



Santa Clarita Valley
Therapy Services

HEALTH & WELLNESS **NEWSLETTER**



RECOVER FROM WORKERS' COMPENSATION AND NO-FAULT INJURIES **WITH PHYSICAL THERAPY**

Read more inside on Common Ways We Get Hurt On The Job,
5 Benefits of Spring Cleaning, and This Month's Healthy Recipe!

SCVTherapyServices.com

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



RECOVER FROM WORKERS' COMPENSATION AND NO-FAULT INJURIES WITH PHYSICAL THERAPY

Have you or someone you love been injured in a car accident? Or did you or someone you love get injured on the job? Get a referral to our clinic so we can help you get to the root of your problem and be back to living a pain-free life! At Santa Clarita Physical Therapy, our physical therapists have proven results in helping people recover from all types of injuries.

According to the National Safety Council, there are nearly 13,000 work-related injuries daily in America. These injuries lead to, on average, 21 days of disability, where the worker cannot do their normal job duties.

In America, non-fatal car accidents are another significant cause of pain and disability from injuries. It is estimated that between two and three million people each year suffer injuries from car accidents, and 90% of those are passengers in the car.

Coming into our Santa Clarita Physical Therapy clinic could mean the difference between complete recovery and persistent pain. **Call today to learn more about how our team can help you get back to doing what you love!**

Common Ways We Get Hurt On the Job

The most common complaint people endure from a work-

related injury is the feeling of soreness caused by overusing the muscles, tendons, and ligaments. These injuries typically occur as the result of an activity that the body is not used to or a repetitive movement required at work. In other cases, it is related to prolonged positions, like sitting at a desk all day or working on an assembly line.

Most injuries that involve bending and lifting strains will typically go away on their own, but the severity of the damage determines how long the body will need to recover. This is why scheduling a consultation with our therapists at Santa Clarita Physical Therapy is so important.

There are obvious signs of more significant injuries like bruising, swelling, deformity, and severe pain, but it can sometimes be confusing to tell if you are just a little sore or have injured yourself. Many injuries occur due to improper techniques or overexerting your body.

Fortunately, we are trained at identifying and treating musculoskeletal injuries. **Get a referral today and let our physical therapists help you resolve any injury caused on the job!**

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

5 BENEFITS OF SPRING CLEANING

Have you been putting off spring cleaning? If so, you certainly aren't alone. With your hectic schedule, it can be easy to overlook this essential activity.

However, there are many reasons why you should include spring cleaning into your routine. *Here are 5 good reasons to make time for spring cleaning this season.*

1. A clean home is better for your immune system

Mold, dust, and pet dander can accumulate in your home during the colder months when there is less opportunity for air circulation. A deep dive into spring cleaning helps to air out your home, preventing respiratory issues.

2. It's an easy way to get active

Cleaning can be a real workout! From sweeping the floors to scrubbing tile, to moving around furniture, spring cleaning can help you get active. Exercise has numerous benefits, including stress reduction and better heart health.

3. It lessens the possibility of injury

A cluttered home puts you, your children, or an elderly family member at risk of injury. Clearing out high-traffic areas and



walkways can help to prevent falls, which can be especially dangerous for older individuals.

4. It improves concentration and mood

Studies show that a clean home positively affects your daily mood and ability to focus/complete tasks. Now that so many of us work from home, this has never been more important!

5. You can donate unused items to others

Part of cleaning is going through old and unused items to see what can find a new home. Not only is donating to charity emotionally rewarding, it helps free up space in your home and can encourage you to become more organized.

With so many benefits to spring cleaning, what are you waiting for? Get started today!

GOOGLE 5-STAR REVIEW

"The team at Santa Clarita Valley Therapy Services have been amazing with assisting me back into forward movement after surgery. I'm super happy to be doing more and not being afraid to push harder. The people are great and the progress is even better. Thank you so much!"



Scan the QR code to leave us a review!

OATS WITH APPLES & CRANBERRIES

- 1 cup oats
- 1 large apple, diced
- 1/2 cup fresh cranberries
- 3 tbsp maple syrup
- 1 tbsp pure vanilla extract
- 1 tsp ground cinnamon
- 1/2 tsp ground cardamom
- 2 pinches of kosher salt
- 4 1/2 cups almond milk

Spray a 2-quart or 4-quart slow cooker insert lightly with cooking spray. Combine the steel cut oats, diced apple, cranberries, maple syrup, vanilla extract, cinnamon, cardamom, salt, and almond milk. Stir to mix thoroughly. Cover and cook on low heat for 6 hours (for firmer oats) to 8 hours (softer oats with the slightest chew), stirring once or twice if possible. As the oats are cooking a thin, dark colored skin may form on top of the oats and they will look slightly dry at first glance.



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