

NEWS LETTER



A NEW YEAR, A NEW YOU

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NEWS LETTER

A NEW YEAR, ANOTHER CHANCE TO GET RIGHT WITH YOUR WELLNESS



One of the most common New Year's Eve resolutions across the United States is to get in shape. Whether that means becoming a weekend warrior, signing up for nightly fitness classes, or simply making more of an effort to be active, physical therapy can help you.

Our team at Ellis Physical Therapy is trained to help you in preventing injuries and making physical activity as easy as possible. For more information about how we can help you achieve your goals, give us a call today!

Don't forget the past. You may feel like a brand new, rejuvenated person in the new year, but your body undoubtedly hasn't received that message. One of the biggest mistakes you can make is pushing yourself too fast and too soon. Let's say you make a resolution to start taking morning runs in 2019. That's great! However, if your body hasn't been used to running in the past, you need to ease yourself into it. Your mindset may be focused on your marathon goal, but your body isn't there yet.

Start slow, perhaps with a half-mile jog around the neighborhood, then start pushing yourself to a mile, then two, then three. The gradual increase will make it much easier on your body (and a much easier resolution to keep!) than diving right into it. Starting off with that three-mile run may feel liberating in the beginning, but your body will curse you after. The new year can bring great changes, but don't forget the past.

Listen to your body's signals. Your body has a special way of letting you know when something isn't normal. Even a minor ache or pain can be indicative that rest is needed. If pain persists, it is important to seek the assistance of a physical therapist. It is a far too common occurrence for people to wait until it is too late before they get help with a painful area.

For example, did you know that 80% of Americans experience back pain at some point in their lives? However, most of these instances are only reported once the pain has become too severe to handle, or when an injury occurs. By listening to your body's signals and getting help in the beginning, you can prevent an injury before it occurs.

Stay on top! Even if your resolution doesn't leave you feeling achy or painful (and we hope it doesn't!), we can still help you maintain your peak physical performance. Ellis Physical Therapy uses advanced methods and technology, such as injury prevention screening, gait analysis, and mobility evaluation to determine what exercises and therapies would work best for aiding in your physical excellence.

We can help make sure you stay on top, avoiding any potential pain or injury. Additionally, you will have a team of supporters to encourage your goals and celebrate your achievements along the way! **To meet one of our physical therapists and discuss how we can help you safely reach your resolutions, schedule a consultation today.**

ARE YOU KEEPING UP WITH YOUR RESOLUTIONS?

New Year's Eve has come and gone, but how many resolutions have stayed intact? According to a study conducted by Strava, a social network for athletes, the majority of people give up on their resolutions by January 12th – not even two weeks after beginning them!

So, why does this fate exist for so many people? Tied at the top for number one, the two most common resolutions across the United States are to eat healthier and get more exercise. These resolutions can be difficult to keep up with for a number of reasons, especially if they require significant lifestyle changes. Some of the most commonly reported reasons for ditching resolutions include:

- Getting injured early on.
- Lack of time.
- Improper exercises, leading to pain or injury.
- Lack of motivation.

While these are all valid reasons, they are also entirely avoidable. Below you'll find some helpful tips for keeping up with your resolutions – or starting them up again, if you've strayed away!

- **Designating time.** No matter what your resolution may be, there is always a way to fit it into your busy schedule. Let's say you want to train for a triathlon or you simply want to fit more gym time into your week. It's difficult when you have a million things going on at once – you have to work, make meals, pick up the kids from school... Where can you find the time? Even if you take a half-hour out of your day between driving the kids around or beginning your commute to work, you can still make a significant amount of progress by the end of the year.



- **Taking care of pain at the start.** One of the biggest mistakes people make is waiting too long to treat their pain. If you've started a new workout regimen and your legs feel achy the day after you begin, it would be in your best interest to rest and get them looked at if the pain persists. Many people try to push through the pain, increasing their likelihood of sustaining an injury that'll take a good amount of time to heal – and therefore giving up on their goal altogether.

