



Santa Clarita Valley  
Therapy Services

HEALTH & WELLNESS NEWSLETTER

A photograph showing a physical therapist in blue scrubs examining a patient's arm. The patient is sitting on a table, and the therapist is leaning over him, focusing on his elbow. The background is a clean, clinical setting with some framed pictures on the wall.

# DETERMINING THE ORIGINS OF YOUR PAIN

Read more inside on How Physical Therapy Can Help You Find Relief,  
Feel Better By Eating Better, and 7 Tips to Become a Better Hiker!

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

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



## DETERMINING THE ORIGINS OF YOUR PAIN

Have you been struggling with pain and aren't even sure how it started? Have you gotten advice that doesn't seem to help your pain? Physical therapists are trained in identifying and treating the source of your pain, allowing you to shift away from using pain medication to treat the symptoms.

Different types of pain can tell you about your body and overall health. Sometimes, pain in your arm or your leg may have little to nothing to do with an actual issue in your arm or leg. Physical therapists are specialists in identifying the causes of pain.

A physical therapist knows how the body's systems work. This understanding makes it possible to identify the potential causes of pain, even if the pain is manifesting itself in an unusual or seemingly inexplicable way.

Whether you are suffering from pain in your head, back, neck, or anywhere else in your body, working with a physical therapist can help you find the relief you are looking for.

**Call Santa Clarita Valley Therapy Services today and set up an appointment with our highly trained physical therapists!**

### Understanding Your Pain

Sometimes pain develops at the exact moment you are doing something, and you can quickly identify the cause. A new pair of shoes may cause pain in your feet while walking, or your back starts hurting when you lift something heavy. But there are other situations

in which pain develops, and the cause of the pain is unclear. No matter what the scenario is, your physical therapist can help you.

When you meet with a physical therapist to determine where your pain may be coming from, the first thing you'll do is have a conversation about it. *Your therapist will likely want to know:*

- How long you've been experiencing your symptoms
- Where it developed and where it is currently
- What makes your pain better and what makes it worse
- Consider whether or not your pain only happens at particular times of the day or year

These distinctions can help shed some light on what may be causing your discomfort and direct the type of intervention you will need to resolve your problem. Our physical therapist will interpret what you tell them into what the body is trying to say to you!

Regardless of where your pain is, how long you've been dealing with it, or how intense the pain feels, the intelligent thing to do when pain develops is to speak with a physical therapist. Working with a physical therapist can help you finally get a step ahead of your pain, finding treatment options that are designed to provide you with long-term relief instead of temporary relief from medication.

Call us today at **(661) 284-1984** or visit **SCVTherapyServices.com** to schedule your next appointment!

# HOW PHYSICAL THERAPY CAN HELP YOU FIND RELIEF

Identifying the root cause of your pain can be difficult, which makes it challenging to treat. Your therapists will determine and categorize your condition through a series of targeted questions, mobility tests, strength tests, and movement screens. This comprehensive assessment allows the therapist to establish what the likely source of your pain is and exactly how to resolve it.

Every sensation you experience is associated with different types of problems, so describing your experience of pain may help determine the best treatment methods for your body's needs. Our therapists will focus on providing the most effective strategy for relief. This systematic approach allows the therapist also to outline your path to recovery in a predictable way.

The main emphasis of physical therapy is education about the likely source of your pain and instruction on effective techniques for relief. *Our goals include:*

- Reduce pain quickly through targeted movements/stretchers
- Strengthening exercises to address weak muscles contributing to your pain
- Return to normal functioning in daily activities
- Education on how to avoid recurring pain (avoid painful postures and movements)

**We focus on doing what helps you feel better and move better!**

## Call And Make An Appointment Today

Our physical therapists use a systematic approach to pain. They will provide you with targeted exercises and techniques that promote your independence in taking care of your pain now and in the future.

Call Santa Clarita Valley Therapy Services today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes!

Sources:  
<https://onlinelibrary.wiley.com/doi/10.1111/1475-6773.12984>  
[https://link.springer.com/chapter/10.1007/978-3-030-39982-5\\_17](https://link.springer.com/chapter/10.1007/978-3-030-39982-5_17)



## FEEL BETTER BY EATING BETTER

### KACHUMBER SALAD (INDIAN SALAD)

- 1 small onion finely chopped
- 2 medium tomatoes chopped small
- 1 large cucumber chopped small
- 4-5 red radishes chopped small (optional)
- 1 green chili finely chopped
- 1/4 cup packed chopped cilantro
- 1/4 tsp or more salt
- 1/4 tsp or more freshly ground black pepper
- 1/4 tsp or more cayenne pure red chili powder
- 1 tsp or more freshly squeezed lime or lemon juice

Chop the onions, tomatoes, cucumbers, radishes, wash and drain well then add to a bowl. Add the veggies and the rest of the ingredients to a bowl. Taste and adjust salt and heat. Serve.

<https://www.veganricha.com/kachumber-salad-cucumber-tomato-onion-salad-recipe/>



**Let's Get You Better ASAP!**

Scan the QR code to visit  
[SCVTherapyServices.com](https://www.scvtherapyservices.com) to schedule  
your next appointment now!

# 7 TIPS TO BECOME A BETTER HIKER

## 1. Just do it!

Each hike will make you better, so by simply getting out and doing it you will improve with every trip! You will learn how your body works, what trails are right for you, and what kind of gear best complements your hikes.

## 2. Take time to enjoy the view.

Hiking is all about being active but don't rush through your journey without stopping to take it all in! Nature is a truly magical thing; it can relieve stress, calm the noise in one's mind, and remind us all of the infinite beauty of the outdoors.

## 3. Don't push yourself past your limits.

Challenging yourself is great but when it comes to hiking slow and steady wins the race. The outdoors (especially when alone) are not the place to test your athleticism. Train ahead of time if you are attempting a challenging trail and make sure to hydrate before, during and after your trip. Exercises like yoga will help you with coordination, balance and strength, while cardio training will improve your endurance.

## 4. Don't dress to impress.

Hiking is not the time to be a fashionista. Good shoes/boots are a must. Dress for changeable weather, in layers.

## 5. Keep the trails clean.

Bring out everything you bring in. Think of those that came before you as well as those that will come after you. Bring ziplock bags to store your trash and pick up trash thoughtlessly left by others.



## 6. Get an early start and plan your time wisely.

When it comes to hiking, you never really know what could happen. A trail could be blocked off or weather could influence the accessibility of a certain area. By starting your trek early, you will ensure that you reach your goal by a reasonable hour and get back to the bottom before nightfall. Having a plan will make your hike safe and enjoyable.

## 7. Learn to hike without electronics.

Technology is an awesome thing, but we should not rely on it exclusively. Losing service, a dead battery, or an accidental break may leave you helpless and literally lost. Learning how to use compasses, maps, and trail markers will give you resources that are always reliable.

Source: <https://www.adironondack.net/whatsnew/2014/05/tips-to-become-a-better-hiker/>



## 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



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!