



Santa Clarita Valley  
Therapy Services

# HEALTH & WELLNESS NEWSLETTER



# CONQUER BACK AND NECK PAIN

*IMPROVE POSTURE, RELIEVE PAIN*

Read more inside on Physical Therapy Strategies to End Back and Neck Pain,  
How To Set Goals That Make A Habit, and This Month's Healthy Recipe!

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

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



## CONQUER BACK AND NECK PAIN

IMPROVE POSTURE, RELIEVE PAIN

Have you noticed your back and neck seem more sore and stiff at the end of a long day? Poor posture is likely the source of that soreness.

The worse your posture is, the more intense your back and neck pain can become. Unfortunately, once your body gets used to poor posture, it becomes more challenging than simply squaring your shoulders or pinching your shoulder blades together.

The good news is that with guidance from Santa Clarita Valley Therapy Services physical therapists, you can train the muscles in your back and neck to correct your posture and bring relief to your neck and back pain. **Call today to make an appointment!**

### What Is Good Posture?

Posture refers to the position(s) of a person's body in space. Through the alignment of spine joints in relation to one another, we can move more freely and perform daily activities comfortably.

The awareness of the positions we hold our body in is based on our nervous system's feedback and depends on the activities we do. This feedback helps us find and keep the alignment of the spinal joints over one another. Postural control refers to building up posture against gravity and ensuring that balance is maintained.

*There are specific ways that you can tell if neck or back pain may be a result of poor posture, including:*

- The pain in your back is worsened at the end of a shift or the end of a workday.
- The pain frequently starts in your neck and moves into your upper and lower back.
- The pain will subside after switching positions, such as switching from sitting to standing or vice versa.
- Back or neck pain develops soon after a change in circumstances, such as starting a new job with a new desk chair or getting a new car.

After years of practicing poor postural habits, your back, shoulder, and neck muscles will likely find standing or sitting with a straight posture to be challenging. This struggle is because your muscles and nervous system have grown accustomed to the slouching postures.

Working with a physical therapist to improve your posture with exercises is an effective way to overcome chronic neck and back pain.

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



# PHYSICAL THERAPY STRATEGIES TO END BACK AND NECK PAIN

Our spine is designed to move, which means our posture should also move. The spine does not like to remain in any one position for extended times. At Santa Clarita Valley Therapy Services, your physical therapist will guide you through a series of stretches and strength-building exercises that can help you begin training your body to practice better posture, thereby reducing your back and neck pain. *Other ways your physical therapist can help are:*

## Education

Understanding your ideal posture and how to manage it throughout your day can help you be proactive and find a solution for your sore back and neck. Understanding what is going on, and more importantly, what you can do about it, is one of the most effective solutions. It seems small, but consistently it has been shown to help!

## Advice to stay active

We know that prolonged postures often lead to pain. Your physical therapist can help you identify modifications to your posture to ensure you are changing your position frequently.

## Exercise therapy

A physical therapist will tailor your exercises, monitor you, and progress you based on your individual needs. Supervised exercise therapy includes spine mobility exercises, “proper” postural exercises, or strength exercises.

The McKenzie Method is an effective technique in identifying movements and positions to provide you with relief and is often used for home exercises. One of the most effective tools in the McKenzie method is lumbar rolls to ensure proper sitting posture.

## What To Expect At Physical Therapy

Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the findings. According to research on back and neck pain, physical therapy treatments effectively improve your posture and improve your pain levels.

*Your therapist will teach you strategies like:*

- Stand tall whenever you are standing or walking.
- Use support when you sit to keep your posture correct.
- Maintain a straight spine when you lift heavy objects.

Physical therapy is the ideal tool for providing you with an opportunity to understand what may be causing your pain and help you mobilize your spine and strengthen the surrounding muscles to alleviate the pain associated with your poor postural habits.

## Contact Our Clinic Today

Addressing your posture early on is the best way to prevent an issue from becoming more debilitating. Contact Santa Clarita Valley Therapy Services today to learn more about how you can take steps to start improving your posture today.

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

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

## HOW TO SET GOALS THAT MAKE A HABIT

For most people, a goal is defined as “what an individual is trying to accomplish.”

One of the most effective ways to achieve your goals and make a routine habit is to try “SMARTER” goal-setting strategies to help ensure your success.

**S — Specific:** A specific (clearly stated) area for improvement.

**M — Measurable:** Numbers or indicators to measure progress are essential.

**A — Achievable:** Challenging but within your skill range.

**R — Realistic:** To be successful, you must define results in realistic terms with available resources.

**T — Timely:** Specify the date the results are due to create a sense of urgency.

**E — Evaluate:** You'll be much more likely to achieve your goals by evaluating them and getting feedback from an expert (i.e., our team at Santa Clarita Valley Therapy Services).

**R — Readjust:** Use the feedback from our experts until you find yourself realizing your goals.



When your plan is unrealistic or involves too many challenges, your ability to make your routine a habit will be limited. Fortunately, our team at Santa Clarita Valley Therapy Services is here to help you from start to finish.

Call today to schedule an appointment with one of our specialists to get the guidance, support, and motivation to make your routine a lasting habit!

Sources:  
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## 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.



## CHOCO-PEANUT BUTTER ENERGY BOMBS

- 2 cups old-fashioned rolled oats
- ½ cup ground flax seed
- 1 tbsp black chia seeds
- 1 tsp cinnamon
- ½ cup raw honey
- ½ cup peanut butter
- 1 tsp vanilla extract
- 1 scoop vanilla whey protein powder
- ½ cup dark chocolate chips

Add rolled oats, ground flax seed, chia seeds, cinnamon, honey, peanut butter, vanilla extract, and vanilla protein powder to food processor. Pulse until ingredients are blended (about 7-9 times). Add mixture to a large bowl, add in chocolate chip. Stir to combine. Form energy bite mixture into 1" balls and place on parchment paper lined baking sheet. Cover and place in refrigerator for 2 hours.

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