



Santa Clarita Valley
Therapy Services

HEALTH & WELLNESS NEWSLETTER



HOW STRENGTHENING HELPS BACK AND NECK PAIN

Read more inside on How Physical Therapy Can Help You Strengthen Your Back And Neck Muscles and Your Health Is Your Most Important Investment!

SCVTherapyServices.com

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



HOW STRENGTHENING HELPS BACK AND NECK PAIN

Have you been told that strengthening will help your back or neck pain but aren't sure how it could? At Santa Clarita Valley Therapy Services, our highly trained physical therapists will explain not only why strengthening is important but precisely what exercises are most effective at addressing your specific weaknesses.

Back and neck pain are two of the most common issues that American adults say affect their everyday routines. In addition, they are also two of the leading reasons people seek medical intervention, and two of the most common causes people have to miss work.

While these may feel like two separate issues, it is somewhat expected that neck and back pain are related. In both cases, weakness may be contributing to the problem, and strengthening is part of the solution for lasting relief.

Call Santa Clarita Valley Therapy Services today to make an appointment. With guidance from our physical therapists, you will learn what exercises will address your weaknesses and provide solutions to your back or neck pain!

How Muscles Affect Neck Pain

There are many reasons why neck pain may develop, including everything from sudden incidents like a car accident or a slip-and-fall injury, to more chronic issues, such as regularly hunching over a desk at work with poor posture.

The majority of the time, neck pain starts as a seemingly small concern. Pain that develops due to a soft tissue sprain/strain or changes to the joint itself. Prolonged sitting can lead to a forward head position resulting in tension to soft tissue (i.e., muscles, tendons, and ligaments).

Our neck muscles function at their best when we move them.

So holding our heads in one position leads to irritation of the muscles and affects your ability to move your head and neck. It also is what starts the cycle of chronic pain.

Learning to strengthen the upper back and neck muscles helps alleviate the pressure and simultaneously makes it easier to hold your head with proper posture. Working with a physical therapist to address neck pain is a wise decision!

How Muscles Affect Back Pain

Back pain impacts more than 80% of the population, and many deal with that pain long-term. One of the biggest problems with back pain is that it is difficult to work around it once it develops. Many people begin to modify their movements and, as a result, put more pressure on their muscles which eventually just leads to more back pain.

In the lower back, the muscles that support the spine are often called the "core." When thinking of the core, think of an apple core...it goes all the way around. *So the core muscles of the spine include:*

- The abdominal muscles.
- The lower back muscles.
- Your buttock muscles.
- The muscles of the hips and pelvis.

Physical therapy can address back pain by helping to improve your spinal mobility and strengthen the muscles in your back and surrounding areas. Using targeted massage to reduce tension in the muscles makes your muscles more likely to respond to strengthening exercises.

In many situations, working with a physical therapist to improve core strength can significantly reduce the severity of your back pain.

HOW PHYSICAL THERAPY CAN HELP YOU STRENGTHEN YOUR BACK AND NECK MUSCLES

Our physical therapists perform thorough physical examinations to identify the source of your pain. We use this information to provide you with a comprehensive program tailored to your specific needs.

There are many reasons to improve the strength of the muscles that support the neck and back. When you improve your strength, you are likely to improve your posture and thereby reduce your risk of developing further back or neck pain.

Furthermore, the exercise that helps improve your strength often helps reduce the stress on the spine joints.

If you haven't spent much time building strength in the past, working with a physical therapist is a great place to start. Your physical therapist will guide you through proper postures and strength training exercises to reduce further risk of injury.

Contact Our Clinic Today

You deserve to feel your best. Call Santa Clarita Valley Therapy Services today to discover how to help relieve your pain quickly and improve your strength to prevent future pain from hindering your daily activities.

Sources:
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Get Your Life Back with Santa Clarita Valley Therapy Services!

(661) 284-1984



FEEL BETTER BY EATING BETTER TRADITIONAL CREPES RECIPE

- 2 eggs
- 1 cup milk
- 2/3 cup all-purpose flour
- 1 pinch salt
- 1 1/2 teaspoons vegetable oil

In a blender combine eggs, milk, flour, salt and oil. Process until smooth. Cover and refrigerate 1 hour.

Heat a skillet over medium-high heat and brush with oil. Pour 1/4 cup of crepe batter into pan, tilting to completely coat the surface of the pan. Cook 2 to 5 minutes, turning once, until golden. Repeat with remaining batter. Garnish with fresh fruit of your choice.

YOUR HEALTH IS YOUR MOST IMPORTANT INVESTMENT

Your health is your greatest asset; it impacts every aspect of your life. We sometimes take our good health for granted until we get sick or become injured or make unhealthy choices for the sake of convenience. Maybe we even ignore painful injuries, citing that we don't have the time or money to treat them.

The truth is, your health is an investment. **Ignoring painful injuries or conditions or making unhealthy choices that seem like the "easiest" option will only hurt us in the long run and result in much more money and time spent.**

You should never put off treating your pain.

This could result in long-term problems that may require surgery or expensive treatments down the road. On the other hand, physical therapy is an affordable option that can help treat your pain before it accelerates to the point of no return.



Not only can a physical therapist treat your pain, but they can also make recommendations on how you can live a healthier lifestyle. If you struggle with your diet, they can provide you with nutritional guidance. If you have trouble exercising, a therapist can help motivate you to get active and prescribe you a series of personalized exercises to help combat your pain and improve your overall health.

You will be treated with compassion, empathy, and patience at our physical therapy clinic. We can get to the root cause of your pain and treat your symptoms at their source.

You don't have to live with pain, especially not when accessible and affordable treatment options exist in physical therapy. **It's time to start prioritizing the most important thing in your life—your health.** Give us a call today to unlock the relief and guidance you deserve.



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