



Santa Clarita Valley  
Therapy Services

HEALTH & WELLNESS NEWSLETTER

# HOW RELIEVING BACK PAIN WITH TRACTION CAN BENEFIT YOU!

Read more inside on How Exactly Does Traction Work,  
Feel Better By Eating Better, and Wellness Reboot!

[SCVTherapyServices.com](http://SCVTherapyServices.com)

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



## HOW RELIEVING BACK PAIN WITH TRACTION CAN BENEFIT YOU!

If your back hurts, should you lie in bed or take a rest on the couch? Neither; in fact, while it might feel good to take a load off temporarily, either one of these can actually prolong or even worsen your symptoms. Lower back pain (LBP) is the most commonly reported form of pain. It is a major cause of medical expenses, work absenteeism, and disability.

According to a study conducted by the American Physical Therapy Association, one third of adults surveyed say that low back pain impacted their ability to sleep, work, or exercise. A common physical therapy treatment for relieving back pain is traction. This has proven to significantly help in getting patients back to their normal levels of function. With traction, you can find some much-needed relief and get back to comfortably living your daily life.

**For more information on how this could benefit you, contact Santa Clarita Valley Therapy Services today!**

### How Can Physical Therapy Help Back Pain?

Physical therapy is the ideal treatment for patients experiencing chronic low back pain. Unlike prescription pain medication, physical therapy does not have any unwanted side effects, does not carry the risk of dependency, and addresses a person's mobility, as well as pain reduction. One recent study published in the *Annals of Internal Medicine* also reported that physical therapy is as effective as surgery for treating low back pain conditions, without the risks or recovery time.

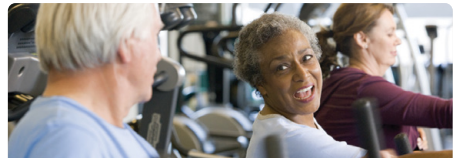
Many people already associate physical therapy with movement, balance and mobility, but few understand the role physical therapy can have in pain relief. Therapies such as traction play a big role in physical therapy's ability to relieve a patient's pain. When combined with other physical therapy modalities, traction

is actually more effective than pain medications in providing long-term relief.

Traction is a form of decompression therapy that we are happy to offer at our physical therapy practice. It relieves pressure on the spine and alleviates pain from joints, sprains, and spasms. It can also treat herniated discs, sciatica, degenerative disc disease, pinched nerves, and many other back conditions. Traction is performed by skilled physical therapists and/or the use of mechanical units.

### The Different Types Of Traction Include:

- **Mechanical Traction.** The specialized treatment technique of mechanical traction uses devices that work by stretching the spinal vertebrae and muscles.
- **Manual Traction.** With manual traction, our physical therapists use their hands to stretch the spinal vertebrae and muscles.



**Get Your Life Back with Santa Clarita Valley Therapy Services!**

**(661) 284-1984**



## SO, HOW EXACTLY DOES TRACTION WORK?

Traction relieves pressure on the spine and alleviates pain. Cervical traction and lumbar traction are similar, but they have a couple of key differences: with cervical traction, a gentle force is used to stretch or pull the head away from the neck. With lumbar traction, a gentle force is used to gently gap the pelvis from the lower back. Both of these methods are useful in manipulating the spine and providing relief.

### How Can I Add Traction To My Treatment Plan?

For low back pain sufferers, one key element to relief is traction. Combining this method of treatment with additional pain relief modalities is the most effective way to treat low back pain, rather than mask it with pain relievers or muscle relaxers.

If your back has been bothering you, don't hesitate to schedule a consultation with Santa Clarita Valley Therapy Services today to

discuss how we can add traction to your treatment plan. One of our highly trained physical therapists will design a personalized treatment plan for your specific needs. Don't live with lower back pain - traction can help get you moving.

Sources:

<https://annals.org/aim/article-abstract/1877039/low-back-pain>

<https://www.apta.org/PTinMotion/News/2018/03/30/LancetLBP/>

Get Your Life Back with Santa  
Clarita Valley Therapy Services!

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## FEEL BETTER BY EATING BETTER

### VEGAN PEANUT BUTTER COOKIES

- 1 cup creamy natural peanut butter
- 1/2 cup maple syrup, or honey
- 1 teaspoon vanilla
- 1 cup almond flour
- flaked sea salt for topping, if desired

Preheat oven to 350 degrees F and line a baking sheet with parchment paper. Add peanut butter, maple syrup and vanilla into a mixing bowl. Once combined, add in almond flour and stir until incorporated. Use a medium cookie scoop to scoop dough onto prepared baking sheet. Alternatively, you can scoop dough with a spoon and roll it into a ball. Flatten each dough ball with a fork, making a crisscross pattern and sprinkle a little flaked sea salt on top of each cookie, if using. Bake in a preheated oven for about 12 minutes or until cookies begin to brown. Remove from oven, allow cookies to cool on a wire rack and enjoy.

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

# WELLNESS REBOOT:

## CHANGING AND CHALLENGING YOUR ROUTINE TO BUILD A HEALTHIER LIFE.

Every new year, we set goals and have a hard time sticking to them. This January, invest in yourself and join our 8-week Wellness Reboot. The Wellness Reboot is designed to help you achieve your goals and maintain a healthy lifestyle. This group, both in-person and virtual, will focus on your ability to make healthy changes to your life. We will talk about healthy eating, working out, managing stress, and getting better sleep. If you have been trying to lose weight, have been more stressed, anxious, or depressed, or want to fine tune your best life, join us!

As an added bonus, each week we will have a fun way to move your body and be active. Think hiking in the sunshine, dancing away your stress, learning exercises to do in the gym, or finding a meditative state in yoga. Each activity is designed to help you achieve your goals.

Please contact [info@SCVTherapyServices.com](mailto:info@SCVTherapyServices.com) or ask for Erin by calling 661-284-1984 or in-person at the clinic.



**Who:** An individual looking to lose weight, manage stress, sleep better, or work on fitness

**When:** January 3 - February 26th

**Cost:** \$500 for an 8 week program



## 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](http://SCVTherapyServices.com) today!