



Santa Clarita Valley
Therapy Services

HEALTH & WELLNESS NEWSLETTER



NECK PAIN, NO LONGER! FIND THE RELIEF YOU NEED

Read more inside on How Physical Therapy Can Help You Find Relief,
Exercises To Do Indoors, and How We're Keeping Your Health In Mind!

SCVTherapyServices.com

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



NECK PAIN, NO LONGER! FIND THE RELIEF YOU NEED

Do you struggle to turn your neck while driving? Are you finding it difficult to get through the day without stiffness and pain in your neck? Physical therapy at Santa Clarita Valley Therapy Services can help you find the relief you're searching for!

Neck pain can be both debilitating and scary to live with. When you experience an injury that leaves your neck in severe pain, the thought of not being able to turn your head freely is overwhelmingly stressful. What's more, the pain from no apparent reason can be even more challenging to know what to do.

There are a lot of different ways that you can relieve neck pain. Our team of therapists is focused on finding the best treatment for your personal needs. Call our clinic today to learn how to help you keep living the kind of life you want with less pain and movement restrictions.

What Is Causing Your Neck Pain?

Neck pain that is the result of a sudden trauma is also known as whiplash. In most traumatic events, it is difficult to isolate a particular tissue causing the pain, and most likely, all the tissues in the neck are affected.

Identifying the cause of neck pain can be tricky because several factors contribute. The most commonly reported risk factor is working in awkward or sustained posture (i.e., sitting at a computer or working at a desk that's too low). These sustained postures or awkward positions strain the muscles that are supporting the neck.

Sleeping in an awkward position can also lead to neck pain.

If the head is held at a bad angle or twists wrong during the night, a stiff neck might be present in the morning. These awkward postures can affect the joints themselves, so the movements are limited and/or painful. Joint pain can come from the cartilage, ligaments, and the disc.

Turning the head repetitively, such as side to side while dancing or swimming, may overuse the neck's muscles, tendons, and ligaments. Sometimes, neck pain develops after a particular injury, such as a car accident or even a result of a slip and fall. When this happens, your pain could be a result of a muscle strain or a ligament sprain.

What Are The Most Common Symptoms?

It is important to note that pain is not the only symptom associated with neck dysfunction. It is also very common to have stiffness, a "crick" in the neck, tightness in the muscles of the upper back and shoulders, and even headaches from neck dysfunction.

The stiffness or range of motion impairments often come from the joint itself or the muscles surrounding it. When you experience pain turning or side-bending to the same side as the pain, you are likely dealing with a joint issue. When you turn or side bend away from the side, you have pain, which typically means you have a muscle problem. Your therapist can determine what is the likely cause of your problem and prescribe stretches to resolve it.

Give us a call today at (661) 284-1984 or visit [SCVTherapyServices.com](https://www.scvtherapyservices.com) to schedule your appointment!



HOW PHYSICAL THERAPY CAN HELP YOU FIND RELIEF

Physical therapists can target your pain's source by examining your symptoms. Then, they can offer exercises that stretch and/or relax your neck muscles. Manual techniques, like Myofascial release, are used to alleviate your pain and allow you to tolerate stretching. A custom-tailored program of neck exercises will assure your neck stays loose, limber, and healthy.

Your physical therapist can also teach you how to arrange your working environment ergonomically and recommend various postural changes. When standing and sitting, be sure your shoulders are in a straight line over your hips and your ears are directly over your shoulders. Adjust your desk, chair and computer so that the monitor is at eye level. Knees should be slightly lower than hips. Use your chair's armrests. Avoid tucking the phone between your ear and shoulder when you talk. Use a headset or speakerphone instead.

Physical Therapy Is An Effective Solution For Neck Pain!

Physical therapy treatments for neck pain include manual therapy, joint mobilization manipulation, exercise instruction, education, and techniques like the McKenzie Method and Therapeutic Yoga. These have all been proven to help alleviate pain and restore function.

Physical therapists assess your particular condition to identify the contributing factors and address all of them. Your therapist is skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

Call Santa Clarita Valley Therapy Services Today!

If you're dealing with neck pain, we can help! Call our office today, and schedule an assessment. No matter what the cause of your neck pain, we have solutions for you! We'll work side by side with your goals, creating the proactive, effective programs you need to achieve mobility once more. We offer the results you are looking for!

Source

<https://pubmed.ncbi.nlm.nih.gov/29197234/>

<https://pubmed.ncbi.nlm.nih.gov/31133629/>

<https://pubmed.ncbi.nlm.nih.gov/32317109/>

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**If You Are Suffering From Pain,
We Want To Help!**

Give us a call today at (661) 284-1984 or visit
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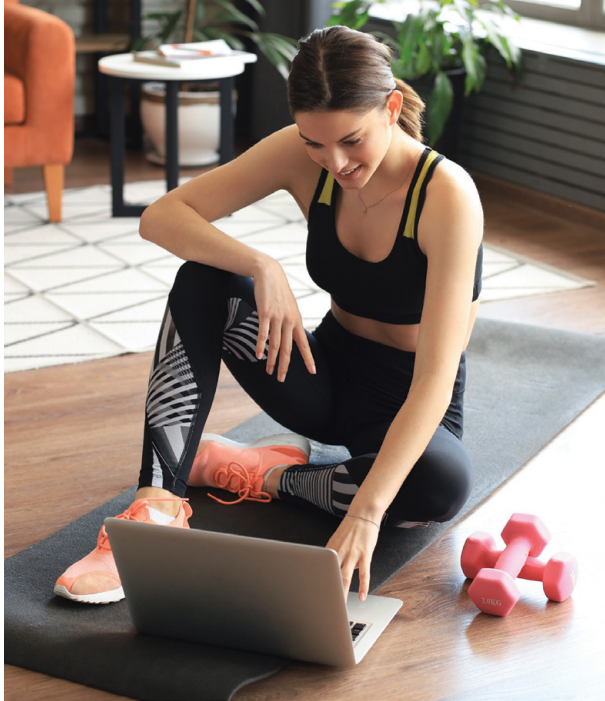
EXERCISES TO DO INDOORS

Yoga. Yoga provides relaxing physical activity all year long and can easily be done in your bedroom, living room or just about anywhere in the house. You can even use yoga first thing in the morning to wake up slowly and get your body warmed up for the day.

Running alternatives. If you love cardio, you probably don't want to give up that runner's high, but you might not want to commit to a full run either. Get your heart pumping indoors with cardio exercises you can do at home, such as:

- Climbing stairs
- Burpees
- Jumping jacks
- Jump rope
- Mountain climbers
- High knees

You can keep exercising all year—no matter the conditions. It might take you a few tries to find an indoor workout you love, but don't give up; you might just find your new favorite activity.



Call today at (661) 284-1984 to start enjoying what you love, free from pain



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 today!