



Santa Clarita Valley
Therapy Services

HEALTH & WELLNESS NEWSLETTER



AQUATIC THERAPY FOR CHRONIC PAIN

Read more inside on What Makes Aquatic Therapy Successful,
3 Simple Ways To Make Hydration A Habit, and This Month's Healthy Recipe!

SCVTherapyServices.com

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

BENEFITS OF AQUATIC THERAPY FOR CHRONIC PAIN



If you're barely staying afloat because of pain, aquatic therapy could help.

Are you fed up with your pain or weakness? Is it becoming increasingly difficult to walk, bend, and stand? Is doing housekeeping or running errands around town becoming more difficult? Have you tried everything to tackle these issues and come up with a solution that doesn't work?

If you answered yes to any or all of these questions, water therapy at Santa Clarita Valley Therapy Services might be a good fit for you!

Aquatic therapy is a type of rehabilitation that takes place in the water. It differs from aqua fitness in that it is carried out by a certified therapist. It is covered by insurance, including Medicare, because it is provided by a physical therapist, physical therapist's assistant, occupational therapist, or occupational therapist's assistant.

Continue reading to learn about the advantages of water treatment for a number of difficult chronic diseases. When you're finished, call our clinic to schedule an appointment with one of our trained aquatic therapists!

Common Conditions an Aquatic Therapist Can Help With

Aquatic therapy is a type of aquatic physical therapy and aquatic occupational therapy treatment that takes place in water, generally in an in-clinic pool. It has soothing properties that can benefit you if you are seeking relaxation and pain relief.

Two of the most common conditions that aquatic therapists are experts at treating are back pain and balance issues.

Back Pain

Back pain is one of the most commonly experienced conditions, and it can affect nearly anyone at any age. This

kind of pain can form as a result of an injury, or simply as a part of getting older. Back pain is often quelled with over-the-counter pain medications, but with the help of a knowledgeable aquatic therapist, you don't have to depend on pills to help you feel better.

As previously stated, our clinic believes in the healing magical properties of water. They are perfectly suited to treat back pain!

Only 20% of your weight is supported by your spine when you're in chest-deep water. This makes it much less painful and easier to exercise your back muscles. In the deepwater part of our program, we focus on the core while the patient wears a flotation belt and holds weights. If necessary, modest spinal traction can be used to relieve pressure between the vertebrae, which is common in the spine.

Balance and Gait Disorders

Balance disorders are rather common. Feeling imbalance is never pleasant, and it can put you at risk of falling and hurting yourself. Our clinic's aquatic therapy might help you improve your balance.

There is no risk of injury when completing standard land-based balance exercises in the water. You may sustain injuries such as a hip fracture if you fall on land. Not only do you have the support of a flotation belt in the water, but you also have the safety of the water if you lose your equilibrium! It's a win-win situation for everyone.

If you stumble, you will simply get wet instead of falling down and hurting yourself. Our therapists can identify at-risk patients and provide hands-on assistance when needed, so rest assured that you'll be taken care of!

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



WHAT MAKES AQUATIC THERAPY SUCCESSFUL AT DECREASING PAIN?

You might be wondering, “What makes aquatic therapy so special? It’s just water!” The truth is that this kind of therapy maximizes the magical properties of water, such as buoyancy, viscosity, and hydrostatic pressure.

Water reduces the amount of weight you’re bearing on your joints and spine as you exercise. It also provides resistance and decreases inflammation, and improves circulation.

Our talented staff is skilled, licensed therapists who will focus your total body exercise program to reduce your pain. Our aquatic therapy program will improve your endurance, muscle strength, and balance.

Why Should I See An Aquatic Therapist?

There are several reasons why you may want to go see an aquatic therapist at Santa Clarita Valley Therapy Services. Besides living with chronic conditions such as arthritis, tendonitis, bursitis, multiple sclerosis, stroke recovery, and joint disorders, you may have other common goals for your aquatic therapy treatment, such as:

- Improving flexibility
- Improving balance and coordination
- Building muscle strength and endurance
- Enhancing aerobic capacity

- Assisting with gait and locomotion
- Reducing stress and promoting relaxation

If you’re not sure whether or not aquatic therapy would be a good fit for you, you can always ask a Santa Clarita Valley Therapy Services therapist. They’d be more than happy to do a full assessment of your condition to determine the best plan of action for your therapy treatment!

Call Our Office Today For An Appointment

Our aquatic therapists are experts when it comes to improving your movement and easing your pain. If you’re dealing with any kind of chronic pain condition, call our clinic to set up an appointment. There are so many different ways a therapist can help you find the relief you deserve, so come on in -- the water’s fine!

Sources:
<https://loudounpt.com/physical-therapy-services/chronic-pain-relief/>
<https://loudounpt.com/physical-therapy-services/back-pain-relief/>



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

3 SIMPLE WAYS TO MAKE HYDRATION A HABIT

Do you drink enough water each day? Proper hydration is always important, but in preparation for the upcoming hot summer months, we should all take a few extra precautions to ensure we are drinking enough water.

Drinking enough water each day is crucial for a variety of reasons. Drinking water helps regulate body temperature, lubricates joints, prevents infections, delivers nutrients to cells, and keeps organs functioning properly. Hydration also improves sleep quality, cognition, and mood.

Experts recommend that women should drink roughly 11 cups of water per day and men should aim for 16. If these numbers are higher than you're used to, check out these 3 tips on ways to make hydration a habit.

1. Drink a glass of water first thing in the morning.

Before eating breakfast or having your morning coffee, try to drink at least one glass of water. Just a few sips of water in the morning can help to re-energize you and leave you feeling refreshed.



To make things easier on yourself, try placing a glass of water on your nightstand the night before, so you can start drinking immediately in the morning!

2. Add fruits or vegetables to your water.

If you're the type to complain that water tastes too plain, know that there are many natural additives that can change this! Adding a zest of lemon or a handful of sliced cucumbers to your water can make this drink more fun.

3. Set reminders on your phone to hydrate.

Are you exceptionally busy during the day? Between work, taking care of children, running errands, and getting outside, summer can be a busy season.

If you always have your phone handy, why not put it to a productive use? Try setting reminders every couple of hours to hydrate, so you don't forget amongst all the summer fun.



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.



HOMEMADE TURKEY MEATBALLS

- 1 lb ground turkey
- 1 large egg beaten
- 1/4 cup shaved parmesan
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp basil
- 1 tsp salt
- 1/2 tsp ground black pepper
- 1 (24 oz) jar of red pasta sauce
- 1/2 lb whole grain spaghetti

Preheat broiler on high for 5 minutes. Combine all meatball ingredients in a large bowl. Use your hands to mix the ingredients. Use a 1.5 tablespoon cookie scoop to scoop 18 meatballs onto a rimmed cookie sheet. Broil on top rack for 5 minutes. In a large skillet, bring pasta sauce to a low simmer. Add in cooked meatballs and simmer together for 5-10 minutes or until meatballs are completely cooked through. Serve with your choice of pasta, fresh basil, more parmesan and enjoy!

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