



NEWS LETTER

A man with a beard and long hair is running in a park. He is wearing a red hoodie, black leggings, and red sneakers. He has large black headphones on his head. The background is filled with trees with yellow and orange autumn leaves, and a park bench is visible in the distance. The overall scene is bright and energetic.

GET YOUR HEALTH BACK ON TRACK WITH PHYSICAL THERAPY

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NEWS LETTER



GET YOUR HEALTH BACK ON TRACK WITH PHYSICAL THERAPY



Happy October! Now that fall is here, it's time to crack out the knives for pumpkin carving, and put out bowls of candy for trick-or-treaters! Did you know that October is also National Physical Therapy Month? It's true! Ellis Physical Therapy wants to make sure that our patients have a reliable source to learn more about the many benefits of physical therapy. Our team of physical therapists is devoted to helping our patients recover from injuries and pain that make everyday activities way harder than they should be. Ellis Physical Therapy provides high-quality rehabilitation services, and we encourage you to reach out to us if you or a loved one is in need of physical therapy!

Take a break from planning out your scary costume this year and read up on these 5 reasons why physical therapy is a great option for pain relief from chronic conditions and injuries.

5 reasons to choose physical therapy

There are several reasons to choose physical therapy over pricey surgeries and medications. Ellis Physical Therapy has chosen 5 of the best ones for you to consider!

1. Physical therapy can help to strengthen your joints and improve your range of motion. Increasing muscle strength and mobility of the connective tissues around your joints (including the tendons, muscles, fascia, and joint capsules) will help your joints feel better and move better. This can also help you improve your functional activity tolerance, which is essential for work, leisure, and simple daily function.

2. It's a safe, holistic method of pain management/elimination. The sad truth is that right now, we're experiencing an opioid epidemic. People are relying so heavily on over-the-counter medications to ease their pain, they don't realize the long-term effects these pills have on

their bodies. You don't have to rely on over-the-counter or prescription painkillers to ease those achy, stiff, swollen joints! Physical therapy modalities that have been shown to ease pain, reduce spasms, increase circulation, and promote healing include electrical stimulation, diathermy, cold laser therapy, dry needling, and therapeutic ultrasound.

3. You can learn to move without limits again.

According to the Arthritis Foundation, exercise is one of the best ways to manage hip pain and knee pain caused by osteoarthritis. Your physical therapist can help you get back to regular exercise in a way that is safe and effective for you, based on your current abilities, goals, and needs. This is especially helpful if you're currently on a weight loss journey since being overweight is a major risk factor for knee and hip pain.

4. Physical therapy can uncover the underlying reasons for your pain. Many of the impairments you and your physical therapist work to correct—including weakness, poor posture, and limited range of motion—may have been caused or worsened by things you're unknowingly doing. This includes sitting too much, using poor body mechanics, breathing improperly, and having an ineffective ergonomic set-up at work. A physical therapist can educate you about ways to move safer ways that use your energy more efficiently, reduce the risk of re-injury and enhance the overall effects of your care.

5. You'll experience improved joint health. When you see a physical therapist for hip or knee pain, there's a good chance they'll use joint mobilizations or manipulations to help promote healing and attract circulation to the inner joint surfaces. These techniques have also been shown to reduce pain and improve joint alignment...and they feel good, too!

WHY CHOOSE ELLIS PHYSICAL THERAPY?

The mission of our physical therapy clinic is to use compassion, encouragement, and motivation in the treatment of our patients and clients. We pride ourselves on providing outstanding and personalized skills as movement and rehabilitation physical therapists, through exceedingly high customer service. Our goal is to positively impact people's lives and improve their quality of life.

During your first appointment with your therapist, they will do a thorough evaluation of your physical condition. If you're feeling pain, your symptoms will be taken into account. If there are things you cannot do because they cause you discomfort, tell your therapist so that they can make note in your treatment plan. Your therapy will be centered around helping you get back to doing the things you love without pain. Targeted exercises and stretches will be a huge part of your treatment, and your therapist will work with you to ensure your success and satisfaction.

When you see a therapist at our clinic for an evaluation, it doesn't matter what your diagnosis ends up being. We're here for you every step of the way and assure you that a comprehensive treatment plan will be created specifically for your needs. There is nothing we desire more than to see you feeling better, and we'll stop at nothing to ensure that happens!

