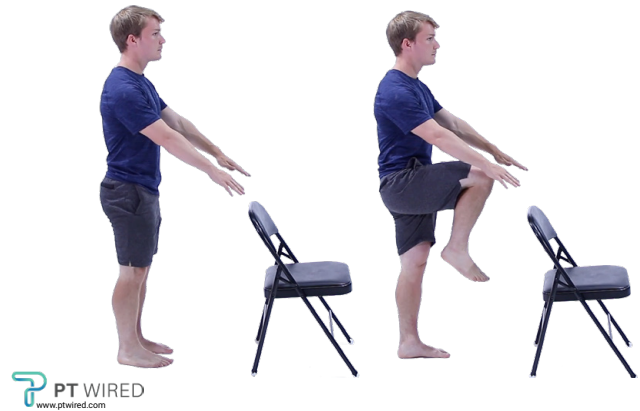
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EXERCISE ESSENTIALS

STANDING MARCH

Start by standing up straight (place both hands on the back of a chair for support if needed). Slowly lift one knee up towards the ceiling until it reaches hip height and then lower it back down. Do the same with the other leg keeping the abdominals contracted the whole time. Repeat exercise 10 times.



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



www.marketplacewellnesscenter.com

SEASONAL RECIPE

SHAMROCK HEALTHY GREEN JUICE

Ingredients

- 1 bunch curly kale roughly chopped
- 1 large lemon peeled and quartered
- 1 inch ginger peeled
- 1 large cucumber cut into long strips
- 2 large granny smith apples cored and sliced
- 4 whole celery stalks



Directions

Wash and prep veggies.

Juice in order listed.

Optional - strain through a sieve (if you don't like pulp)

Drink immediately and enjoy!*

Source: <https://showmetheyummy.com/green-juice-recipe/>



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