



Santa Clarita Valley  
Therapy Services

HEALTH & WELLNESS NEWSLETTER



# HOW TO FIX POOR POSTURE

Read more inside on What Is Good Posture and How Do I Achieve It  
and Tips on Navigating Your Eating When Tracking Sugar Levels!

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

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



## HOW TO FIX POOR POSTURE

Do you catch yourself slouching frequently? Do those last couple hours of the school or workday leave you hunched over and ready to leave? If you are experiencing aches and pains, especially in your neck or back, poor posture is probably to blame.

Too often, we spend our time staring at a computer screen, hunched over our desks, or looking down at our phones. The worse your posture is the more stress on your spine. This often leads to back and neck pain and affects normal daily activities.

At Santa Clarita Valley Therapy Services, our team of physical therapists can teach you how to find your ideal posture and eliminate your aches and pains once and for all!

Your body was made to move, especially your spine, so the more irritated and painful spines get when we get stuck in slouched postures. Fortunately, our physical therapists can show you how to improve your posture and feel good again!

Contact Santa Clarita Valley Therapy Services today to learn more about improving your posture and leading a pain-free, active life!

### What Is Poor Posture?

Poor posture isn't anything to be embarrassed about — very few people have perfect posture, and most people partake in lousy posture habits in one way or another. We become so wrapped up in whatever tasks we are doing that we forget to think about how our bodies are positioned.

Posture is defined as “the alignment and positioning of the body in relation to gravity, the center of mass, or base of support.” Improper posture isn't due to laziness or apathy; instead, it generally has something to do with bad habits or, at times, due to a physical weakness in our bodies. Poor posture leads to excessive strain on your joints, muscles, tendons, and ligaments.

Posture changes occur over time, and most people ignore them until they notice aches and pains. Unfortunately, the longer we wait to address it, the harder it is to restore it to normal.

Call us today at **(661) 284-1984** or visit **SCVTherapyServices.com** to schedule your next appointment!



## WHAT IS GOOD POSTURE AND HOW DO I ACHIEVE IT?

Good posture involves training your body to stand, walk, sit and lie in positions where the least strain is placed on joints and supporting muscles. This includes how we move, like our lifting postures or reaching postures.

When the spine is in its natural position, the vertebrae stack up over one another. This is what people think of as good posture. When we stack the vertebrae properly, the body can absorb the forces of gravity and the stresses from everyday activities.

Learning to find your ideal posture is key to moving and feeling better. Your body is designed to align perfectly to allow for proper movement, proper breathing, and blood circulation. The spine does not like to remain in one position for extended times, which means our posture should move.

Our therapists can help teach you to find your neutral spine posture to counteract the slouching to alleviate your pain and improve your overall health!

### What To Expect At Physical Therapy

Physical therapy is a great way to regain normal posture. Our physical therapists are experts in movement, and they are great resources to have when trying to achieve your physical performance goals. They will aid you in improving your balance, stability, flexibility, and mobility, all of which will positively affect your posture.

At your initial evaluation, your physical therapist will perform functional testing to identify which weakened areas of your body

are causing your back pain. Afterward, they will create a customized treatment plan tailored to your specific needs.

Treatment plans typically include manual therapy and targeted exercises to alleviate pain and regain proper function. Exercise for postural improvement has been proven to enhance posture and improve pain.

In addition to manual therapy and exercise sessions, other treatments and modalities may be added to your treatment plan as your physical therapist deems fit. This will all focus on improving your posture, increasing strength, and, most importantly, relieving pain.

### Call Today To Schedule An Appointment

If you are experiencing back pain, your posture may be to blame. Fortunately, Santa Clarita Valley Therapy Services is ready to help you begin your journey toward long-lasting pain relief.

Contact our office today to schedule a consultation and learn how physical therapy can help you find your ideal posture!

Sources:  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4499985/>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/>



**Let's Get You Better ASAP!**

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

# TIPS ON NAVIGATING YOUR EATING WHEN TRACKING SUGAR LEVELS

Have you been dealing with achy joints and sore muscles? Did you know that inflammation can be the source of chronic pain? The good news is that adopting a healthy diet will positively impact your body and lead to a lifetime of improved health.

Everything we eat becomes the fuel our body uses to do the most basic tasks to the most advanced sports activities. Eating the right foods helps the body recover from injuries and other painful conditions.

Reducing or even eliminating sugar may be the solution you need if you struggle with chronic pain. Fortunately, at Santa Clarita Valley Therapy Services, our physical therapists will provide you with all the tools you need to recover from injuries, eat healthier, and live a healthy, pain-free life!

## How Sugar Causes Inflammation

Without inflammation, injuries wouldn't be able to heal. Unfortunately, eating diets high in sugar leads to chronic inflammation, making it more difficult for the body to heal itself, and often leads to chronic pain.

*In addition to pain, there are several other common health conditions thought to be related to chronic inflammation, such as:*

- Arthritis (Osteoarthritis and Rheumatoid arthritis)
- Diabetes
- Heart disease (High blood pressure, coronary heart disease, peripheral artery disease)
- Some cancers (i.e., colon, pancreatic, and liver cancers)

Adopting a healthy lifestyle means understanding how your nutrition affects your body over the long term and choosing to have a lifetime of improved health instead of a momentary reward from sugar.

*Try these tips:*

- Make an intentional decision to eat healthier
- Identify the primary sources of sugar
- Replace sugary foods with natural foods

The only thing that can give you actual long-term results is to make a lifestyle change. Call Santa Clarita Valley Therapy Services today to request an appointment with our specialists!



## 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!