



Santa Clarita Valley
Therapy Services

HEALTH & WELLNESS **NEWSLETTER**



MANAGING LYMPHEDEMA A PATH TO PAIN RELIEF

Read more inside on The Benefits Of Physical Therapy,
How to Grocery Shop for Healthy Options, and This Month's Healthy Recipe!

SCVTherapyServices.com

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



MANAGING LYMPHEDEMA

A PATH TO PAIN RELIEF

Do you or a loved one have lymphedema? If so, you know firsthand how difficult it can be to manage various symptoms as they develop. Lymphedema is a painful, chronic swelling condition that will inevitably progress.

The unfortunate truth is that currently, there is no cure for lymphedema; however, Santa Clarita Valley Therapy Services strives to help our patients with this condition to manage their symptoms effectively and safely and also lessen the impact it has on their lifestyle.

There is good news on the horizon, though; physical therapy can help with the pain and daily discomfort that lymphedema brings. The goal of physical therapy at Santa Clarita Valley Therapy Services is to help you to enjoy the things you love doing without worrying about limitations caused by your condition.

Call our clinic today to learn more about combating the symptoms of lymphedema, and let us set up an appointment for you!

Causes and Symptoms of Lymphedema

The lymphatic system is an important part of your immune and circulatory systems, so lymphedema may occur when it is not working properly. It's a network of vessels that carry lymph fluid to the core.

Lymphedema is categorized as a disease involving swelling that usually occurs in the upper or lower extremities due to excessive build-up of lymph fluid. If your lymphatic system is blocked, you can feel swelling in your arms or legs as the fluid is not able to drain properly.

Improper drainage results in the build-up of lymph fluid in

your arms and legs, which can pose potential health hazards if left untreated. There are two kinds of lymphedema. Both of these conditions are difficult to deal with, but they occur for different reasons.

Primary lymphedema is either hereditary or develops on its own. The cause of primary lymphedema is not always apparent. Your primary care physician may want to take additional imaging tests to look at your lymphatic system and to rule out any potential conditions.

Secondary lymphedema occurs as a result of a disease or disorder. It can also happen after a person is treated for cancer; oftentimes, during surgical treatments, lymph nodes are weakened or removed entirely.

If you're experiencing the following symptoms, speaking with a licensed physical therapist at Santa Clarita Valley Therapy Services is a great way to learn more about managing your discomfort. *Signs to look out for include:*

- Restricted range of motion
- Heaviness/tightness
- Aching/discomfort
- Fibrosis
- Infections
- Swelling

Physical therapists know how to recognize and treat these aspects of lymphedema, and they have a variety of methods that may help you find much-needed relief.

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



BENEFITS OF PHYSICAL THERAPY

FOR PATIENTS WITH LYMPHEDEMA

Physical therapy is supported on many research fronts as the safest, most cost-effective treatment method for people living with either primary or secondary lymphedema. The goal of physical therapy treatment is to lessen and/or improve pain symptoms as well as maximize current function.

Functional improvement is also the main focus of physical therapy treatment for lymphedema. This condition can cause a major decline in a person's independence levels and quality of life. Even the most simple of tasks can prove to be difficult, such as dressing oneself, walking and moving around comfortably, and occupational tasks.

Physical therapists at Santa Clarita Valley Therapy Services mitigate the limiting effects of their symptoms and learn adaptations and modifications to improve functional performance and safety.

Treating Lymphedema

Santa Clarita Valley Therapy Services will create a customized treatment plan for your lymphedema. This plan will be determined by your physical exam, medical history, and the severity of your symptoms. Manual therapy and light exercises will be emphasized in lymphatic treatment plans.

For patients with lymphedema, a type of manual therapy known as "manual lymph drainage" is commonly used. It promotes lymph fluid flow in your upper and lower extremities, and additional massages may be used to increase

circulation and provide relief.

Exercising the affected limb(s) promotes lymph fluid drainage as well. One of our physical therapists will design your exercise program, which will include gentle muscle contractions to help you regain function and improve your range of motion.

Wrapping, compression, or complete decongestive therapy may be added to your treatment plan as our physical therapist deems it appropriate.

Contact Our Clinic For An Appointment!

Lymphedema may currently rule your life, but it doesn't have to be this way forever. If you struggle to handle symptoms of lymphedema at home and are looking for help, your journey to real pain management begins here.

Santa Clarita Valley Therapy Services is here to help you make improvements to your overall health and everyday life, so don't wait any longer! Contact us today to make an appointment at our office.



Let's Get You Better ASAP!

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

HOW TO GROCERY SHOP FOR HEALTHY OPTIONS

When it comes to grocery shopping, there are many options. If you find your weekly trip to the grocery store overwhelming, you've come to the right place.

The best way to start your grocery shopping is by thinking about your preferences and needs. For example, do you want to lose weight? How many people are you feeding? Once you've determined these factors, make a list of everything you think you may need.

Keep in mind that a diet high in protein and low in carbohydrates has been proven to be the most effective for weight loss. Protein is a building block of muscle, and it stimulates the hormone that helps you feel full. Protein also helps you maintain muscle mass during weight loss, which can help you maintain your metabolism.

The most important thing to remember is that you should be eating a balanced diet. This means that you should avoid overeating any one type of food.

For example, if you are overeating sugar or processed food, it might be time to change your diet. When shopping in the aisles, try to avoid ultra-processed foods, foods with high sugar content, or excessive amounts of red meat.



Here is an example of what a healthy grocery list may look like:

- **Fruits:** apples, blueberries, clementines, grapefruits, and avocados
- **Vegetables:** broccoli, asparagus, onions, spinach, peppers, zucchini, sweet potatoes, baby red potatoes, and butternut squash
- **Beans and grains:** chickpeas, brown rice, black beans, and quinoa
- **Proteins:** eggs, salmon, and skin-on chicken breast
- **Nuts and seeds:** roasted almonds, pumpkin seeds, and natural peanut butter
- **Dairy and nondairy substitutes:** oat milk, coconut milk, feta cheese, and full fat Greek yogurt



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 OMELET MUFFINS

- 10 large eggs
- 1 red bell pepper, seeded and finely chopped
- 2 green onions, finely chopped
- 1 cup frozen cut spinach, thawed and squeezed dry
- 1/4 tsp salt

Preheat oven to 325°F. Coat a 12-cup muffin tin liberally with the cooking spray. In a large bowl, beat the eggs together. To bowl, add the bell pepper, spinach, green onions, salt, and ¼ cup water. Season with pepper. Divide egg mixture among muffin cups. Bake 20-25 min., until eggs are set. Let stand 5 min. before removing from muffin tin. Wrap omelets individually in plastic wrap and refrigerate up to 4-5 days. Remove from plastic wrap and microwave 30-60 seconds or until warm.

Source: <https://www.savorionline.com/recipes/208593/spinach-and-pepper-omelet-muffins>

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