



HEALTH & WELLNESS NEWSLETTER

www.EllisPhysicalTherapy.com | (208) 523-8879



YOU CAN RESOLVE YOUR CURRENT INJURIES

PHYSICAL THERAPY CAN HELP

INSIDE:

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PREVENT FUTURE INJURIES FROM HAPPENING WITH PHYSICAL THERAPY COME BACK TODAY!



Do you have persistent pain you're trying to get rid of? Do you wonder what you can do to prevent injuries? At Ellis Physical Therapy, our skilled therapists can perform an injury assessment to help identify the steps you need to take to resolve your aches and pains now and, more importantly, prevent injuries in the future! We understand that many people simply don't know if they feel normal. Too often, people take a "wait and see" approach rather than address their concerns head-on.

People are worried they will have to keep coming back to physical therapy, but your program can be a "one and done" deal when you come in for an injury screening. At Ellis Physical Therapy, we can determine if your condition requires more intense therapy or should be done independently at home.

Give us a call today to hear more about our injury prevention services and how we can make sure your treatment with us will be what you need to get back in the game and prevent future problems.

How can I prevent an injury? At Ellis Physical Therapy, we offer injury screenings to help determine if you need physical therapy to resolve your pain and identify your likelihood of experiencing an injury in the future. Your body tells you what it can and cannot do in subtle ways,

and we can help figure out what it is trying to communicate to you! We will analyze how your body moves and perform a physical assessment of your soft tissue and joints to understand better why you are hurting. This information can help identify mobility deficits and weaknesses that make you more susceptible to injuries.

This assessment can include more activity-based analysis like watching how you squat and jump or performing a gait and balance analysis. We are on the lookout for abnormalities during the screening, whether in wobbly landing positions, weaknesses, loss of motion, or general issues with posture and techniques. Our comprehensive assessment helps determine if you have an injury that's causing your pain. We can also assess if you are compensating due to an underlying issue that is causing the pain. We will also take note of any painful areas and focus closely on those to get to the root of the problem.

After your initial screening, your physical therapist will develop a plan to help significantly lower your risk of future injury. This may include manual therapy, technique and form assistance, therapeutic exercise, or any of our additional services that your physical therapist sees fit. They may also send you home with some helpful tips and practices that you can do on your own to help prevent your risk of future injury.

HOW TO PREVENT INJURIES

If you've suffered from pain and injury in the past, and you want to figure out how to stop them in the future, schedule a consultation with one of our physical therapists today. We will educate you about what your body is telling us and what you can do to reduce your injury risks. Some of the most important steps you can take include the following:

Proper sleep: Sleep is the most effective strategy that everyone can do to reduce their risk of injuries. Research has shown that people sleeping less than 6 hours a night are more likely to injure themselves. In comparison, sleeping 8-10 hours per night has the most significant effect on injury prevention.

Strength training: Building strength has been shown to reduce injuries to muscles, tendons, and joints. Strengthening is one of the most effective strategies you can do to help stay injury-free.

Nutrition matters: A scientifically-backed approach, like the Mediterranean Diet, helps provide the nutrition you need to recover from injury and reduce the risk of future injuries. Processed foods, foods high in sugar and fat, limit your body's ability to heal and perform at a high level.

Surprisingly, multiple research studies have concluded that stretching and flexibility are ineffective for injury prevention. The tightness you feel may indicate weaknesses or joint restrictions and not be related to the flexibility of your tissue. Stretching can feel good, and people like to do it, but other proven methods are more valuable than preventing injuries.



Call today to schedule an appointment. At Ellis Physical Therapy, our team of physical therapists is experts at treating injuries and preventing future injuries. We have proven success with treating people of all skill levels. **Call today to schedule an appointment with one of our specialists!**

Sources: <https://link.springer.com/article/10.2165/00007256-200131140-00003>
<https://bjsm.bmj.com/content/52/24/1557.abstract>
<https://pubmed.ncbi.nlm.nih.gov/29352373/>
https://journals.lww.com/acsms-csmr/Abstract/2021/06000/Sleep_and_Injury_Risk.3.aspx?context=FeaturedArticles&collectionId=1

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.***

SWAN DIVE

Lay on stomach with your arms overhead. Press your chest upwards, keeping the muscles in your trunk and legs relaxed. Repeat 6 times.

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Patient Success Spotlight

“Jay was so helpful!”

“I was very much satisfied with the service I received from Ellis Physical Therapy! Jay was so helpful and explained the procedures I would need to go through to manage my problem. He also has gone through the process of working with my doctor, as well as assisting me in the purchase of a new Mobility Chair. As an eighty-five-year-old female, I felt right at home talking with his friendly staff, and Jay! I highly recommend him and his team!” - B.K.



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

COVID-19 ANNOUNCEMENT FOR CLINIC SAFETY

During the coronavirus pandemic, public health and safety are major concerns for everyone. This is especially true for those in need of physical therapy. While it is critical to adhere to social distance rules and reduce exposure risk, it is equally important to continue receiving regular physical therapy treatment in order to maintain your physical health.

While we understand the worry and stress over the spike in cases of COVID-19, we do want to emphasize the importance of taking care of your health and medical conditions during this time.

We want to reassure all of our patients that our clinic is following CDC-recommended protocols for sanitization, the use of masks, and social distancing. Our equipment is cleaned and sanitized before and after use, we are only allowing a limited number of patients in the clinic at once.

We strongly encourage you to continue coming for your appointments unless you are ill or have been exposed to the virus recently. Our ultimate goal is to help you achieve your goals and be as successful as possible



in your therapeutic treatment. The only way we can assist you in meeting this goal is by continuing regular treatment with your physical therapist so that you do not regress or develop worsening pain symptoms.

If you would like to talk with our clinic about our COVID-19 protocols, please feel free to give us a call at (208) 523-8879 today. We are here to help you and support you in your healing journey and want you to feel as safe and comfortable as possible in our clinic.

Healthy Recipe

HEART HEALTHY HUMMUS



INGREDIENTS

- 2 cans (16 oz each) reduced-sodium chickpeas, rinsed & drained except for 1/4 cup liquid
- 1 tbsp extra-virgin olive oil
- 1/4 cup lemon juice
- 2 garlic cloves, minced
- 1/4 tsp cracked black pepper
- 1/4 tsp paprika
- 3 tbsp tahini (sesame paste)
- 2 tbsp chopped Italian flat-leaf parsley

INSTRUCTIONS:

Using a blender or food processor, puree the chickpeas. Add the olive oil, lemon juice, garlic, pepper, paprika, tahini and parsley. Blend well. Add the reserved liquid, 1 tablespoon at a time, until the mixture has the consistency of a thick spread. Serve immediately or cover and refrigerate until ready to serve.

Source: <https://www.mayoclinic.org/healthy-lifestyle/recipes/hummus/rcp-20049675>

ELLIS PHYSICAL



PHYSICAL

THErapy

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!

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