



Santa Clarita Valley
Therapy Services

HEALTH & WELLNESS NEWSLETTER



HOW TO IDENTIFY AND TREAT KNEE ARTHRITIS

Read more inside on Common Symptoms & Treatment of Knee Arthritis,
Don't Let Your Insurance Go To Waste, and Keeping Your Health In Mind!

SCVTherapyServices.com

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



HOW TO IDENTIFY AND TREAT KNEE ARTHRITIS

Have you started to notice that your knees seem to be stiff and sore? Do you notice popping, clicking, or grinding sounds with squatting or climbing stairs? Are you experiencing pain that is worse in the morning but disappears throughout the day? You could be living with arthritis.

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

Osteoarthritis is the most common type of arthritis and is known to cause a gradual breakdown of cartilage in the joints. Over time, the condition will typically worsen, leading to inflammation, more 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 live with stiff, achy, or painful knees, contact Santa Clarita Valley Therapy Services today to schedule a consultation.

Our dedicated physical therapists will evaluate you, determine the areas of your daily life that are impacted, and create an individualized treatment plan for relieving the arthritic pains in your knee(s).

What Type Of Arthritis Affects The Knee Joint?

Arthritis refers to any chronic condition that affects the cartilage of the joints. The main signs and symptoms include pain, inflammation, loss of motion, and impaired function. The Arthritis Foundation states that over 100 different types of arthritis exist.

Osteoarthritis is the most common type of arthritis found in the knee. This type of arthritis leads to 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 cushion and shock absorber for the joints, resulting in bone-on-bone friction and painful inflammation.

Although aging is one of the most significant risk factors for osteoarthritis, obesity is also a significant contributor to developing osteoarthritis. Obese patients carry extra weight that increases the pressure through the joint and adds to cartilage breakdown.

Recent research suggests that unhealthy diets (i.e., processed foods, high sugar content, etc.) are associated with increased inflammation throughout the body. This inflammation increases the likelihood of experiencing knee pain than patients with healthy weight and diets and similar cartilage damage.

There are also physical risk factors associated with increased knee osteoarthritis, including:

- Injury to the joint
- Participation in certain occupational activities (i.e., repetitive movements like bending or prolonged positions like sitting/driving)
- Participation in sports (i.e., contact sports)
- Thigh flexor muscle weakness and knee osteoarthritis

Get Your Life Back with Santa Clarita Valley Therapy Services!

(661) 284-1984



COMMON SYMPTOMS & TREATMENT OF KNEE ARTHRITIS

It can sometimes be challenging to determine if you are genuinely experiencing arthritic symptoms or if you simply have a joint that is irritated from prolonged positions or from being overworked.

The most common signs and symptoms of knee arthritis include:

- Pain in the affected joint, which may spread to surrounding soft tissue
- Stiffness that leads to loss of motion
- Inflammation including warmth/heat around the joint
- Joint creaking and pain with movement (especially when weight bearing)
- Abnormalities in gait (such as limping)
- Weakness of the muscles surrounding the joint

If you have been suffering and looking for relief, do not hesitate to contact us today before your condition worsens.

How Physical Therapy Can Help Arthritis

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.

Your knee treatments 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.

Physical therapy works by reducing the pain and restoring the motion in your joints. Treatments to improve strength, balance, and coordination have also been shown to help people maintain their function. The healthier your knee joints and the stronger your muscles, the less wear-and-tear, thus reducing inflammation and pain.

Your physical therapist will guide you through targeted, goal-specific exercises to reduce inflammation, provide greater support to the joints, and help your muscles regain their overall strength.

Get Started Today!

At Santa Clarita Valley Therapy Services, we are dedicated to treating each arthritic case individually. Each patient will receive a personalized treatment plan based on their specific needs.

Contact us today to get your knees started on the right path to health. Discover how you can move freely once again with the help of physical therapy!

Sources:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5832048/>
<https://www.sciencedirect.com/science/article/pii/S106345841931297X>
<https://pubmed.ncbi.nlm.nih.gov/25785564/>



Let's Get You Better ASAP!

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

DON'T LET YOUR INSURANCE GO TO WASTE!

There's no way around it: health insurance benefits can be absolutely mind-boggling.

Time after time, we've seen patients come through our doors with their insurance cards in one hand and their cell phones in the other as they call their insurance companies in an attempt to figure out what they need to pay for their treatment.

Now that the end of the year is getting closer, many patients have met their insurance deductibles. If this is you, this means your physical therapy treatment could cost you absolutely nothing!

Patients with family plans or those who have had major surgeries or chronic illnesses are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of treatment at Santa Clarita Valley Therapy Services could be minimal or entirely covered by your insurance plan!

You should be enjoying time spent with your family this winter instead of stressing about insurance and whether or not you can afford treatment.

If you've met your insurance deductible for the year, it's a good idea to visit Santa Clarita Valley Therapy Services for treatment. We specialize in treating a variety of acute and chronic pain conditions and injuries and hold ourselves to high standards regarding our treatment methods and techniques.

Are you in need of physical therapy? Check in on your insurance deductibles and visit our clinic today. We'll guide you through safe and affordable physical therapy treatment this winter!



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!