



Santa Clarita Valley
Therapy Services

HEALTH & WELLNESS NEWSLETTER

HOW PHYSICAL THERAPY HELPS HIP & KNEE PAIN

Read more inside on Effective Solutions for Your Knees & Hips
and 5 Easy Fall Fitness Tips!

SCVTherapyServices.com

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



HOW PHYSICAL THERAPY HELPS HIP & KNEE PAIN

Do you find it difficult to walk, run, or exercise? Are you experiencing sharp pains in your hips and knees that make daily tasks difficult? At Santa Clarita Valley Therapy Services, our team of physical therapists is dedicated to helping you find solutions that work!

Hip and knee pain can significantly hinder your daily life. Your ability to walk, get up and down from a chair, and get in and out of cars depend on how well your hips and knees function. When any aspect of mobility, strength, balance, and/or coordination becomes abnormal, it causes strains to the joints, leading to pain in the hips and knees.

At Santa Clarita Valley Therapy Services, our physical therapists can teach you how to identify limitations in your hips and knees and bring you relief before it becomes a significant problem! **Call today to make an appointment.**

Identifying The Source Of Your Hip & Knee Pain

The source of hip and knee pain can come from a variety of things. Limitations are often the result of an injury or impairment to the joints and muscles surrounding the joints. When the joints and muscles aren't functioning correctly, it will affect how you use them, leading to a cycle of pain and inactivity. *While many causes of pain exist, the most common are:*

- Arthritis
- Tendonitis
- Sprains and strains (i.e., injuries to muscles and ligaments)
- Cartilage injuries

Hip pain is typically caused by injury or strain to the joint or

surrounding soft tissue. Pain inside your hip or groin area is generally associated with a joint issue. Pain on the outer aspect of your hip, in your upper thigh, or buttock region, is often associated with the muscles.

Knee pain that is felt in the inner aspect of the knee is often due to knee joint injury or degeneration. When the cartilage breaks down, we often feel an ache or even pain in the inner aspect of the knee. Pain on the outside and/or top of the knee cap is usually due to muscular imbalances.

If you're experiencing pain, pinpointing the exact spot can help you determine the cause.

- **Arthritis:** Joint injury and being overweight during early adulthood are signs of a trajectory towards symptomatic osteoarthritis later in life.
- **Tendonitis:** Repetitive stress and overuse type injuries are more common with tendon-related pains.
- **Sprains/Strains or Cartilage Injuries:** These conditions are more commonly associated with slips, falls, and sports injuries.

While some causes are more severe than others, a physical therapist can identify what is causing your pain and help clarify what your next steps should be.

Get Your Life Back with Santa
Clarita Valley Therapy Services!
(661) 284-1984

Stop letting pain get in the way. Give us a call at (661) 284-1984 or visit SCVTherapyServices.com today!



EFFECTIVE SOLUTIONS FOR YOUR KNEES & HIPS

Our licensed physical therapists are movement experts. They will analyze your joints, muscles, balance, and how you walk to determine any abnormalities. By pinpointing the exact areas of your body that are not moving as they should, they can create a treatment plan to improve your strength, coordination, and overall mobility.

Restoring normal motion is crucial to alleviating pain and participating in the activities you love safely. With our motion analysis, strength testing, coordination testing, we can spot your muscles and joints that need treatment.

Your therapist will design a program to restore lost motion, build your strength and teach you strategies for reducing pain and increasing your activity level. Your treatment plan will be individualized, based on your specific needs, to help you reach your optimum function with the least amount of effort. Our dedicated team can help you walk, run, and play better.

What To Expect In Physical Therapy

If you are suffering from knee or hip pain, it is essential to make sure you contact a physical therapist as soon as possible. We will assess your particular issues and identify restrictions and limitations affecting your function. Our team of physical therapists will use this information to design a program that helps you increase your mobility, strength, and function.

Physical therapists are skilled at hands-on intervention and selection for the most comprehensive and appropriate

intervention to help you resolve your pain and/or restore your function. Education, exercise, and balance/coordination drills are cornerstones of a successful outcome.

From start to finish, we're dedicated to your ongoing well-being. Your therapist can help you reclaim a healthy lifestyle!

Contact Us Today

If you are suffering from hip and/or knee pain that is affecting your ability to walk, run or exercise, don't hesitate to contact Santa Clarita Valley Therapy Services to schedule an appointment.

We offer the results you are looking for!

Sources:
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5 EASY FALL FITNESS TIPS

1. Adjust your body temperature.

Hop into a cold shower before your workout. Studies show that a pre-exercise cool down improves performance in the heat — probably because it lowers your heart rate as well as core and skin temperatures.

2. Get the dirt.

Try to walk, run, or cycle on dirt or gravel paths, since asphalt and concrete tend to radiate heat and reflect the sun's rays, making you feel hotter. Live near water? Take advantage of the breeze on even steamy days; if possible, start out with the wind at your back, so when you're finishing you'll be running into a headwind, which feels cooler.

3. Cool down with essential oils.

Dabbing a few drops of peppermint or eucalyptus oil on the back of your neck and at your temples just before your workout provides a cooling effect and also opens up your nasal passages, so you can breathe a little easier when the air is humid.

4. Summarize your intervals.

To keep your fitness level up, do your regular cardio at a slightly slower pace, but add in 30-second speed bursts every three to five minutes. You'll maintain your conditioning and burn more calories without having to go all-out the entire time.



5. Refuel with fruit.

They're more than 80 percent water, so fruits such as grapes, watermelon, cantaloupe, and honeydew are a tasty way to replenish fluids and boost your energy post-workout. Keep them frozen or grind them into a smoothie for a refreshing treat!

Put the cool factor back into your workout routine with these tricks this summer! Always remember to stay hydrated and listen to your body to avoid dehydration or stressing any muscles.



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!