



NEWS LETTER

HOW DO I KNOW IF I NEED PHYSICAL THERAPY FOR MY SCIATICA PAINS?

SEEK RELIEF TODAY

INSIDE:

- When Should I See A Physical Therapist?
- Patient Success Spotlight
- Exercise Essentials
- Healthy Recipe





NEWS LETTER

GET YOUR HANDS DIRTY WITHOUT ANY BACK PAIN WORRY



Physical therapy is one of the most effective ways to treat sciatica pains. If you are living with sciatica, you know how uncomfortable it can get. Many people with sciatica describe their symptoms as "shooting pains," typically down one side of the body.

While sciatica does not always require physical therapy treatments, they can help relieve your pain and speed up the healing process. Because of this, it is in your best interest to consult with a physical therapist before symptoms become too severe.

If you are living with sciatica, or you think you may be experiencing sciatica symptoms, contact Ellis Physical Therapy today to discover how we can help.

How can physical therapy help me? In a study published by Spine, a respected medical journal, physical therapy treatments for sciatica pain

were seen to be a highly effective option. When a patient begins their physical therapy sessions early enough, they are able to manage their pain quickly and straightforwardly. Additionally, physical therapy is much more budget-friendly for the average person, especially when symptoms are addressed early.

This study found that over a one-year period, people who had taken 10 sessions of physical therapy had better results for their sciatic pain than those who were only given guidelines for treatment. The authors attributed the cost-effectiveness of the physical therapy approach in part to using it as a first line of defense against sciatic pain and back pain. When physical therapy treatments are performed at the start, the need for expensive diagnostic tests or invasive surgeries typically become obsolete.

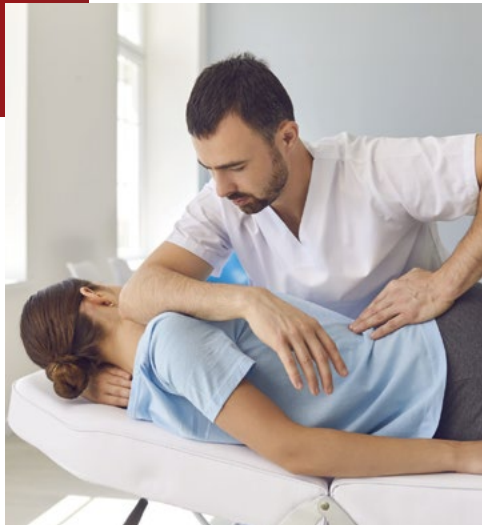
WHEN SHOULD I SEE A PHYSICAL THERAPIST?

A good rule of thumb is to come in for a free consultation as soon as you begin to notice sciatic pains – from there, your physical therapist can let you know what the best course of action will be. Sciatica symptoms may include shooting pains down one leg, buttock, or persistent aches and/or numbness in the lower back. Additionally, any dull or piercing aches along the sciatic nerve may be an indication of sciatica.

If pain goes from dull to severe, that is a strong indication that physical therapy intervention is needed. The severity of pain you feel can change depending on how compressed your sciatic nerve becomes. The more compressed it is, the more painful it will be. Severe pain, chronic pain, or persistent numbness or weakness along one side of the body that doesn't seem to go away are all signs that physical therapy is needed. Incontinence may also occur as an indication that your sciatica is getting worse – if your sciatic nerve becomes compressed in the area that controls your bladder and/or bowel function, you may lose control of those functions.

How can I get started? Why wait to find relief? Contact Ellis Physical Therapy today to find out more about our physical therapy methods for treating sciatic aches and pains.

Physical therapy treatments will include targeted stretches and exercises to help strengthen the muscles around the sciatic nerve. Treatments may also focus on range of motion and postural improvement, in order to decrease stress on the sciatic nerve and prevent pain from returning in the future. At Ellis Physical Therapy, we offer free consultations that will allow you to speak with one of our licensed and experienced physical therapists to learn their professional opinion regarding your condition. From there, if you decide



to proceed, you will begin an examination process that will help determine the best-personalized treatment plan for your specific needs.

If you are ready to get rid of your sciatica symptoms, don't hesitate to contact us today. We'll get to the root of the issue so you can get back to living your life comfortably!

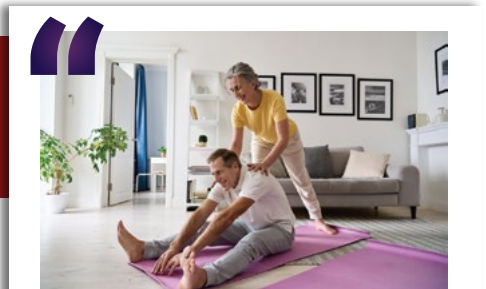
EXERCISE ESSENTIALS

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.

SEATED KNEE TO CHEST STRETCH

Sit tall in a chair with feet flat on the floor. Gently pull the knees to the chest with both hands until a comfortable stretch is felt in the mid and lower back. Slowly return to the starting position. Aim to complete 4 to 6 repetitions of this exercise.

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Patient Success Spotlight

"Amazingly, I had immediate relief and was on my way to feeling normal again!"

"After dealing with pain and tightness in my upper back and neck for years, I gave Ellis Physical Therapy a try. Dr. Logan really listened and could pinpoint my problem area. He gave me stretches to do at home right away. Amazingly, I had immediate relief and was on my way to feeling normal again! Thank you!" - **B.S.**

TICKET PROGRAM

Our ticket program at Ellis Physical Therapy is designed for past, present, and non-patients to utilize our gym & pool access at their leisure.



What is included:

- Consultation with Physical Therapist on first visit
- Evaluation to help improve the overall outcome of the program
- Personalized Exercise Program
- Education and Guidance on equipment & appropriate use
- Access to gym and pool equipment during business hours (it is required to bring your own towel for pool use)

For patients interested in pool access, it is required you schedule a time to use the pool for space reasons. It is also required a patient bring their own towel to the pool, as they are not provided. **The Ticket Program costs \$35.00 a month, with no contract required. The fee is on a month-to-month basis.** Excited to learn more about the weight-loss programs we offer at Ellis Physical Therapy? **Visit our website at www.ellisphysicaltherapy.com or call us at (208) 523-8879.**

HEALTHY RECIPE

GREEN FRITTATA



INGREDIENTS

- 2 eggs, lightly beaten
- 4 egg whites
- 2 tbsp fat-free milk
- 1 tsp snipped fresh chives
- 1/8 tsp black pepper
- 1/4 cup shredded Parmesan cheese
- 2 tsp olive oil
- 1/2 cup 1/2-inch pieces asparagus
- 1/4 cup sliced green onions
- 1/2 cup chopped spinach leaves
- 1 clove garlic, minced
- 1 small roma tomato, chopped

INSTRUCTIONS:

Preheat the broiler. In a small bowl combine the eggs, egg whites, milk, chives and pepper; stir in 2 tablespoons of the cheese. In an 8-inch nonstick broiler-proof skillet heat oil over medium. Add asparagus and green onions; cook and stir for 2 minutes. Add spinach and garlic; cook for 30 seconds. Pour the egg mixture into the skillet; reduce heat to low. Cook covered for 10 to 12 minutes. Sprinkle with remaining 2 tablespoons of cheese. Place skillet under broiler 4 to 5 inches from heat. Broil 1 minute or just until top is set and cheese is melted. Top with tomato.

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.



Why You Need To Come Back In For A Tune-Up:

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently and securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active and healthy lifestyle

Are you in pain? Have you sustained an injury?
Give us a call today to schedule an appointment!

(208) 523-8879