



Santa Clarita Valley
Therapy Services

HEALTH & WELLNESS NEWSLETTER



IS BACK PAIN *INTERFERING WITH YOUR EVERYDAY LIFE?*

Read more inside on What To Expect With Physical Therapy,
Monthly Exercise, and Heal Your Cycling Injuries With Physical Therapy!

SCVTherapyServices.com

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

IS BACK PAIN INTERFERING WITH YOUR EVERYDAY LIFE?



Are you experiencing pain or tension in your lower back? Are these symptoms making it difficult for you to go about your daily routine? A life free of back pain is within your grasp.

For some, back pain is a daily occurrence that dictates the way you live your life. The pain in your back determines every movement, every motion. Standing, sitting, laying down, driving, walking, or running — the pain persists. According to most studies, poor postural habits, prolonged sitting, repetitive movements like bending and twisting, and lack of physical exercise have a significant association with low back pain.

Knowing what to do can be confusing. Our physical therapists help you find solutions to your pain and provide you with an individualized program to help you manage your pain and get you back to living the life you enjoy! Call Santa Clarita Valley Therapy Services today to make an appointment.

Physical Therapy Solutions For Back Pain

It has become more evident that passive methods (i.e., rest and medication) are associated with worsening disability and are not recommended. Education and the commencement of regular activities and exercise are related to decreased disability. Physical therapy aims to improve function and prevent disability from getting worse.

Physical therapy at Santa Clarita Valley Therapy Services offers a long-term solution to back pain by using targeted exercises that focus on the cause of the pain. Through a combination of strength and flexibility training that focuses on muscle development and joint movement, physical therapy can address the underlying cause of the pain and significantly improve your quality of life.

Understanding The Risk Factors Associated With Back Pain

Though several risk factors have been identified, the exact cause of lower back pain remains challenging. Whether from overuse work-related postures and movements or injuries from traumatic events or athletic pursuits, the exact mechanism of lower back pain varies by the individual. Sprains and strains are common, but issues with the vertebrae, discs, and even concerns regarding the spinal nerves.

You might be amazed to discover the different risk factors influencing your back health include:

- Lack of exercise
- Prolonged sitting
- Lifting heavy objects
- Bending or twisting
- Anxiety and depression
- Use of soft foam mattress
- Sleep disorder
- Hypertension

Aerobic activity and strength training exercises make it possible to reduce your risk of injury and to improve your ability to overcome back pain by strengthening the vertebrae and enhancing blood flow and nutrient disbursement throughout the back.

What's more, recent research indicates that resting may not be the ideal solution for long-term back care. Spending too much time on the couch or off your feet can lead to more long-term issues with back pain — not fewer. Exercise, in general, is shown to increase strength and flexibility, supporting healthy muscles and bones, and therefore supporting ideal back health.

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



WHAT TO EXPECT WITH PHYSICAL THERAPY

According to research, physical therapy treatments are effective for acute and chronic back pain. Physical therapy treatments for back pain include manual therapy, joint mobilization manipulation, exercise instruction, education, and techniques like the McKenzie Method and Therapeutic Yoga.

These have all been proven to help alleviate pain and restore function. Physical therapists assess your particular condition to identify the contributing factors and address ALL of them. Rather than focusing on one cause of your pain, your physical therapist will handle all causes.

At Santa Clarita Valley Therapy Services, our physical therapists are skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

Call Our Clinic Today

Anyone who has struggled with back pain can tell you plain and simple: When your back is hurting, there is no way to pretend that it isn't.

Our physical therapists will help you overcome back pain by giving

you the knowledge and support necessary to help your back feel better! Working with a licensed and experienced physical therapist ensures that you do not take on too much too quickly. Our therapists will guide you through the process of healing with gradual steps.

Call our Santa Clarita Valley Therapy Services for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes. If you have a history of back injuries, pain, or minor aches, don't hesitate to talk to a physical therapist. We offer the results you are looking for!

Source
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6251828/>
<https://bmcmusculoskeletaldisord.biomedcentral.com/articles/10.1186/s12891-021-04422-2>
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<https://www.sciencedirect.com/science/article/pii/S1836955319300578>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6251828/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6199140/>
<https://www.amicsonline.org/risk-factors-for-chronic-low-back-pain-2161-0711.1000271.php?aid=22679>

Let's Get You Better ASAP!
Scan the QR code to visit [SCVTherapyServices.com](https://www.scvtherapyservices.com) to schedule your next appointment now!



MONTHLY EXERCISE

STANDING LUMBAR SELF TRACTION

Start in standing position. Find a table about waist height. Place your forearms on the table so that your wrists are facing away from you. Lean forward and make sure your weight is being held by your arms. Ease your lower back and slightly bend your knees. You should feel little to no weight in your legs. 3 sets, 10 reps, hold.



HEAL YOUR CYCLING INJURIES WITH PHYSICAL THERAPY

Have you been waiting all winter to get back on your bike? Now that it's finally summer, it's time to engage in all your favorite warm-weather activities!

However, if you're struggling with an injury or chronic pain condition, you might be wondering if you'll be able to take advantage of everything this season has to offer.

That's where we come in. At Santa Clarita Valley Therapy Services, our physical therapists possess the tools to help you recover from common cycling injuries, including knee, neck, and back pain.



Some of the most common injuries our physical therapists treat include:

Knee Pain

Knee pain in cyclists falls into three categories and is typically associated with inappropriate bike fit or inadequate training.

Medial pain is located on the inside of the knee and occurs as a result of overwhelming friction between the knee cap and thigh bone.

Lateral pain occurs on the outside of the knee and is commonly caused by friction of the iliotibial band over the femur bone.

Anterior pain is located directly in front of the knee and is due to excessive compression forces between the knee cap and thigh bone.

Low Back and Neck Pain

Neck and back pain in cyclists is generally associated with one or more of the following issues:

- Poor posture
- Limited flexibility
- Inadequate postural strength
- Improper frame size and or excessive crank arm length
- Misaligned cleat position
- Leg length discrepancy
- Seat and handlebar/stem misalignment

If you have been experiencing any pain in the areas mentioned above, don't hesitate to reach out to a physical therapist at Santa Clarita Valley Therapy Services.

Common Cycling Injuries

You're likely aware that cycling is a repetitive sport, but did you know that the average rider completes up to 5,400 revolutions per hour? This repetitive movement can cause soft tissue breakdown in the legs, pelvis, back, and neck, which leads to pain and difficulty riding.

At Santa Clarita Valley Therapy Services, our physical therapists have specialized training in cycling mechanics. We are uniquely qualified to evaluate your individual cycling anatomy, biomechanics, and address any associated cycling soft tissue pain.



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.

THE BEST ACAI SMOOTHIE BOWL

- 1 cup of apple juice
- 1 large banana sliced
- 1 1/2 cups of frozen berries
- 1/2 cup vanilla Greek yogurt
- 1 tablespoon honey
- 1 frozen packet of acai berry puree (100 grams)
- Assorted toppings such as sliced almonds, berries, shredded coconut, granola, chia seeds, sliced banana, mint sprigs, etc.

Place the apple juice, banana, frozen berries, yogurt, honey and acai puree in the blender. Blend until thoroughly combined and smooth. Pour the smoothie into 2 deep bowls. Arrange the desired toppings over your smoothie bowls and serve.

<https://www.dinneratthezoo.com/acai-bowl-recipe/>

Your health is our highest priority. Give us a call at (661) 284-1984 or visit SCVTherapyServices.com today!