

Ellis Physical Therapy P A
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P: (208) 523-8879

OFFICE HOURS:
Mon. & Wed: 7 AM- 7 PM
Tues., Thurs., & Fri: 7 AM - 6 PM
Closed: Sat - Sun

www.EllisPhysicalTherapy.com

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ELLIS PHYSICAL THERAPY www.EllisPhysicalTherapy.com

NEWS LETTER

EXCEL IN YOUR SPORT WITHOUT FEAR OF A SPORTS INJURY!



Did you know that according to the U.S. Centers for Disease Control, over 2 million high school athletes suffer from sports-related injuries annually? Additionally, 3.5 million kids under the age of 14 also receive treatment for sports-related injuries annually. This doesn't even include the number of adult athletes that get injured from a sport.

Whatever age you are, or level of physical ability you may have, physical therapy can help you in enhancing the healing process of a sports injury. With our sports injury rehabilitation programs, you will be able to get back to doing the activities you love in no time. If you are looking for a quick and easy way to get off the sideline and return to your sport, contact Ellis Physical Therapy today to consult with one of our physical therapists.

I have a sports injury – how did that happen? "Sports injury" is a term that can be used to describe any injury sustained while exercising or performing some sort of athletic activity. There are two ways in which sports injuries can occur: suddenly, such as one football player colliding with another, or over time, through repetitive motions, such as improperly lifting heavy weights at the gym or running in ill-fitted shoes. Simply put, anything that results in pain while performing physical activity can be considered a sports injury.

Whether you rolled your ankle on the soccer field, swung your bat too aggressively on the baseball diamond, or strained your back while hiking your favorite trail, Ellis Physical Therapy can help you find relief. Your treatment plan will be dependent upon the nature of your injury, your health history, and whether or not the injury requires surgical intervention. If you've sustained a sports injury, please contact us as soon as possible. Any injury left untreated can become more severe over time.

Sports injuries can typically be placed into two categories: acute or overuse. Acute injuries are caused by a single specific incident, such as:

- Sprains
- Strains
- Fractures
- Tears

Overuse injuries are caused by excessive repetitive movements over time. Some examples of overuse injuries include:

- Frozen shoulder
- Flexor tendinitis
- Shin splints
- Tennis elbow
- Golfer's elbow

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NEWS LETTER

GET BACK IN THE GAME WITH RELIEF FOR YOUR SPORTS INJURY!

INSIDE:

- How Can Physical Therapy Help?
- Patient Success Spotlight
- Exercise Essentials
- Healthy Recipe

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HOW CAN PHYSICAL THERAPY HELP?

The overall goal of physical therapy is healing and prevention. In addition to treating the injury, our physical therapists will help strengthen the affected area, in order to prevent additional injury from occurring. Our physical therapists will also provide you with helpful warm-up and cool-down techniques for your sport, in order to lower your risk of sustaining another injury.

At Ellis Physical Therapy, our physical therapists will create a treatment plan for you, based on your individual needs. Physical therapy is a natural and holistic approach to healing, including services such as:

- **Manual therapy.** This may include massage or joint mobilizations.
- **Modalities.** This may include specialized treatments that your physical therapist has been certified to perform, such as ultrasound or electrical stimulation.
- **Therapeutic exercises.** This may include any targeted movement to help you find relief, including, but not limited to: area-specific exercises, balance and coordination exercises, muscle performance exercises, range of motion exercises, posture exercises, and relaxation exercises.

Physical therapy has been proven to be successful in treating both acute and chronic injuries, such as ligament sprains, muscle strains, plantar fasciitis, bursitis, tendinitis, and more. Your physical therapist will teach you about what your body is experiencing and the recovery process it will go through. You and your physical therapist will work together to help you reach your physical goals, allowing you to be engaged and active in your rehabilitation.

Physical therapy offers so much more than current symptom relief - it offers sports injury prevention and natural performance enhancement. If you are an

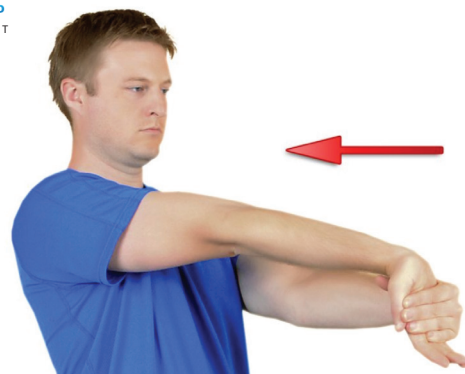
EXERCISE ESSENTIALS

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.

WRIST FLEXOR STRETCH (SUPINATION)

Hold your arm out straight, with your wrist extended. Use the other hand to pull wrist further, feeling for a stretch. Hold for 5-10 seconds, keeping your elbow straight.

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athlete suffering from a sports-related injury, don't waste any more time on the sidelines. Take your recovery to the next level with our physical therapy team. **Confirm your appointment with one of our experienced physical therapists today and get started on the right track toward returning to the sport you love!**



Patient Success Spotlight

“He makes my therapy sessions productive!”

