



Santa Clarita Valley
Therapy Services

HEALTH & WELLNESS NEWSLETTER



ORTHOTICS FOR THE UPPER BODY

Read more inside on Who Can Benefit From An Upper Extremity Orthotic
and How Ignoring Pain Can Stand In The Way Of Healing!

SCVTherapyServices.com

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



ORTHOTICS FOR THE UPPER BODY

Have you recently injured your shoulder, elbow, or hand? Have you suffered a wrist fracture? At Santa Clarita Valley Therapy Services, we specialize in treating all upper body conditions, including using custom orthotics to help you regain any lost function from the injury.

The upper extremities include your hands, wrists, forearms, elbows, upper arms, and shoulders. Pain or dysfunction anywhere in your upper extremity can make daily activities difficult to complete.

Whether it's brushing your hair, driving a car, or typing at a computer, you use your upper extremities hundreds of times throughout the day. If you are experiencing pain or difficulty due to an injury or underlying condition, a custom orthotic can help.

For more information or to schedule an appointment with one of our physical therapists, contact Santa Clarita Valley Therapy Services today.

What Is A Custom Orthotic For The Upper Extremities?

An orthotic is a type of support, brace, or splint used to support, align, prevent, or correct the function of the joints.

Most people are familiar with foot orthotics, but wrist braces and arm braces are also orthotic devices. They all work to help those with pain or difficulty with basic movements perform these activities again.

A custom orthotic is made specifically for the individual to ensure it follows the contours of your body, resulting in a

better fit and more support. *The ideal orthotic will provide the following:*

- Effectiveness
- Ease of use
- Comfort

It can sometimes be challenging to determine if an orthotic device is needed. If your injury or condition affects your normal daily activities or begins to cause discomfort, you may benefit from being fitted for an orthotic.

Depending on the severity of your condition, many different braces may help make daily activities easier to perform. Custom braces can help with the alignment of joints and allow for optimum healing.

Over-the-counter braces and splints do not provide the same value and are often removed and/or not used. *The most common reasons people stop using their orthotics are:*

- Pain
- Wounds or skin irritation
- Discomfort

By working closely with one of our highly trained physical therapists, you can be confident that you have the proper brace for facilitating healing and protecting your upper extremity during your recovery.

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



WHO CAN BENEFIT FROM AN UPPER EXTREMITY ORTHOTIC?

Orthotics are used to support or correct a weak or deformed body part. They can also be used to restrict or prevent motion in a diseased or injured part of the upper body.

Orthotic devices for the upper extremities are used for injuries and disorders of the shoulder, elbow, wrist, hand, or fingers. Upper extremity orthoses may offer particular advantages when treating deficits caused by deformity, paralysis, or pain.

The goal of the custom orthotic is to support the joints, optimize healing, prevent deformity, and improve the function of the arm.

How Physical Therapy Can Help

If you notice discomfort or struggle with normal activities since your injury/condition started, we can help you find a solution. Our physical therapists will conduct a physical evaluation to determine your needs and examine your upper extremity's current levels of mobility.

From there, they will design a personalized treatment plan and create a custom orthotic to relieve pain, improve your range of motion, optimize your healing and increase your overall function.

Your therapy sessions will focus on pain reduction, swelling control, range of motion, strength, coordination, and dexterity. Your therapist will also design a home exercise program for you to follow to ensure optimal results.

We use a patient-centered approach to address the needs of the

patient. Whether you need to open a jar, button a shirt, or get back to the repetitive demands of a job, our therapist will focus on what you need to get back to doing what you love.

If your upper extremity pain is making daily life difficult for you, contact our office today for an appointment. We will determine if custom orthotics could benefit you, and we'll get you started on the path toward long-lasting relief.

Call Today To Schedule An Appointment

Handling any problem sooner rather than later leads to better results and prevents long-term damage, such as arthritis. Contact Santa Clarita Valley Therapy Services today to schedule a consultation with one of our physical therapists!

We will provide you with custom orthotics to help you feel better and get back to doing what you love!

Sources:

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Let's Get You Better ASAP!

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

IGNORING PAIN CAN STAND IN THE WAY OF HEALING

Do you think your pain is too mild to be anything that needs therapy? Are you worried about wasting someone's time, or having your time wasted, because your condition is more of an annoyance than a real problem? At Santa Clarita Valley Therapy Services, our physical therapists will identify the source of your pain and help you resolve your conditions sooner than later!

One of the most common misconceptions a physical therapist hears is that ignoring a persistent ache or pain will improve. Worse yet, people believe that it isn't a serious problem because their condition seems mild.

The intensity of pain is not a good indicator of the seriousness of your situation. The duration often matters more. Our Santa Clarita Valley Therapy Services physical therapists understand how to alleviate your pain and ensure you have the tools to resolve the condition fully.



How To Make Sure You Are Healing

Getting proper guidance is critical to help clarify what is acceptable and what needs to be modified or avoided altogether. If you ignore or don't understand the clues, you can interfere with the healing process and delay your recovery.

Some telltale signs you are regressing include:

- Increased or new swelling
- Regression of function (loss or difficulty with activity and/or mobility previously performed)
- Increased or new loss of motion
- Increased or recent loss of strength
- Lasting pain
- Larger area and/or more referred pain
- Increased or new limping (unable to bear weight)
- New or persistent sleep disturbance related to injury/condition

Call Santa Clarita Valley Therapy Services today to request an appointment so you can resolve your pain and feel good again!



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!