



Santa Clarita Valley
Therapy Services

HEALTH & WELLNESS NEWSLETTER



HOW PHYSICAL THERAPY CAN TREAT COMMON HEALTH RISKS IN PEOPLE OVER 60

Read more inside on Simple Ways To Avoid Common Health Risks,
5 Health Tips For The New Year, and Keeping Your Health In Mind!

SCVTherapyServices.com

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



HOW PHYSICAL THERAPY CAN TREAT COMMON HEALTH RISKS IN PEOPLE OVER 60

As we age, our bodies become more susceptible to certain health risks. Our bodies begin to notice the “wear and tear” that has developed throughout the years, causing us to slow down and putting us at risk for health conditions.

Luckily, physical therapy can help soothe some of the health conditions that your body may experience with age. If you are looking for pain relief, Santa Clarita Valley Therapy Services can help! Call our office today for more information.

What Should I Look Out For?

Aging can certainly seem daunting, as it brings with it a slew of possible health issues. Senior citizens account for 12% of the world's population, so it is important to know what challenges to look out for when you begin to reach age 60 and above.

Some common health issues people face as they age include:

- **Chronic disease.** The National Council on Aging states that 92% of senior citizens experience at least one chronic disease, while 77% experience at least two. The most common chronic diseases are diabetes, heart disease, cancer, and stroke.
- **Cognitive health issues.** These types of health risks impair one's memory, making it difficult to remember and recall as easily as they used to, in addition to hindering the

ability to learn new things. The most common cognitive health issue is dementia, affecting approximately 47.5 million people worldwide.

- **Physical injury.** Did you know that a senior citizen is admitted to the hospital due to a harsh fall every 15 seconds? Aging causes bones to shrink and muscles to lose their strength, making it more common for us to lose our balance and injure ourselves as we age. Harsh falls are the leading cause of injury among older adults.
- **Malnutrition.** Malnutrition in older adults is very common, but often undiagnosed. It typically stems from other health issues, such as dietary restrictions, minimal appetite from limited physical activity, or a cognitive disease causing one to forget to eat.

How Can I Avoid These?

There are some preventative measures that you can take on your own to try and avoid some of these health conditions; however, sometimes the aid of a professional becomes necessary. Physical therapy treatments are a safe, healthy, and easy way to correct some of these conditions and prevent your risk of developing them.

Give us a call today at (661) 284-1984 or visit SCVTherapyServices.com to schedule your appointment!

SIMPLE WAYS TO AVOID COMMON HEALTH RISKS

For prevention of chronic disease – obesity, poor diet, and lack of physical activity are the main culprits leading to chronic disease.

On your own, you can make it a habit of making healthy meals, making sure to add in all balanced food groups. You can also take a small portion out of your day to participate in physical activity, within reason. Even something as small as walking down the block can make a big difference.

With a physical therapist, you can work together to create a physical exercise plan, to make sure you're gaining as much physical activity as you can throughout the day. Many physical therapy practices also have nutritionists who can set up a meal plan for you, to make sure you're getting the nutrients that you need and maintaining a healthy weight.

For prevention of cognitive health issues – exercise is one of the best steps you can take in order to maintain healthy cognitive health.

On your own, you can make it a habit to exercise daily, within reason. Exercise is mentally stimulating and it helps keep you sharp!

With a physical therapist, you can work together to create a treatment plan that works for you. This will include treatment-specific exercises, aimed at increasing cognitive health, and they may be paired with strength and flexibility training to help prevent other health issues.

For prevention of physical injury – the most common cause of physical injury is weak bones, joints, and muscles.

On your own, you can try to participate in strength-training exercises to prevent bones from becoming brittle. It is also important to maintain a healthy diet, making sure you have a sufficient protein and calcium intake, in order to help with bone strength.

With a physical therapist, you can get assistance with strength and flexibility training, having your PT create a specialized plan for you. Osteoarthritis and osteoporosis are some of the leading causes of frailty. If you suffer from one of these conditions, your physical therapist can create a treatment-specific exercise plan for you. These excises will be done with your physical therapist, to make sure they are being completed correctly and safely. Your physical therapist may also suggest at-home exercises for you to do. He or she may also suggest another form of treatment, such as aquatic therapy, in order to increase muscle strength and ease discomfort.



For prevention of malnutrition – poor diet is the cause of malnutrition, but it can stem from other underlying issues.

On your own, you can try to maintain a healthier diet by making sure you get a sufficient intake of all food groups. Even small dietary changes, such as increasing your fruit and vegetable intake, and decreasing your salt and saturated fat intake can make all the difference. You can also try to make sure you eat three meals a day, even if it means creating reminders for yourself. Exercise can also help increase appetite, which can make eating a meal easier.

With a physical therapist, you can create a nutritional meal plan based on your needs. This will help you figure out exactly what you should be eating, what you should avoid, and what you may need more of. Your physical therapist may also suggest other physical treatments in order to increase appetite and/or maintain cognitive health.

If you are suffering from some of these health conditions, or you think you might be, give our team at Santa Clarita Valley Therapy Services a call today. We'll be more than happy to schedule a consultation with you and discuss how we can help treat some of these conditions. **Ageing doesn't have to be as daunting as it seems – our physical therapists can help you maintain your highest quality of life!**

Get Your Life Back with Santa Clarita Valley Therapy Services!

(661) 284-1984

5 HEALTH TIPS FOR THE NEW YEAR

- 1. Shop Well For Yourself.** It is more important than ever to stock your kitchen with healthy foods. Have healthy snacks handy. The more convenient they are, the more likely you are to eat them. Instead of thinking about what you shouldn't eat, promise to eat your 3 to 5 servings of vegetables each day.
- 2. Schedule Your Exercise.** Your schedule will be very hectic this year, like every year. Schedule your workouts just as you would any other appointment. It's okay if you can't make it to class, but make sure that you get some activity in at least three days per week.
- 3. Just Say No.** You probably aren't aware how much extra food you consume just from people offering it to you. A sample

at the market here, an extra cookie at an office party there and it all adds up. Just think twice before you take that food and decide if you really want it.

- 4. Skip the Baking.** Do you make baked goods for giving? Chances are you eat much of what you bake. Who wouldn't? Instead make non-food gifts, or prepare ingredients for baked goods and put them in pretty jars—this year, let your gift recipient bake it up. That way, they can eat it when they want it and you don't have to be tempted in the kitchen.
- 5. Hydrate.** Keep your water bottle with you at all times. You should be drinking eight, 8-ounce glasses of water each day. One handy trick is to buy a 64 ounce water jug. Fill it up in the morning and know that you need to finish it by the end of the day.



IT'S IMPORTANT NOT TO MISS YOUR APPOINTMENTS

We are here to help you enjoy your life, pain-free! To make sure of this, we ask our patients to commit to their scheduled appointments. If you are feeling sick or have to reschedule, please call in to ask for other options. Our practice is dedicated to helping our patients identify the cause of their pain and creating a custom treatment program that will allow them to return to normal activities pain-free.

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](https://www.SCVTherapyServices.com) today!