




Santa Clarita Valley  
Therapy Services

HEALTH & WELLNESS NEWSLETTER



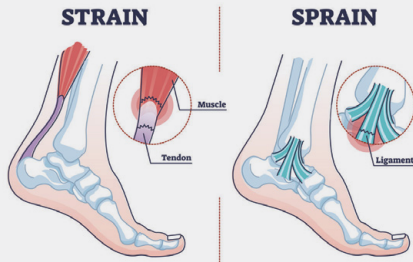
*HOW PHYSICAL THERAPY  
CAN HELP YOUR*  
**ANKLE/FOOT  
SPRAIN OR STRAIN**

Read more inside on How To Treat A Sprain Or Strain With Physical Therapy  
and 3 Natural Ways To Beat Spring Allergies!

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

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

# HOW PHYSICAL THERAPY CAN HELP YOUR ANKLE/FOOT SPRAIN OR STRAIN



Have you recently injured your ankle or foot? Do you have persistent pain since spraining your ankle? Knowing the difference between a mild problem that goes away on its own and one that lingers on indefinitely is the job of a physical therapist.

At Santa Clarita Valley Therapy Services, we are committed to helping you get the results you need to resume your life without limits! While many factors can lead to foot and ankle pain, sprains/strains are common examples. Even if your pain subsides, dysfunction may still be present and lead to re-injury or chronic pain.

If you have noticed limited mobility, persistent pain, or balance and gait problems since your injury, Santa Clarita Valley Therapy Services can help. We will determine the type of injury (i.e., a sprain or strain) and provide you with the necessary treatments for healing and tips to avoid re-injury.

**Call today to schedule an appointment with one of our highly skilled physical therapists!**

## What Is The Difference Between A Sprain And Strain?

A sprain happens when a ligament (the tissue that connects one bone) is stretched or torn. Sprains are typically the result of a trauma, a deceleration (slowing down) movement, or a sudden change in direction. The most common symptoms include pain, inflammation, muscle spasm, and sometimes an inability to move the joints where the injury occurred.

Strains occur to a muscle or tendon (the tissue that connects muscle to bone). Strains usually happen when the muscle suddenly contracts, like running, jumping, or repetitive and awkward movements. The symptoms of strains are similar to those associated with sprains, making them difficult to tell apart without doing a physical therapy examination.

*There are three grades of sprains/strains that outline the severity of the injury.*

### Grade 1:

- Mild pain (Rarely Moderate or severe pain)
- No bruising
- Minimal swelling (sometimes no swelling)
- Tenderness to the touch at the site of the injury

### Grade 2:

- Mild to moderate pain (rarely severe pain)
- Some bruising
- Mild to moderate swelling around the injury
- Tenderness to touch on-site and around the injury
- Often painful to put weight on your injured limb

### Grade 3:

- Moderate to severe pain
- Significant bruising
- Moderate to severe swelling throughout the limb
- Tenderness to touch at the site and surrounding area of the injury
- Often severe pain or inability to put weight through the injured area
- Ligaments are torn (ruptured), and the joint will be loose/unstable from tearing, so it may require surgical intervention or the use of bracing to facilitate healing.

If you are unsure whether you sustained a sprain or strain, our physical therapists can help you figure it out.

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



## HOW TO TREAT A SPRAIN OR STRAIN WITH PHYSICAL THERAPY

Our physical therapists will perform a thorough assessment that includes a detailed history and a hands-on evaluation of the injured area at your initial evaluation. This assessment will help the therapist classify the injury's severity and develop a treatment plan to address your current situation.

Foot and ankle pain treatment depends on where the injury happened and how long ago it occurred. If it is not possible to walk more than two or three steps without pain, it is essential to visit a physical therapist as soon as possible. If the joint looks out of place or has an obvious deformity to the bone, it is crucial to go to the emergency room for an x-ray because a fracture is likely.

The initial stages of physical therapy will focus on restoring any lost motion, reducing the swelling, and using all available treatments to alleviate any pain you may experience. Within a few hours of compression and elevation, most people notice that the swelling begins to subside, and with it, their pain.

Next, we will design a program to restore your proprioception, balance, and strength so you can take on everyday activities. For optimal results, it is best to consult with a physical therapist to see the best methods for healing and avoiding re-injury of the affected area.

Our comprehensive program will also look for any changes in your gait pattern that may make it difficult for you to move around freely. Dysfunctional movement patterns can last for years and lead

to re-injury and potentially other injuries.

Our physical therapists will show you therapeutic exercises to address any underlying issue, such as a weakness that may be contributing to altered movement patterns, balance issues, and overall susceptibility to more injuries. People who sprain or strain their feet or ankles often find that they are continuously re-injuring that part of their body. Fortunately, this does not have to be the case with the help of physical therapy.

### Call Today To Set Up An Appointment

Whether you sustained a sprain or strain, physical therapy is the answer to achieving long-term relief. Contact Santa Clarita Valley Therapy Services today to schedule a consultation or to find out more about how physical therapy can help relieve your foot and ankle pains!

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

Scan the QR code to visit  
**SCVTherapyServices.com** to schedule  
your next appointment now!

# 3 NATURAL WAYS TO BEAT SPRING ALLERGIES

It's finally spring! For most people, this means warm weather, getting outside, and appreciating the blooming flowers and beauty of nature. However, if you have allergies, you might be dreading all of the above.

Don't give up on the idea of enjoying the season just yet. Did you know there are several natural ways you can help lessen the severity of your allergies? *Here are three ways you can start fighting off your allergies, beginning today!*

## Manage Stress

Were you aware that stress hormones can wreak havoc on your body, even weakening the immune system? This in turn can worsen seasonal allergies.

A physiotherapist can help you to manage your stress by prescribing you with an individualized exercise routine that fits with your lifestyle and personal fitness goals. Other therapeutic methods, such as massage therapy, acupuncture, and aquatic therapy, also have stress relieving properties.

## Avoid Unhealthy Foods and Drinks

Toxins in the body frequently aggravate allergies. Allergies can flare up when the liver is working overtime metabolizing our stress, medications, alcohol, and processed foods. Therefore, avoiding fatty foods and alcohol can help lessen your allergy symptoms.



## Clean the House

This one sounds obvious, but it can do wonders to help mitigate allergies! Many allergy triggers can be removed from your home with regular cleaning, which can help relieve your pesky symptoms.

For example, something as simple as changing your pillowcases on a regular basis can improve your symptoms since allergens can transfer from your hair to your pillow at night.

To discover more natural methods for allergy relief, contact Santa Clarita Valley Therapy Services today!



## 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!