



Santa Clarita Valley
Therapy Services

HEALTH & WELLNESS NEWSLETTER

A photograph of a woman from behind, wearing a dark blue tank top. Her blonde hair is styled in a bun, and she has her hands on her head, suggesting she is adjusting her hair or feeling a headache. The background is a soft-focus indoor setting with a green plant.

FIND RELIEF FOR PERSISTENT NECK PAIN WITH PHYSICAL THERAPY

Read more inside on How To Feel Better By Eating Better,
Prepare To Swim In The Water Safely, and How You Can Join Our Team!

SCVTherapyServices.com

Give us a call today at (661) 284-1984



FIND RELIEF FOR PERSISTENT NECK PAIN WITH PHYSICAL THERAPY

Are you suffering from the debilitating effects of neck pain? Approximately one-third of the population will experience neck pain in any given year, which can get worse if left untreated. In severe cases, surgery may even be needed. However, at Santa Clarita Valley Therapy Services, we want to do everything we can to help you avoid that.

The neck is extremely important in the overall posture of the body. Where the head and neck move, so does the rest of the body. Changes in the alignment of your neck can cause a variety of symptoms such as neck tension, headaches, migraines, and even radiating pain or numbness to the arms and hands.

It is no secret that the neck is an integral area of everyday movement, and pain can prevent you from functioning properly in day-to-day life. Fortunately, physical therapy can help you regain your normal, pain-free function. **In fact, thousands of people are able to find relief from their neck pain every year with the help of physical therapy.**

How Does Physical Therapy Help With Neck Pain?

Physical therapy has proven successful in relieving long-term symptoms in patients experiencing both acute and chronic neck pain. This evidence is further illustrated in a 2017 qualitative systematic review conducted by the National Institutes of Health, titled "The efficacy of manual therapy and exercise for treating non-specific neck pain: A systematic review."

This review analyzes a number of studies providing evidence for manual therapy and exercise treatments for patients with

different stages of non-specific neck pain. Researchers pulled information from Medline, Cochrane-Register-of-Controlled-Trials, PEDro, and Embase.

According to the researchers, one of the major takeaway points listed in the conclusion is that "combining different forms of [manual therapy] with exercise is better than [manual therapy] or exercise alone." Results from the 23 studies chosen for review demonstrated patient success across the board when pairing manual therapy with targeted exercises for neck pain. Results conclude that physical therapy is a proven successful treatment for patients suffering from neck pain, and manual therapy and exercise methods are the most effective in helping patients regain their optimum levels of function.

The systematic review mentioned above verifies that manual therapy and exercise are two of the most effective treatments for relieving neck pain in patients. At Santa Clarita Valley Therapy Services, those are two methods that we commonly incorporate into treatment plans for neck pain relief, and we have noticed significant success in them.

Get Your Life Back with Santa
Clarita Valley Therapy Services!

(661) 284-1984

CONTACT US FOR NECK PAIN RELIEF!



At your initial evaluation, one of our licensed physical therapists will analyze any limitations that may be caused by your neck pain. They will then design a treatment plan based on your individual needs. Our main focus is helping you overcome discomfort and limitations as quickly as possible, so you can get back to living your daily life without worrying about pain.



Manual, or "hands-on" treatments consist of special techniques designed to reduce the stiffness in the neck and improve range of motion. Targeted exercises focus on the root of the pain, in order to strengthen, build, and improve the muscles and tissues in the neck. Treatments will focus on improving posture to aid in the recovery of the neck muscles, as well as avoiding re-injury in the future. Additional treatment services may also be included as your physical therapist deems fit, based on the nature of your condition.



If you have been suffering from neck pain, don't hesitate to contact Santa Clarita Valley Therapy Services today. We'll get to the root of your neck pain and determine the best course of treatment for your individual needs. **Contact us today to schedule your consultation and get started on the first steps toward saying goodbye to your neck pain!**

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FEEL BETTER BY EATING BETTER

SPINACH & EGG SWEET POTATO TOAST

- 1 large slice sweet potato (¼ inch thick)
- 1/3 cup cooked spinach
- 1 large egg, fried or poached
- ½ teaspoon sliced fresh chives
- ½ teaspoon hot sauce

Toast sweet potato in a toaster or toaster oven until just cooked through and starting to brown, 12 to 15 minutes. Top with spinach, egg, chives and hot sauce.



Life is too short to not feel your best. Give us a call at (661) 284-1984 or visit [SCVTherapyServices.com](https://www.scvtherapyservices.com) today!

PREPARE TO SWIM IN THE WATER SAFELY!

Swimming is a great recreational sport that can be enjoyed by people of all ages. But it's important to know how to be safe while you're in the water. These important swimming safety tips are what you should be aware of before you head out to the pool or beach.

- **Swim in designated areas supervised by lifeguards.**
- **Always swim with a buddy;** do not allow anyone to swim alone.
- **Never leave a young child unattended near water** and do not trust a child's life to another child; teach children to always ask permission to go near water.
- **If you have a pool, secure it with appropriate barriers.** Many children who drown in home pools were out of sight for less than five minutes and in the care of one or both parents at the time.
- **Protect your skin.** Limit the amount of direct sunlight you receive between 10:00 a.m. and 4:00 p.m. and wear sunscreen with a protection factor of at least 15.
- **Drink plenty of water regularly,** even if you're not thirsty. Avoid drinks with alcohol or caffeine in them.



JOIN OUR TEAM! WE'RE HIRING!

If you are interested in joining a skilled, dedicated, and attentive physical & occupational therapy team that is changing the lives of its community, then we might be the place for you! We are currently hiring for Physical Therapists and Physical Therapist Assistants. If you think you'd be a good addition to our team of dedicated and compassionate therapists, technicians, and aids, don't hesitate to apply online at scvtherapyservices.com/about-us/join-our-team today!

KEEPING YOUR HEALTH IN MIND

In light of the COVID-19 pandemic that has been causing numerous health care facilities to shut down, we as medical professionals are diligently trying to serve our patients in the best ways possible without risking the spread of this disease. Before and after every session, we are asking our clients and staff to wash or sanitize their hands. Additionally, we have increased the number of times per day that we sanitize our equipment and facility as well as checking the temperature of each patient as an added precaution.



OUR EMPLOYEES
ARE WEARING
PROPER MASKS



OUR EMPLOYEES ARE
PRACTICING SAFE
DISTANCING



OUR EMPLOYEES
ARE USING GLOVES
WHEN NECESSARY



OUR EMPLOYEES ARE
WASHING HANDS
REGULARLY



OUR EMPLOYEES ARE
AVOIDING HUGS &
SHAKING HANDS

Your health is our highest priority. Give us a call at (661) 284-1984 or visit SCVTherapyServices.com today!