- **Seeking help.** Sometimes, getting started on a new goal (and sticking to it!) can pose challenges. At Ellis Physical Therapy, we can help set you up with a plan for sticking to your resolutions. We can provide exercise tips with proper techniques, as well as nutritional tips for reaching your optimum levels of health and physical activity. **For help with your resolutions, contact us today!**

EXERCISE ESSENTIALS

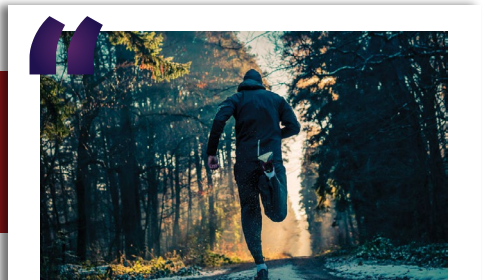
Flexibility, strength, and stability are needed to keep you loose and pain-free...Not all exercises are appropriate for every person. Please consult with a healthcare provider before starting.

HIP ADDUCTOR STRETCH

Begin in the side lunge position as shown. Your leg should be out to the side and slightly behind you, both feet flat on the floor. Keeping your back straight, lunge deeper to the side until you feel a stretch along the inside of your leg. Hold for 20 seconds and repeat 5 times on each leg.



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Patient Success Spotlight

"I dropped my 40 yard dash time 0.3 of a second!"

"After years of hearing he's not fast enough, he can't jump high enough, he doesn't have that burst, I decided to do something about it. I stumbled upon FASTER and it changed my game. The next level of technology provides a way to improve all those characteristics and reach a new level. I dropped my 40 yard dash time 0.3 of a second and started dunking a basketball just a few weeks into the program. It's helped me, it can help you!" - D.M.

AT HOME PHYSICAL THERAPY WITH THERAPY

Ellis Physical Therapy now provides a HIPAA compliant telemedicine platform for their patients. We now offer services at a distance and through video telecommunications in the comfort of the patient's home. Stay safe and healthy and continue your PT treatment at home with Teletherapy.

Benefits of Teletherapy:

- No transportation time or costs
- No need to take time off of work
- Eliminate child or eldercare issues.
- On-demand options
- Access to Specialists
- Less Chance of Catching a New Illness
- Less Time in the Waiting Room
- Better Health

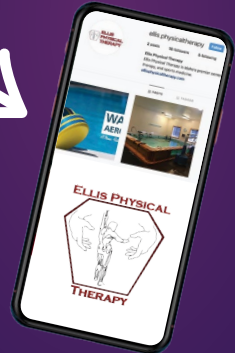
Visit <https://ellisphysicaltherapy.com/teletherapy/> today to schedule your teletherapy session today!



FOLLOW US ON INSTAGRAM

Did you know our clinic has its own Instagram page? Follow our page for the clinic, @ellis.physicaltherapy, to see fun photos of clinic activities, stay up-to-date on our happenings and events, and find helpful articles on conditions we treat!

We love staying in touch and connected with our patients!
Follow us today @ellis.physicaltherapy.



HEALTHY RECIPE

SLOW-COOKER VEGETARIAN LASAGNA

INGREDIENTS

- 1 large egg
- 15-16-oz part-skim ricotta
- 5 oz package baby spinach
- 3 large portobello mushroom caps, gills removed, thinly sliced
- 1 small zucchini, quartered lengthwise & thinly sliced
- 28 oz can crushed tomatoes
- 28 oz can diced tomatoes
- 3 cloves garlic, minced
- 1 pinch crushed red pepper (optional)
- 12oz whole-wheat lasagna noodles
- 3 cups shredded part-skim mozzarella

INSTRUCTIONS: Combine egg, ricotta, spinach, mushrooms and zucchini in a large bowl. Combine crushed and diced tomatoes and their juice, garlic and crushed red pepper (if using) in a medium bowl. Generously coat a 6-quart or larger slow cooker with cooking spray. Spread 1 1/2 cups of the tomato mixture in the slow cooker. Arrange 5 noodles over the sauce. Spread half of the ricotta-vegetable mixture over the noodles and firmly pat down, then spoon on 1 1/2 cups sauce and sprinkle with 1 cup mozzarella. Repeat the layering one more time, starting with noodles. Top with a third layer of noodles. Evenly spread the remaining tomato sauce over the noodles. Set aside the remaining 1 cup mozzarella in the



refrigerator. Put the lid on the slow cooker and cook on High for 2 hours. Turn off the slow cooker, sprinkle the reserved mozzarella on the lasagna, cover and let stand for 10 minutes to melt the cheese.

Source: <http://www.eatingwell.com/recipe/252492/slow-cooker-vegetarian-lasagna/>