



Santa Clarita Valley
Therapy Services

HEALTH & WELLNESS NEWSLETTER

I THINK I MAY HAVE SCIATICA – HOW CAN I FIND RELIEF?

Read more inside on What Can I Do On My Own, Turkey Apple Cheddar Sandwich, and 3 Tips To Improve Nutrition In The Fall!

SCVTherapyServices.com

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



I THINK I MAY HAVE SCIATICA – HOW CAN I FIND RELIEF?

Sciatica, also referred to as “lumbar radiculopathy” is a pain that typically radiates from the lower back. The sciatic nerve extends from the lumbar spine through the area of the buttocks, making it the largest nerve in the human body. When this nerve becomes irritated, pain ensues, and it is usually felt in the lumbar area and behind the thigh.

The pain can also radiate to the lower limbs, making it difficult to bend or walk. The most common cause of sciatica is lumbar disc herniation, but it can be caused by a back injury or disc degeneration, as well.

If you have been suffering from lower back pain, or pain that radiates down to your buttocks or even down your legs, don't hesitate to contact Santa Clarita Valley Therapy Services today. We'll provide you with the relief you need to live life comfortably once again!

Understanding Sciatica Treatments

Sciatica is diagnosed through a physical examination and an evaluation of medical history. A CT scan or MRI may also be performed, in order to locate the root cause of sciatica. According to Move Forward PT, “Conservative care like physical therapy often results in better and faster results than surgery or pain medication.” Once you are diagnosed with sciatica, a physical therapist will work with you to manage and relieve the condition. This includes:

- Reducing sciatica pain.
- Improving motion.
- Increasing strength.
- Improving flexibility.
- Educating you on how to stand, bend, and twist.
- Returning to normal activities.

Stretching and strengthening exercises are key to treating sciatica pain. Many exercises can help strengthen the spinal column and the supporting muscles, ligaments, and tendons. Most of these back exercises focus not only on the lower back, but also the abdominal (stomach) muscles, gluteus (buttock) muscles, and hip muscles.

Strong core muscles can provide pain relief because they support the spine, keeping it in alignment and facilitating movements that extend or twist the spine with less chance of injury or damage.

Stretches for sciatica are designed to target muscles that cause pain when they are tight and inflexible.

Hamstring stretching is almost always an important part of a sciatica exercise program. Most people do not stretch these muscles, which extend from the pelvis to the knee in the back of the thigh, in their daily activities. Targeted stretches can help loosen up tight muscles and improve elasticity, thus easing pain caused by sciatica.



Get Your Life Back with Santa
Clarita Valley Therapy Services!

(661) 284-1984

WHAT CAN I DO ON MY OWN?



There are some common home remedies you can try, to help ease some of your sciatica symptoms. For example, alternating with ice and heat compresses, or sleeping with a pillow between your knees can help alleviate some pain and stiffness. Sitting in a reclining chair can also help provide some relief, as it redirects the pressure from your lower back. Going for a walk or taking part in other gentle exercises can also help in getting your body moving so it doesn't become too tight.

These are some commonly used at-home treatment methods for pain management, but they unfortunately do not always work. If your home treatments are having little-to-no effect in reducing your pain and restricted motion, or if your symptoms persist for more than a week without improvement, you should seek the aid of a physical therapist. If your symptoms worsen, be sure to consult with your primary physician. Physical therapy can provide you with the treatment you need to alleviate your aches and pains.

How Do I Get Started?

If you believe you may be living with sciatica pains, contact Santa Clarita Valley Therapy Services today to schedule a consultation with one of our experienced physical therapists. We will determine your diagnosis before creating your treatment plan. The main stages of your plan will focus on pain relief, which may include

any combination of light exercises, manual therapy, ice and heat therapies, posture improvement, or any other treatment that your physical therapist deems fit.

As you progress and improve, your physical therapist will expand on your exercises and stretches by making them more intensive over time. This will help increase your overall strength and range of motion. We will spend one-on-one time with you on each visit, using hands-on techniques that get the joints, muscles, and nerves moving again. We will also design a comprehensive exercise and education program to get you back to comfortably doing what you want to do.

If you are ready to get rid of your sciatica symptoms and enjoy your daily life free of pain, contact Santa Clarita Valley Therapy Services for relief. We'll provide you with an individualized treatment plan to help you get back to your normal life as quickly as possible.

If you are suffering from pain, we want to help!

Give us a call today at (661) 284-1984 or visit SCVTherapyServices.com



FEEL BETTER BY EATING BETTER

TURKEY APPLE CHEDDAR SANDWICH

- 2 slices whole-wheat sandwich bread
- 1 tbsp mayonnaise
- 2 oz low-sodium deli turkey
- 1 oz sliced Cheddar cheese
- 4 to 6 thin apple slices

Spread mayonnaise on both slices of bread. Top with turkey, Cheddar and apple.

3 TIPS TO IMPROVE NUTRITION IN THE FALL

Harvest Your Herbs

Herbs tend to have higher levels of antioxidants and other phytonutrients than other types of vegetables. So even though we tend to eat them in relatively small quantities, herbs can add a lot of nutrition to foods.

Become A Soup Chef

Getting into the habit of making a big pot of soup every weekend is a great way to improve your nutrition all week long. If you're using a pressure cooker or slow cooker, they also need very little supervision while they are cooking.

Make A New Fermented Friend

Probiotic foods help to promote the growth of helpful bacteria in your gut. Good gut bacteria can aid in digestion, nutrient absorption, and help you maintain a healthy weight.



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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!