Call us today to set up an appointment. Here at our clinic, the ultimate goal is to help you achieve your full potential and maximum functional level in work, sport, and life activities. We understand that no two pain conditions are alike, and no two treatment plans should be either.

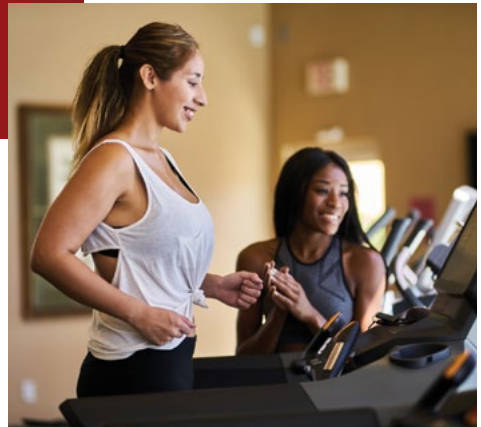
EXERCISE ESSENTIALS

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.

SINGLE SHOULDER RAISE

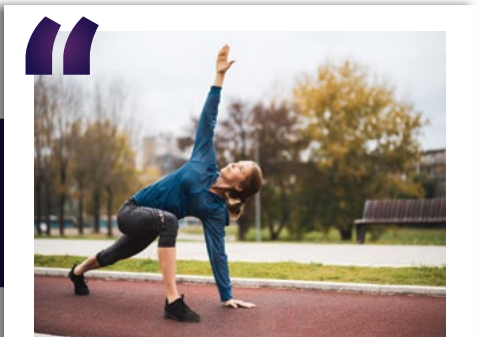
Start by standing with good posture and your arms by your side. Raise one shoulder to a 90 degree angle and hold for 10 seconds. Repeat 5 times on each arm.

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Contact Ellis Physical Therapy to learn more about the benefits of physical therapy. After all, it is National PT Month, so if you're struggling with a painful condition, there's no better time than the present to seek help!

SOURCES: <https://www.arthritis.org/>



Patient Success Spotlight

"I am cross country skiing again with no pain!"

"I strained my ankle in August and limped around for three months. Finally decided that I needed help. I started therapy on December 25th and a month later I am cross country skiing again with no pain. Thank you Logan and Stace. I am very impressed and smiling." - N.H.

TAKE ADVANTAGE OF YOUR HEALTH BENEFITS

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.

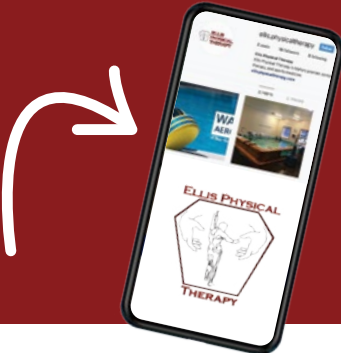
Have you undergone surgery recently? Call us today at (208) 523-8879 to schedule an appointment with one of our physical therapists. We'll guide you to affordable treatments that will place you one step closer to pain relief.



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

VEGETARIAN FRENCH ONION SOUP

INGREDIENTS

- 6 tbsp extra-virgin olive oil
- 3 lbs medium yellow onions, halved and thinly sliced
- ¼ tsp sea salt
- 1½ tbsp balsamic vinegar
- 1½ tbsp tamar
- 1½ tbsp fresh thyme leaves
- 3 garlic cloves, minced
- 3 tbsp all-purpose white flour
- 1 cup dry white wine



- 6 cups vegetable broth
- Freshly ground black pepper

INSTRUCTIONS:

Heat the oil in a large pot or Dutch oven over medium heat. Add the onions, salt, and several grinds of pepper and toss to combine. Reduce the heat to low and cook for about 40 minutes, stirring every few minutes, or until the onions are very soft. Increase the heat to medium and cook 15 to 20 more minutes, stirring often, until golden brown. Add the vinegar, tamar, thyme, and garlic and stir. Sprinkle the flour on the onions, stir, and cook for 2 minutes. Stir in the wine and cook 2 minutes, or until evaporated. Add the broth and simmer over medium heat for 30 minutes. Preheat the oven to 450°F and line a baking sheet with parchment paper. Place the baguette slices, topped with cheese, on the baking sheet and bake until the slices are toasted and the cheese is melted, 8 to 10 minutes. Ladle the soup into ramekins or bowls and top each with a toasted baguette piece, fresh thyme, and a pinch of red pepper flakes, if desired.



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