



IT IS TIME TO STOP IGNORING **YOUR BACK PAIN!**

Are you someone who pushes through those mysterious aches and pains that crop up occasionally? Do you just assume your lower back pain will get better on its own? While this can work out, it's not a guarantee. If you're struggling with back pain, make an appointment with Marketplace Physical Therapy and seek the treatment you deserve.

Lower back pain is one of the most common musculoskeletal ailments globally, with an estimated 80% of people experiencing it at some point. But just because it's a common experience doesn't mean it can't cause complications: around 23% of the world's population suffers from chronic back pain, pain that lingers for longer than three months.

The good news is that physical therapy can resolve most cases of back pain through techniques like manual therapy and therapeutic exercise — no surgery or dangerous pain medications required. Even better, our therapists can often help you improve your back strength and mobility so your back functions better than before your injury.

But to get to that point, you have to take the first step and make an appointment with the physical therapists at Marketplace Physical Therapy.

Need a little extra push? Keep reading to learn why you shouldn't ignore lower back pain.

Three Reasons to Seek Treatment for Lower Back Pain

1. It could get worse. People develop lower back pain for all kinds of reasons. If you suffered a sudden injury, your pain might indeed resolve on its own. But sudden injuries aren't the only cause of back pain.

Many people will develop back pain due to prolonged sitting, which can contribute to a weakening of the core muscles that stabilize the spine — and puts undue strain on your lower back. Your pain will never fully resolve until you work to strengthen those muscles and address those postural issues.

2. It could indicate a serious underlying condition. Not all back pain results from an injury or poor posture. Certain medical conditions, such as spinal fractures, osteoarthritis, and ankylosing spondylitis, can all cause back pain. If left untreated, your symptoms will get worse, and they might bring friends, such as restricted mobility or additional complications.

Our team of physical therapists can help you determine the exact cause of back pain and suggest appropriate treatment methods. If you have developed a chronic condition, we can help you manage your symptoms and work with you to delay the disease's progression.

3. You deserve a pain-free life. Back pain may be common, but it can also be debilitating. Intense, persistent pain can keep you from staying active, which only worsens your symptoms and delays healing. It's a vicious cycle that keeps you from fully enjoying your life.

Rather than waiting for your pain to resolve, take a proactive approach with physical therapy. We'll give you the tools to build strength, improve your posture, and get moving – so you can experience lasting back pain relief.

How Does Physical Therapy Help with Back Pain, Anyway?

When it comes to back pain, movement is definitely the best medicine. Research repeatedly shows that regular exercise can reduce back pain and keep it from occurring.

The problem is that exercise might feel like an impossibility when you're in pain. That's why physical therapy is such an excellent treatment option: we make movement the center of our treatment.

Once you've decided to not ignore your back pain, give Marketplace Physical Therapy a call. Here's what we'll do to help you find relief:

Find the cause. Our in-depth physical assessments will help us identify precisely why you're experiencing back pain, allowing us to develop a customized treatment plan.

Manage pain. We offer several drug-free techniques for managing pain so you can get moving again. Manual therapy, gentle mobilization exercises, and pain-relieving modalities can get you started.

Get moving. We'll provide a tailored exercise program that suits your needs, interests, and ability levels. We can also help you strengthen your core muscles, ensuring your spine is well supported.

Prevent future pain. We'll also help you avoid future incidences of back pain by instructing you on proper lifting techniques or offering ergonomic suggestions for your workspace.

Today's the Day to Stop Ignoring Your Back Pain!

Want to take action? The first step is simple: call Marketplace Physical Therapy to schedule an initial consultation. Then wave your back pain goodbye as you embark on a journey to long-term relief!

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Seasonal Advice

BENEFITS OF SPRING CLEANING

1. A clean home is better for your immune system

Mold, dust, and pet dander can accumulate in your home during the colder months when there is less opportunity for air circulation. A deep dive into spring cleaning helps to air out your home, preventing respiratory issues.

2. It's an easy way to get active

Cleaning can be a real workout! From sweeping the floors, to scrubbing tile, to moving around furniture, spring cleaning can help you get active. Exercise has numerous benefits, including stress reduction and better heart health.

3. It lessens the possibility of injury

A cluttered home puts you, your children, or an elderly family member at risk of injury. Clearing out high traffic areas and walkways can help to prevent falls, which can be especially dangerous for older individuals.

4. It improves concentration and mood

Studies show that a clean home has a positive effect on your daily mood and ability to focus/complete tasks. Now that so many of us are working from home, this has never been more important!



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APPOINTMENT
TODAY!

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Redlands 210 E. Citrus Ave.
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Beaumont 1620 E. 2nd St.
Beaumont, CA 92223
951.482.8264

WELCOME BACK!

WELCOME BACK DR. JAMES BOGDANOVICH!



James Bogdanovich, DPT, is an esteemed member of the Marketplace Physical Therapy team, bringing a wealth of knowledge and expertise to his role. His journey in the field of physical therapy began with his undergraduate studies at California Baptist University, where he earned a Bachelor's degree in Kinesiology Exercise Science in 2015. During this time, James developed a profound understanding of human movement and physiology, laying the foundation for his future career.

Continuing his pursuit of knowledge, James pursued a Master's degree in Kinesiology Exercise Science at California Baptist University from 2016 to 2017. Specializing in cardiac rehabilitation and advanced movement science, he further honed his skills and expertise in the field.

Driven by his passion for helping others and advancing his knowledge, James pursued a Doctorate in Physical Therapy at Azusa Pacific University from 2021 to 2023. Throughout his doctoral studies, he immersed himself in advanced clinical knowledge, cultivating a holistic approach to rehabilitation.

James's special interest in physical therapy lies in general orthopedics, a field he finds endlessly fascinating due to its versatility and the uniqueness of each patient's case. Within orthopedics, he particularly enjoys exploring elements of movement science, as well as addressing knee pain, shoulder pain, and running-related injuries.

James's journey with Marketplace Physical Therapy began in 2016 when he volunteered at the River Walk clinic. He later transitioned to an aide position in May of 2017, diligently serving across all five clinics until he embarked on his PT school journey at the beginning of 2021.

Outside of work, James finds joy in spending time with his family. He recently celebrated five years of marriage with his wife Haley and is a proud father of two children—a two-year-old boy and a five-month-old girl. Their family is completed by their beloved corgi, Doc. They currently reside in Glendora, where they enjoy outdoor adventures, hiking, bike rides, and actively participating in their church community.

James's dedication to excellence and compassionate care make him an invaluable member of the Marketplace Physical Therapy team, dedicated to improving the lives of his patients every day.

WE WANT TO HEAR YOUR SUCCESS STORY!

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story and leave your review.
We look forward to hearing
from you!

★ REVIEWS



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