



NEWS LETTER

IS YOUR LOWER BACK PAIN CAUSED BY SACROILIAC JOINT DYSFUNCTION?

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IS YOUR LOWER BACK PAIN CAUSED BY SACROILIAC JOINT DYSFUNCTION?

Are you living with sacroiliac joint dysfunction? This condition, also known as SI Dysfunction, is a painful sensation felt in the sacroiliac joint region, which is located at the bottom of the spine. A diagnosis for this condition means that the joints connecting the sacrum to the pelvis are moving improperly.

This condition can result in pain in the lower back, buttocks, and/or legs. Inflammation of the joints in this region can also occur, referred to as sacroiliitis.

If you think you may be experiencing the symptoms of sacroiliac joint dysfunction, don't hesitate to contact Ellis Physical Therapy today. We'll help improve your normal mobility so you can get moving comfortably again!

What exactly is sacroiliac joint dysfunction? It is important to first understand the anatomy of the sacroiliac joint region before you can understand exactly what this condition is and how it is caused.

At the bottom of your spine, there is a small triangular bone known as the sacrum. It is located below the lumbar region of the spine and above the tailbone, and it consists of five fused vertebral segments. The sacrum is connected to the pelvic bone on both the left and right sides at the sacroiliac joints.

So, what exactly do these joints do? Essentially, they act as shock absorbers. Because this is their main function, they are only meant to move small amounts.

However, sometimes these joints begin to move too much or too little - that's when SI Dysfunction occurs. When someone has hypermobility (too much mobility) in the joints, ligaments begin to loosen, which can cause issues with movement and protection to the bones.

When someone has hypomobility (too little mobility) in the joints, they begin to overcompensate. This can cause problems in nearby joints, resulting in abnormal movements and pain.

HOW DO HYPERMOBILITY AND HYPOMOBIITY OF THE JOINTS OCCUR?

Hypermobility in the sacroiliac joints can occur for several reasons, including injury to the ligaments or pregnancy.

Hypomobility in the sacroiliac joints can also occur for several reasons, including degenerative joint diseases (such as arthritis) or spinal fusion.

While pain from SI Dysfunction typically manifests in the lower back, buttocks, or legs, it can also spread to surrounding muscles. This can result in pain and muscle spasms in areas that may seem unrelated.

Find relief for your pain today: If you think you may be suffering from symptoms in your sacroiliac joints, contact us to find out for sure.

Your physical therapist will begin your initial session by conducting a physical exam, in order to determine the cause of your pain and determine the best course of treatment for your needs. From there, an individualized treatment plan will be designed specifically for you, including passive and active treatments to help manage and relieve your pain.

Both the hypermobility and hypomobility that comes with sacroiliac joint dysfunction can pose significant limits to your daily life. Don't let yourself live with pain and abnormal joint function - contact Ellis Physical Therapy today to find relief. **We can get you back to normal as quickly as possible!**



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.

FORWARD BEND| LONG SITTING

Sit with legs straight out and lower back tall. Bend forward keeping lower back tall to feel a stretch in the back of your thighs. This helps with lower back pain. Hold for 20 counts and repeat as needed.

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Patient Success Spotlight

“I’ve been doing PT with him for a couple months now and have seen amazing results!”

“Dr. Ellis is incredible! Within the first 10 minutes of us meeting he figured out why I was having problems. I’ve been doing PT with him for a couple months now and have seen amazing results. The staff is incredibly friendly and helpful. I highly recommend going there if you want to receive the best PT treatment!” - **B. T.**

HAVE YOU MET YOUR INSURANCE DEDUCTIBLE?

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything.



Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2022.

Have you undergone surgery recently? Call us today at (208) 523-8879 to schedule an appointment with one of our physical therapists. We'll guide you to affordable treatments that will place you one step closer to pain relief.

Healthy Recipe

SLOW-COOKER JAMBALAYA

INGREDIENTS

- 1 lb boneless, skinless chicken breast, cut into bite-size pieces
- 4 oz smoked turkey sausage, chopped
- 3 cups chopped fresh collard greens
- 1 ¼ cups chopped green bell pepper
- 2 stalks celery, thinly sliced (1 cup)
- ¾ cup chopped onion
- 1 (28 oz) can no-salt-added crushed tomatoes, undrained
- 1 tbsp quick-cooking tapioca
- 4 cloves garlic, minced
- 1 tsp dried thyme, crushed



- 1 tsp crushed red pepper
- 8 oz frozen peeled & deveined medium shrimp, thawed
- 2 cups hot cooked brown rice
- Chopped fresh parsley

INSTRUCTIONS:

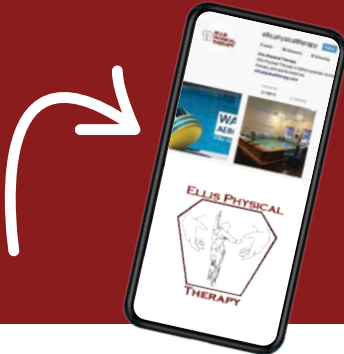
Combine chicken, sausage, collard greens, bell pepper, celery, and onion in a 3 1/2- or 4-quart slow cooker. Stir in tomatoes, tapioca, garlic, thyme, and crushed red pepper. Cover and cook on Low for 5 to 6 hours or on High for 2 1/2 to 3 hours. If using low setting, turn to High. Stir in shrimp. Cover and cook for 30 minutes more or until shrimp are opaque. Serve over hot cooked brown rice. Sprinkle with parsley.

Source: <https://www.eatingwell.com/recipe/269214/slow-cooker-jambalaya/>

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