



Santa Clarita Valley  
Therapy Services

HEALTH & WELLNESS NEWSLETTER



*EFFECTIVE SOLUTIONS FOR*  
**HIP AND  
KNEE PAIN**

Read more inside on What To Expect With Physical Therapy  
and the Hidden Benefits of Good Posture for Students!

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

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



## EFFECTIVE SOLUTIONS FOR HIP AND KNEE PAIN

Are you struggling with hip and/or knee pain? Is hip or knee pain causing you to move slower and leaving you with pain that becomes more difficult to cope with, step after step? When you are dealing with knee or hip pain, every step requires more effort than usual.

***Pain can drain your energy level as you attempt to do even basic tasks, such as taking care of your home or walking around the office.***

When hip or knee pain develops, seeking the support of a physical therapist is the best course of action. Working with a physical therapist can reduce your recovery time and improve your ability to cope with the pain and discomfort by introducing you to targeted exercises and stretching techniques that can enhance your ability to recover from the injury.

**Call Santa Clarita Valley Therapy Services today to make an appointment.** With guidance from our physical therapist you can find solutions to your pain and get back to living the life you enjoy!

### What Is Causing Your Pain?

There are several reasons why hip or knee pain may develop from a slip or fall-related accident to a sports injury. Knee pain is often due to sprains or tears of a ligament(s), cartilage tears, tendonitis, and arthritis. In comparison, hip pain is associated with similar injuries and the result of congenital malformations of the joint, fractures, or bursitis.

*The main risk factors associated with the onset of hip and knee pain are:*

- Getting older
- Being overweight/obesity
- Previous knee injury

Identifying the risk factors for hip and knee joints can be challenging, so getting a physical therapy assessment is crucial for a good outcome. At Santa Clarita Valley Therapy Services, our therapists are skilled and identify the source of the issue and help you find a solution.

### How Physical Therapy Can Help You

Physical therapy is a long-term solution to pain and suffering through targeted exercises and stretching techniques. Our programs are designed to strengthen the targeted areas and help the body recover and heal.

Our therapists are highly trained experts at identifying the underlying cause of the pain and educating you on significantly improving your quality of life. We recognize the exact points on the body that are not moving as they should and provide individualized programs to restore your function and minimize your pain.

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

# WHAT TO EXPECT WITH PHYSICAL THERAPY

## Education

Understanding the source of your pain and managing it can help you be proactive and find a solution. Understanding what is going on, and more importantly, what you can do about it, is one of the most effective solutions.

## Advice To Stay Active

Pain in the lower extremities can play an essential role in the deterioration of quality of life, loss of balance, and changes in gait function. It is crucial to stay active. Your physical therapist can help you identify modifications to painful tasks and help you be safe and active.

## Exercise Therapy

A physical therapist will tailor your exercises, monitor you, and progress you based on your individual needs. Supervised exercise therapy includes:

- Range of motion exercises
- Proper stretches exercises
- Strength exercises
- Balance and coordination exercises

## Gait Training

Sometimes, when your hips and knees are in pain, it can cause you to change the way you are moving, causing you to change the flow and pace of your gait, which is how you walk. Other times, prolonged pain can cause you to stop doing movements that are indicative of healthy joints.

## Contact Our Clinic Today

Our physical therapy exercise programs make it possible to increase mobility and strength while simultaneously improving your coordination and balance. Call Santa Clarita Valley Therapy Services today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes.

Source  
<https://www.uptodate.com/contents/approach-to-the-adult-with-unspecified-hip-pain>  
<https://painphysicianjournal.com/current/pdf/article=NTIwOQ%3D%3D&journal=111>  
[https://www.carsjournal.com/article/S1063-4584\(02\)90796-X/pdf](https://www.carsjournal.com/article/S1063-4584(02)90796-X/pdf)  
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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3261259/>  
<https://doi.org/10.1016/j.pain.2020.12.011>



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

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

Life is too short to not feel your best. Give us a call at (661) 284-1984 or visit [SCVTherapyServices.com](https://www.scvtherapyservices.com) today!

# HIDDEN BENEFITS OF GOOD POSTURE FOR STUDENTS

The benefits of good posture are more than just looking good, especially as a college student where you spend most of your time sitting down at a desk in the library or an uncomfortable chair in a lecture hall. *No worries, though, we have your back and we have some tips for you to improve your posture without even trying.*

- 1. Adjust your backpack:** One of the reasons your back hurts is because of the weight you carry on your backpack. The gap between your back and your backpack is what causes stress to your back which damages your posture at the end. To fix this, adjust your backpack handles so it can be as close to your back as possible to avoid your spine to curve excessively when carrying your backpack.
- 2. Unload your backpack:** I know, I know, you have a biology exam tomorrow and you need to bring your chemistry book with you so you can do the lab properly. But carrying everything in your backpack and loading it with heavy school supplies is not good for your back or your posture. Leave the heavy supplies at your apartment and take a good walk home every time you need them (say yes to exercise!) or carry them in your hands. This will -literally- take weight from your back and will improve your posture.



- 3. Wear both straps of your backpack:** The cool kids walk around campus carrying their backpacks on just one shoulder, but the cool kids also have bad posture and back problems. Do not follow this trend, and use both straps of your backpack so the weight is evenly distributed on your back.

Source: <https://www.uprightpose.com/blogs/news/how-to-improve-your-posture-as-a-college-student>



## 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.



## EASY LEMON ROSEMARY SALMON

- 1 lemon, thinly sliced
- 4 sprigs fresh rosemary
- 2 salmon fillets
- Salt to taste
- 1 tablespoon olive oil

Preheat oven to 400 degrees F (200 degrees C). Arrange half the lemon slices in a single layer in a baking dish. Layer with 2 sprigs rosemary, and top with salmon fillets. Sprinkle salmon with salt, layer with remaining rosemary sprigs, and top with remaining lemon slices. Drizzle with olive oil. Bake 20 minutes in the preheated oven, or until fish is easily flaked with a fork.

<https://www.allrecipes.com/recipe/80388/lemon-rosemary-salmon/>

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