



Santa Clarita Valley  
Therapy Services

HEALTH & WELLNESS NEWSLETTER



# HOW PHYSICAL THERAPY CAN HELP YOU AVOID SURGERY

Read more inside on What Conditions Respond To Physical Therapy  
and Exercise Tips To Help Your Back and Knees!

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

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



## HOW PHYSICAL THERAPY CAN HELP YOU AVOID SURGERY

Does the thought of undergoing surgery concern you? Have you wondered why medication and surgery seem to be the only option for your pain? Too many people mistakenly think that surgery will fix their pain only to find out that they still have pain or have new issues they need to deal with after surgery.

Research shows that physical therapy is as effective as surgery for some conditions like meniscus tears, spinal stenosis, and rotator cuff injuries. In addition, the costs and risks of surgery are eliminated with therapy.

If you feel you may be on the path to needing surgery, don't hesitate to give our team at Santa Clarita Valley Therapy Services a call. Find out how our physical therapists can help you avoid the need for surgery!

### How Physical Therapy Compares To Surgery

It has been proven that physical therapy can be just as effective, if not more so, than surgery. For some specific conditions, patients who received physical therapy alone were seen to have achieved the same results as those who received surgery in tandem with physical therapy.

In addition to the functional outcome results, there are numerous other benefits to forgoing surgery and sticking with physical therapy.

**Costs:** Surgeries are far more expensive than physical therapy. Comparisons in prices estimate that surgery costs at least \$2 for every \$1 spent on physical therapy per year.

**Total time spent:** All surgeries have a healing phase that lasts from 4 weeks to 6 months (or longer). Physical therapy alone takes less time for the same outcome and doing therapy before surgery leads to less total time after surgery.

Patients will often need post-surgical rehabilitation (and sometimes pre-surgical rehabilitation) anyway. Why go through both if one can do the trick?

**Safe and effective:** Physical therapy isn't invasive; this means it doesn't involve any risks of complications or the need for harmful painkillers. It's a safe and effective way to resolve your issues and a natural remedy for your pain!

Physical therapists help people manage pain, restore mobility problems, and resume an active lifestyle. It can also prevent many issues from getting worse, minimize new problems, and prevent re-injury.

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

Stop letting pain get in the way. Give us a call at (661) 284-1984 or visit SCVTherapyServices.com today!



## WHAT CONDITIONS RESPOND TO PHYSICAL THERAPY

Our physical therapists can help you maximize your movement, manage pain, avoid surgery, and recover from and prevent injury.

*Research has shown that physical therapy is as effective as surgery for the following conditions:*

- **Meniscal tears:** There is no significant difference between surgery and physical therapy for unobstructed meniscus (cartilage) tears in the knee
- **Rotator cuff tears:** Patients who received active physical therapy for rotator cuff tears showed similar rates of physical improvement and overall satisfaction compared to those who received surgery.
- **Spinal stenosis and degenerative disc disease:** Patients report similar improvements in pain, health status, and satisfaction whether they had surgery or received physical therapy treatments.

Before you have surgery, try physical therapy and get back to doing what you love without the risks!

### What To Expect With Physical Therapy

Our physical therapists are highly trained professionals who care about helping you achieve the highest levels of success without surgery and medications with serious side effects.

We do this by providing an extensive evaluation process to diagnose the root of your problem and basing a specialized treatment plan around your goals. We understand that every patient is different, so every plan should be different.

Our team will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and exercises to restore function and prevent future injuries.

The sooner you seek out physical therapy treatments in the early stages of your condition, the more likely you will have the outcomes you are looking for. Also, even if you absolutely must have surgery, incorporating physical therapy into your recovery process will help your results and improve your overall health and well-being!

Our physical therapists will be there with you every step of the way during your journey toward recovery, encouraging you and supporting every achievement you make.

### Call Today To Schedule An Appointment

If you have a painful condition, don't resort to surgery – see us for a consultation first. At Santa Clarita Valley Therapy Services, we strive to ensure that you get the results you are looking for. Let's discuss how we can help you!

Sources:  
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<https://pubmed.ncbi.nlm.nih.gov/27385156/>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6252248/>



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

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

# EXERCISE TIPS TO HELP YOUR BACK AND KNEES

- **Backbends and/or press-ups:** We spend most of our lives slouched over. Performing back extensions (back bends) helps offset the time bent over.
- **Glute stretches:** Sit with one foot resting on the opposite knee. Gently lean forward until you feel a stretch in your buttock muscles. This is a common area of tension, and this stretch can help alleviate it.
- **Core activation:** Try lying on your back and gently press your lower back into the ground without moving your pelvis. Maintain the pressure of your lower back on the floor and alternate lifting your feet off the ground. Learning to engage your core correctly helps reduce the risk of injury.
- **Bridges:** Try lying on your back with your knees bent and feet flat on the ground. Strengthening back and butt muscles helps alleviate pain and pressure in your spine and lower extremity joints. Brace your torso while you lift your buttock into a bridge.
- **Chair squats:** Standing in front of a chair and lowering yourself down using your legs while keeping your posture tall until your buttock touches the chair. Then stand up and repeat. Hold a weight on your chest while performing this exercise to increase the intensity. The weight challenges your core muscles and is helpful for the lower back. This simple exercise helps improve your tolerance to climbing stairs, getting up and down from the toilet, and basic everyday tasks.



Physical therapists are movement experts and can teach you the exercises that will help your specific condition so you can get back to doing what you love!

Sources:  
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<https://pubmed.ncbi.nlm.nih.gov/32669487/>  
<https://pubmed.ncbi.nlm.nih.gov/25591130/>



## 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](http://SCVTherapyServices.com) today!