



NEWS LETTER

FIND RELIEF FOR YOUR HEADACHES OR MIGRAINES BEFORE THE HOLIDAYS

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NEWS LETTER

MYOFASCIAL RELEASE CAN HELP YOU FIND RELIEF FROM MIGRAINES



If you are experiencing stiff or tight muscles in your neck, and/or if you are living with chronic headaches or migraines, myofascial release can help you find relief. This hands-on treatment helps with pain relief by easing the tension in your muscles. It is a form of massage performed by your physical therapist that focuses on specific pressure points, aimed at bringing the myofascia back to its elastic form.

If you've been noticing pain in your neck or head, and you think you could benefit from myofascial release, give our office at Ellis Physical Therapy a call today. We would be happy to set up a consultation and discuss how our treatment services could benefit you!

How does myofascial release help? If you live with headaches or migraines, you know how painful and debilitating they can be. Attacks are usually characterized by painful throbbing or pulsing on one side of the head, which can also be accompanied by changes in vision, nausea, vomiting, sensitivity to light, or sensitivity to sound.

When the muscles around your neck become tight, your mobility of the affected area becomes restricted, and any movements you make can result in pain. Myofascial release reverses this sensation by loosening up the constricted area, thus promoting easier mobility and less pain.

This targeted form of treatment has been known to relieve the pain of chronic headaches and migraines by massaging the tightened muscles around the head and neck. If you've sustained an injury to the neck or head that is causing your headache, myofascial release can also help by massaging out the affected area, in order to loosen up the muscles and allow for a quicker healing process.

These manual techniques not only help in reducing pain, but they also keep the head and neck moving the way they should. In fact, the manual and massaging properties of myofascial release have also been shown to help chronic headache and migraine sufferers sleep better and experience attacks less frequently.

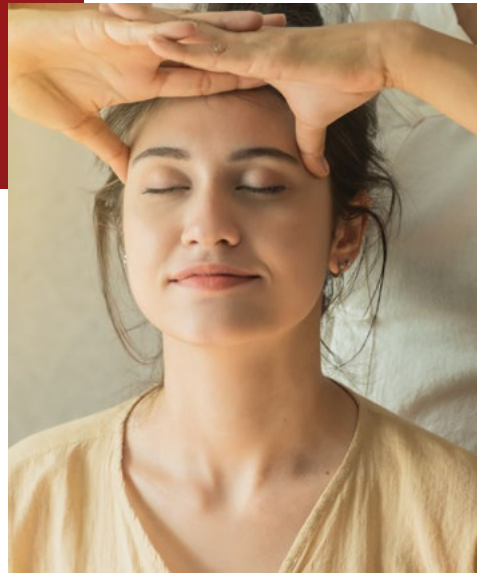


HOW CAN I GET STARTED WITH ADDING MYOFASCIAL RELEASE INTO MY TREATMENT PLAN?

If you are experiencing neck pain and/or chronic headaches and you think you could benefit from myofascial release, give our office a call today. Scheduling an appointment is the first step in getting a new treatment added to your plan and finding relief for your debilitating aches and pains.

At Ellis Physical Therapy, our physical therapists will provide you with a thorough evaluation to determine the best ways in which our treatment methods will benefit you. We understand how inhibiting pain and stiffness can be, and we want to help get you back to comfortably living your life.

Find relief today! Don't let your chronic headaches and neck pain dictate your life! You can live comfortably once again and get back to your normal life with the help of our dedicated and highly experienced physical therapists at Ellis Physical Therapy. **Myofascial release can help you reclaim your life once again!**



Call Us Today To Schedule An Appointment!
(208) 523-8879

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.

CERVICAL RETRACTION

Sit in a chair with good posture and your feet flat on the floor. Press your fingers into your chin until you feel a stretch in the back of your neck. Hold for 15 seconds and repeat 3 times.

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Patient Success Spotlight

"I look forward to always feeling welcomed!"

"Love the customer service. Friendly and very helpful. I look forward to always feeling welcomed when I come in multiple times in the future." - **D.N.**

STAFF SPOTLIGHT: MELINA HARRINGTON, PT, DPT

Melina Harrington is a native of North Idaho. After graduating high school she traveled around for several years, living in multiple states within the U.S. as well as spending a year in Germany before ending up in Phoenix, Arizona. Melina completed her undergraduate studies at Arizona State University graduating in May 2015 with a degree in Exercise and Wellness. Melina attended physical therapy school at Northern Arizona University and graduated with her doctorate in March 2021. Melina is excited to join the Ellis PT team and is hoping to further her certifications to include Women's Health. In her off time, Melina enjoys spending time with her family, learning how to ski, camping, and exploring Eastern Idaho.



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 VEGAN GINGERBREAD COOKIES



INGREDIENTS

For cookies

- 3 cups flour
- 1 tsp baking soda
- 1 tsp baking powder
- 1 tsp salt
- 1 tbsp ground ginger
- 2 tsp cinnamon
- 1/4 cup + 2 tbsp vegan margarine

- 3/4 cup brown sugar
- 1/2 cup molasses
- 2 tsp nondairy milk
- 1/2 tsp vanilla

For frosting

- For the frosting:
- 1/2 cup vegan butter room temp
- 1 cup powdered sugar
- 1-3 tsp milk

INSTRUCTIONS:

In a medium sized bowl, whisk the flour, baking soda, baking powder, salt, ginger, and cinnamon. In a separate, larger bowl, add the butter, brown sugar, molasses, milk, and vanilla. Beat with a mixer. Slowly add the dry ingredients into the wet and mix until completely combined. Form the dough into a ball and wrap in cling wrap. Place in the fridge for about an hour. To make the frosting, place butter and sugar in a bowl and beat with a hand mixer. Add milk to your preferred consistency. Once the cookies are chilled, preheat the oven to 350°F. Lightly flour a surface and place the chilled dough on top. Begin to roll it out the dough with a rolling pin. Roll it to be ~1/4" thick.



COME BACK TO PT!



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



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