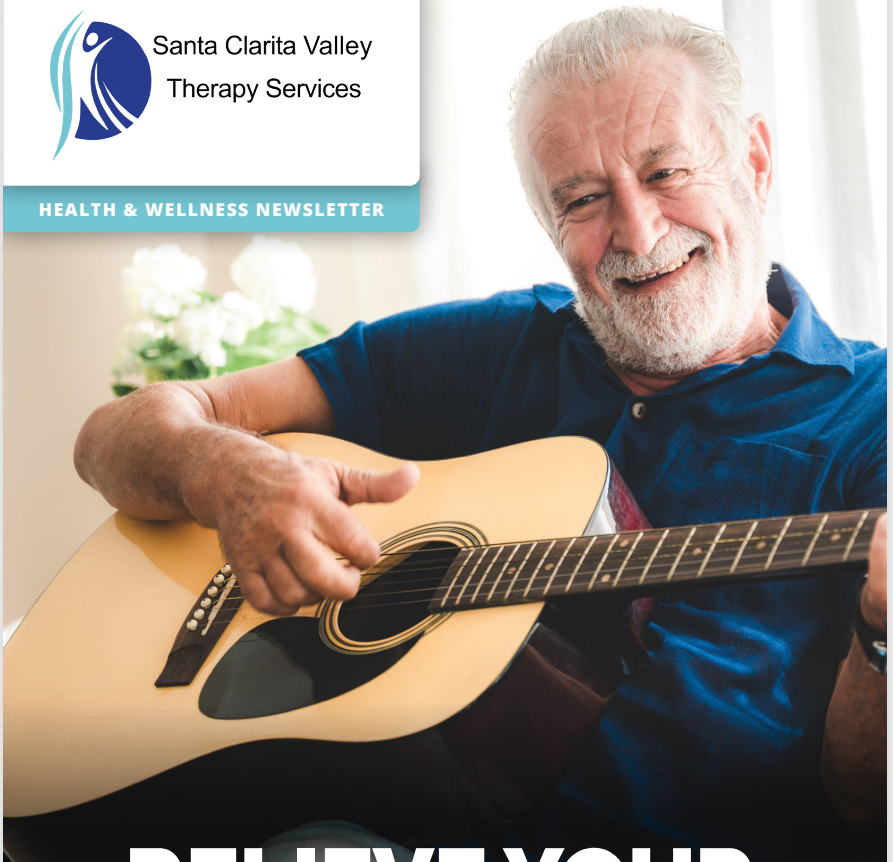




Santa Clarita Valley  
Therapy Services

HEALTH & WELLNESS NEWSLETTER



# RELIEVE YOUR ARTHRITIC PAINS

*WITH PHYSICAL THERAPY*

Read more inside on What You Can Do To Help Your Arthritis Pain,  
What Are The Best Sleeping Positions, and Keeping Your Health In Mind!

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

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



## RELIEVE YOUR ARTHRITIC PAINS WITH PHYSICAL THERAPY

Are you experiencing pain in your knees or stiffness in your back? Do you find it difficult to move the way you used to? You could be suffering from osteoarthritis.

*At Santa Clarita Valley Therapy Services, you can find solutions to your pain and get back to living the life you enjoy!*

Osteoarthritis is the most common form of arthritis, affecting nearly 30 million nationwide. Signs of arthritis may include stiffness and pain with squatting, bending, or sitting too long. Pain that is worse in the morning but disappears throughout the day may also be a sign of arthritis. As the condition advances, inflammation leads to pain and loss of motion in the joints.

While arthritis can be debilitating, there's a lot that you can do to alleviate the pain and improve your function. **If you are looking to manage your arthritic pains to live more comfortably, the therapists at Santa Clarita Valley Therapy Services can help!**

### What Is Arthritis?

Arthritis refers to any chronic condition that affects the joints, causing pain and inflammation. The Arthritis Foundation states that there are over 100 different types of

arthritis that exist. However, the two most common types of arthritis are osteoarthritis and rheumatoid arthritis.