“I'm currently getting treatment for a biceps tendon tear and shoulder surgery. Dr. Jason Bailey is one of the best medical care professionals I've ever worked with. He always takes the time to answer all my questions. He makes my therapy sessions productive and he has been instrumental in helping my confidence throughout my recovery. I highly recommend using this place for your physical therapy.” - **D.S.**

NUTRITION TIPS FOR A HEALTHY SUMMER

1. **Drink green tea instead of sweet tea.** Green tea has a natural component that helps speed up your metabolism.
2. **Serve seafood.** Grill salmon, tuna, lobster, steamer clams, and calamari for a low-calorie, protein-packed lunch or dinner.
3. **Don't skip breakfast.** Eating a breakfast with protein, carbs, and healthy fat kicks your metabolism into high gear and provides energy for the day.
4. **Enjoy summer fruits and veggies.** It's easy to sink into a vegetable rut, eating the same boring veggies week after week, but with summer comes fresh choices. Including a mix of in-season colorful veggies in your meals gives your body a nutrient kick.
5. **Snack at work.** When you eat more often—five to six times per day—you're far less likely to overeat and more likely to stay energized.
6. **Hydrate often.** The summer heat makes you more susceptible to dehydration. Start off your day by drinking two glasses of water and keep drinking at each meal, as well as before and after your workout, to stay hydrated.
7. **Recover with a post-workout shake.** After exercising, blend your favorite summer fruits and a scoop of whey protein into a shake to kickstart the muscle-building process, help your body recover from training, and boost your energy levels.
8. **Pre-plan your meals.** Make it easy by preparing all of your food on Sunday so that you have enough meals for the week. The best part: You'll save money.



<http://www.coreperformance.com/daily/live-better/15-nutrition-tips-for-a-healthy-summer.html>

HEALTHY RECIPE CRAB TACOS

INGREDIENTS

- Tortillas
- For the filling**
- 50ml mayonnaise
- 200g brown crabmeat
- Juice ½ lime
- 1 small fennel bulb, very finely sliced
- ½ cucumber, halved lengthways, deseeded and sliced
- Small bunch fresh chives, finely chopped
- Small bunch fresh coriander, roughly chopped
- 2 spring onions, finely sliced
- 300g white crabmeat



For the tomato salsa

- 200g cherry tomatoes, quartered
- ½ red onion, very finely diced
- Juice 1 lime
- Handful fresh mint, finely chopped
- Coriander and mint leaves to garnish and lime wedges to serve

INSTRUCTIONS:

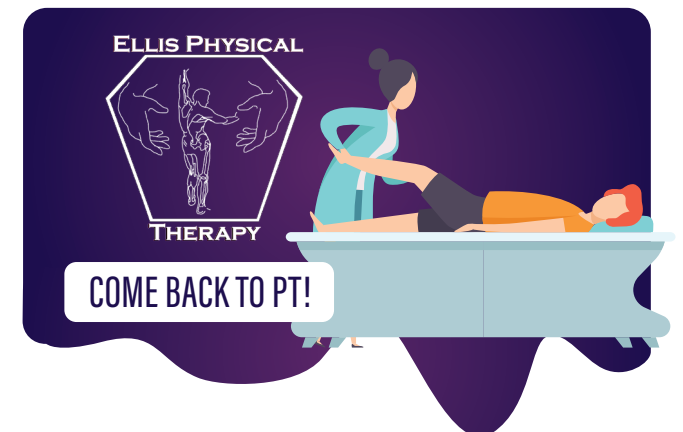
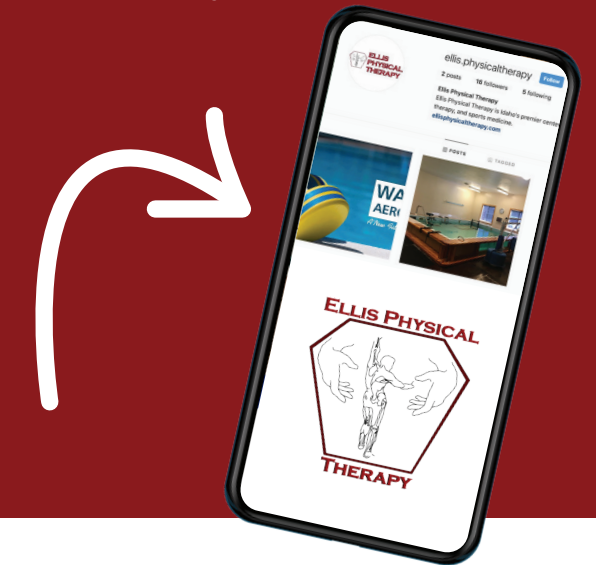
Mix all the filling ingredients except the white crabmeat, then taste and season. Mix all the ingredients for the salsa in a bowl and season well. To assemble, fill a tortilla with some of the filling mixture, then top with some white crabmeat and a dollop of salsa. Garnish with a few herb leaves, then roll up the tortilla.

<https://www.deliciousmagazine.co.uk/recipes/crab-tacos/>

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!

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