



Santa Clarita Valley
Therapy Services

HEALTH & WELLNESS NEWSLETTER



HOW PHYSICAL THERAPY HELPS PREVENT INJURIES

Read more inside on How Physical Therapy Helps Prevent Injuries
and 5 Ways To Invest In Your Health Today!

SCVTherapyServices.com

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



HOW PHYSICAL THERAPY HELPS PREVENT INJURIES

Do you have nagging injuries that just don't seem to go away? Have you ever wondered what you can do to prevent injuries? At Santa Clarita Valley Therapy Services, our skilled therapists are experts at identifying the steps you need to take to resolve your injuries and prevent them in the future!

Perhaps the most common injury that people endure from physical activity is an overall feeling of soreness caused by overusing the muscles, tendons, and ligaments. This typically occurs when completing an exercise that the body is not used to or exercising after a prolonged rest period. The soreness usually goes away on its own, but the severity of the damage determines how long the body will need to recover.

At Santa Clarita Valley Therapy Services, our licensed physical therapists can guide you through proper stretches, movements, and exercises to recover from and prevent future injuries from occurring.

How To Tell Injury From Normal Aches & Pains

There are obvious signs of significant injuries like bruising, swelling, deformity, and severe pain, but it can sometimes be confusing to tell if you are just a little sore or have injured yourself. Many injuries occur due to improper techniques or overexerting your body. Fortunately, physical therapists are trained at identifying and treating musculoskeletal injuries.

Some of the most commonly sustained injuries include sprains and strains. *Many people think sprains and strains are the same things, but they describe damage to different tissues.*

- Sprains occur when a ligament is stretched beyond its limits or torn.
- Strains occur when a tendon is stretched beyond its limits or torn.

Tendons are tissues that connect muscles to bones, and ligaments are tissues that connect bones to the bone.

Sprains and strains can vary from mild to severe, and even mild ones may take weeks to heal. If they are more severe, braces or surgery may be necessary. It is important to note that it is in your best interest to have a physical therapist make sure a sprain or strain is fully healed before returning to your normal level of physical activity.

**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](https://www.scvtherapyservices.com) today!



HOW PHYSICAL THERAPY HELPS PREVENT INJURIES

Your physical therapist will conduct a physical evaluation to determine the severity of your sprain or strain injury. Through a thorough assessment, your therapist will be able to pinpoint precisely what is causing your pain. We will provide constant feedback and allow refinement of your program to ensure it provides optimal results.

In addition, your therapist will instruct you on the most effective injury prevention strategies, including:

1. **Sleep** is the most effective strategy with the most significant effect on injury prevention and sports enhancement...8-10 hours per night.
2. **Strength training** is one of the most effective injury prevention strategies to help stay injury-free.
3. **Dynamic warm-ups** (i.e., foam rolling, stretching, and sports-specific movements) are an effective way to warm up tissue without negatively affecting performance and may lead to fewer injuries.
4. **Nutrition** is the foundation for good health and injury prevention. Specifically, a scientifically-backed approach that does not include any fad diets. Recovery meals are as crucial as pre-game meals.
5. **Hydration** is essential for recovery and injury prevention.
6. **Stay within your abilities.** It is vital to train and practice any physical activity by starting small and building up from there.
7. **Use the proper equipment.** Make sure you have the right equipment, for example, running shoes, hiking boots, helmets, and pads. The right equipment can help you avoid injury and stay safe while doing the activities you enjoy.

What To Expect In Physical Therapy

Our physical therapists evaluate and treat all types of sprains and strains related to an injury, disease, or unhealthy lifestyle. Our team is composed of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way.

We play a leading role in preventing, reversing, and managing injuries that are old and new. Every program is designed based on your individual needs. We use objective measurements to determine the severity of your injuries and build your program accordingly.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and prevent future injuries from occurring.

Contact Us Today

If you are suffering from aches and pains, you think you may have sustained an injury, or you'd like to learn more about injury prevention, contact Santa Clarita Valley Therapy Services today.

One of our dedicated physical therapists would be happy to meet with you for a consultation and discuss how our different programs can help you remain active and pain-free!

Sources:
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5 WAYS TO INVEST IN YOUR HEALTH TODAY

1. Make Sure To Eat Healthy.

Eating healthy doesn't mean you have to stay away from all sweets and salty snacks, it just means being smart about your food choices. Try swapping out your burger for lunch for a healthy meal of salmon and asparagus and buy less sugary snacks at the grocery store.

2. Exercise Regularly.

We all have unique bodily compositions. You don't have to work out so hard that you pass out! Find a workout that raises your heart rate as much as feels comfortable for you. In this sense, exercise turns into medication.

3. Get To Sleep At A Decent Hour.

Everywhere we look nowadays, there's a glow of blue light glaring back at us. Try to put your phone down and turn your television off in the evenings so your mind and body have a chance to slow down and get ready for sleep. Staying up until two in the morning is setting your body up for exhaustion. If you must have a light on at night, Harvard Health suggests "[using] dim red lights for night lights. Red light is less likely to shift circadian rhythm and suppress melatonin."

4. Have A Primary Care Physician.

Shockingly enough, many people do not have primary care



physicians! When they don't feel good, they turn to express medical centers (which can be quite pricey and time consuming) for help. Having a primary care doctor is a good way to keep all of your medical history in one place. You can also have a "go-to" office to call when you're in need of referrals for specialists.

5. Pay Attention To Your Mental State Of Being.

Being healthy is about more than just your physical state. Your mental and emotional wellbeing are important as well. Investing in your health means investing in all aspects of your body, and if you're struggling with anxiety or depression, it could benefit you to see a counselor.

Source: <https://www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side>



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 today!