Osteoarthritis is the most common, and it happens as a gradual breakdown of cartilage in the joints. This can occur from age, injury, or repetitive use of the affected joint(s). When worn down, cartilage can no longer act as a strong cushion and shock absorber for the joints, resulting in bone-on-bone friction and painful inflammation.

Rheumatoid arthritis is the second most commonly experienced form of arthritis and develops as an autoimmune response. When someone has rheumatoid arthritis, their immune system sees the joints as a threat. Because of this perceived threat, the immune system attacks the joints, resulting in pain and inflammation.

While research is ongoing to understand rheumatoid arthritis better, many experts believe that your hormones, genes, smoking, and environment could all be contributing factors.

**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!

# WHAT YOU CAN DO TO HELP YOUR ARTHRITIS PAIN



Regardless of the cause of arthritis, physical therapy plays a significant role in treating its symptoms. Physical therapy should always be the first treatment method before resorting to more aggressive procedures, such as surgery.

In most cases, physical therapy can eliminate the need for more aggressive treatments, such as harmful pain-management drugs or invasive surgical correction. If the condition is severe and surgery is required, physical therapy will help you prepare and recover from your procedure.

*In addition to traditional physical therapy treatments, to make sure your pain is managed, it is helpful to incorporate the following into your everyday routine:*

- 1. Getting exercise.** Exercise is vital for relieving pain and maintaining joint function. Cartilage receives its nutrition from joint fluid, so the more you exercise, the better. To avoid additional pressure on the affected joint(s), try non-weight-bearing exercises like aquatic exercises or bicycling.
- 2. Taking supplements.** Some nutritional supplements have shown promise for relieving pain, stiffness, and other arthritis symptoms. Glucosamine and chondroitin, omega-3 fatty acids, SAM-e, and curcumin seem to help alleviate pain associated with osteoarthritis and rheumatoid arthritis.
- 3. Avoiding processed and sugary foods.** Fried foods, processed foods, and foods with high sugar content and high fat can cause inflammation in your body and negatively impact your arthritis symptoms.

## How Can Physical Therapy Help Relieve Arthritis?

While there is not yet a known cure for arthritis, we know that improving your joint movement, muscle strength, balance, and coordination help reduce your pain and improve your function. At Santa Clarita Valley Therapy Services, we will start with an

evaluation and a functional movement assessment to identify all the factors that may be contributing to your pain.

This will consist of a thorough history to understand more about your typical daily schedule and the everyday demands on your body. We want to get an idea of your overall health status, including factors contributing to your condition.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques. We will then incorporate activity-specific treatments with balance and coordination training to ensure your safe return to doing what you love!

## Call Today For An Appointment

If you or a loved one is suffering from arthritis, contact Santa Clarita Valley Therapy Services today. We will get you started on a treatment plan that will help restore your mobility, comfort, and quality of life!

Sources:  
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# WHAT ARE THE BEST SLEEPING POSITIONS?

How are you sleeping at night? Sleep is the body's uninterrupted time to repair tissue damage, heal wounds, restore organ function, stabilize chemical imbalance, refresh areas of the brain that control mood and behavior, and improve performance. Restful sleep- and a proper sleeping position- is a critical part of maintaining good health.

It's critical that we learn to sleep in the best position for proper spinal alignment. The better shape our spine is in, the lower our chances of developing neck, pain, or shoulder pain become. The better our spinal alignment is, the better our overall posture will be during the day.

## 1. Do you sleep on your back?

If so, placing a small pillow under your knees can help to reduce stress and strain on your spine and support the curve in your lower back. The pillow your head is resting on should support your head and the angle of your neck and shoulders.

## 2. Are you a stomach sleeper?

Sleeping on your stomach can cause stress on the back because the spine can be thrown out of position. To avoid this, place a flat pillow under your stomach and pelvis area. This will keep your spine in better alignment, as will sleeping with a flat pillow under your head or without a pillow at all.



## 3. Or are you a side sleeper?

This is the most commonly used sleep position. And it is vital to have good neck support for all side sleepers. The thickness of the neck pillow may create muscle spasms and strain on either one or the other side of the neck, which may cause pain and headache. Roll up a soft towel and put it under a thin pillow on your preferred sleeping side to support your neck in a good alignment.



## 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!