



Santa Clarita Valley  
Therapy Services

HEALTH & WELLNESS NEWSLETTER



# DON'T IGNORE YOUR BACK PAIN

Read more inside on Physical Therapy Is An Effective Solution For Your Back Pain,  
Feel Better By Eating Better, and Introducing HydroWorx Aquatic Therapy!

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

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



## DON'T IGNORE YOUR BACK PAIN

Lower back pain affects up to 80% of all people, and it is the leading cause of disability around the world. The back is solid, and at the same time, one of the most vulnerable parts of the body. You rely on it so heavily — whether to shoulder your emotional stresses or physically lift something you need to carry with you.

There is nothing you can do without using your back. Whether you are sitting, standing, lying, or moving, your spine is involved. One of the leading causes of lower back pain is prolonged sitting. Often the cause of your pain is inactivity, not a specific traumatic event.

It can be frustrating to worry that your back is constantly at risk. At times a minor event causes the most severe episode of back pain. Events like driving, sitting at a desk, or watching TV at night are all common everyday activities that lead to an episode of lower back pain. For some, it is a more significant event like a car accident, a lifting incident, or an injury playing sports. Regardless of the intensity of the activity, lower back pain seems to be waiting to happen.

*It is no wonder that so many people experience back pain every year. Even more mysterious is why so many ignore their back injuries year after year!*

When you break an arm or get a cut on your leg, you are likely to do something about it right away. Yet when pain begins in the back, people often wait to see what happens instead of finding a physical therapist to guide them to relief and proper management for the future.

For many people, physical therapy can help resolve back pain — often within just a few weeks. Even if you've suffered for months with lower back pain, there's still hope.

## Understanding Back Pain

Back pain may be common, but it is not normal. There are many different reasons you may be experiencing back pain, and ignoring any of them is not a good idea.

Although most people recover within 2-4 weeks, some people who, when left untreated, experience lower back for months leading to long-term pain and dysfunction.

***Some of the most common issues associated with back pain include:***

- Improper posture or prolonged positions (i.e., prolonged sitting)
- Spinal muscle and tissue damage (i.e., lifting strains or trauma from accidents)
- Limited hip, spine, and pelvis mobility
- Limited muscle flexibility
- Spinal/pelvic muscle weaknesses (aka “core” weakness)

The source of acute pain comes from injury or irritation of the muscles, joints (including the intervertebral discs and facet joints), nerves or surrounding ligaments, and other soft tissue. Chronic back pain (i.e., lasting more than three months) is associated with older individuals and women. Chronic pain is also more common with overweight or obese people, sedentary lifestyles, and/or high-stress environments.

Find a physical therapist to give you clear, consistent, and personalized information on your prognosis, treatment options, and self-management strategies. Your therapist will provide you with the most up-to-date methods and ongoing support, ensuring that you do not experience any further injury as you recover from your back pain.

# PHYSICAL THERAPY IS AN EFFECTIVE SOLUTION FOR YOUR BACK PAIN



Your physical therapist will identify why you are having pain and the best treatment options your body needs. ***This will likely include the following:***

- Targeted exercises that are specialized to the region of the back that is experiencing the most pain. These exercises help build strength and support the surrounding muscles.
- Guided stretching to improve your range of motion and alleviate your pain. The goal is to support optimal back health.
- Support and guidance with creating routines and habits for managing the current and preventing a future episode of lower back pain. These habits may include stress reduction strategies, cardiovascular activities, and strength-building activities.

Lower back pain can hinder your ability to reach, lean, kneel, lift or bend. It can also affect your time spent with friends and family. The good news is that with guidance from your physical therapist, you can find solutions and get back to living the life you enjoy!

## Call Our Clinic Today

When you experience an injury to your back, even if you're unsure how it occurred, it is important to find out the cause as quickly as possible.

Back pain can become chronic without proper guidance from a skilled physical therapist!

Working with a physical therapist can help you identify the source of your back pain and help you get started with putting an end to your back pain once and for all.

## Call today to make an appointment!

### Source

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7186678/>

<https://www.sciencedirect.com/science/article/pii/S1836955319300578>

<https://doi.org/10.1186/s12891-019-2594-0>

<https://doi.org/10.1186/s12891-019-2477-4>

<https://pubmed.ncbi.nlm.nih.gov/30252425/>

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<https://pubmed.ncbi.nlm.nih.gov/27285608/>

Get Your Life Back with Santa Clarita Valley Therapy Services!

(661) 284-1984



## FEEL BETTER BY EATING BETTER

### EASY ROASTED VEGETABLES

- 3/4 lb. Brussels sprouts, trimmed and halved
- 2 large carrots, peeled and sliced into 1/2"
- 2 tsp. extra-virgin olive oil
- 1 tbsp. balsamic vinegar
- 1 tsp. chopped rosemary leaves
- 1 tsp. chopped thyme leaves
- Kosher salt
- Freshly ground black pepper
- 1/2 c. toasted pecans
- 1/2 c. dried cranberries

Preheat oven to 400°. Scatter vegetables on a large baking sheet. Toss with oil, balsamic vinegar, rosemary, and thyme. Season with salt and pepper. Bake for 20 to 25 minutes, until the vegetables are tender, shaking the pan halfway through. Before serving, toss roasted vegetables with pecans and cranberries.

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!

# INTRODUCING HYDROWORX AQUATIC THERAPY

We at Santa Clarita Valley Therapy Services are bringing you the most advanced aquatic therapy. The HydroWorx Series harnesses the power of water for everyone from physical therapy patients to professional athletes.

*The revolutionary therapy pool can provide truly amazing results for patients who are suffering from a wide range of diseases, injuries and conditions including:*

- Orthopedic and post-surgical rehab
- Traumatic brain injury
- Spinal cord injury
- Chronic pain
- Arthritis
- Stroke
- Cerebral palsy

Aquatic therapy helps patients and athletes start rehabilitation much sooner because water provides a non-weight bearing environment.

The HydroWorx opens a world of possibilities to patients who are unable to do traditional, land-based therapy. The buoyancy of the water supports the body. It provides low or no impact resistance that helps patients improve mobility, strength and function more rapidly than with traditional therapy alone.

**Come see for yourself how Santa Clarita Valley Therapy Services' HydroWorx Aquatic Therapy Pool uses the power of water to bring the most advanced aquatic therapy to you!**



## 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!