



HEALTH & WELLNESS NEWSLETTER

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RELIEVE YOUR BACK PAIN BY FIXING YOUR POSTURE

PHYSICAL THERAPY CAN HELP

INSIDE:

- Find Relief For Your Aching Back With Physical Therapy
- Healthy Recipe
- Patient Success Spotlight



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SIT UP! YOUR POSTURE COULD BE THE REASON FOR YOUR BACK PAIN



Are you able to maintain your posture throughout the day? Do you catch yourself slouching frequently? If you notice daily or persistent aches and pains in your back, your posture is likely contributing to the problem.

At Ellis Physical Therapy, our physical therapists can help identify the source of your pain and whether or not your posture is part of the problem. We offer solutions that work no matter what is causing your back pain! When your posture is incorrect, it can cause stress on your back, resulting in pain, inflammation, or dysfunction. Back pain is the most commonly reported area of pain and often leads to significant limits to one's daily life. It is estimated that up to 70%-80% of adults experience lower back pain at some time in their lives.

If you are experiencing back pain, it is essential to realize whether it stems from the way you stand, sit, and lie down. Fortunately, Ellis Physical Therapy can help. We'll determine the cause of the pain so you can get back to living your life comfortably! If you have been noticing persistent pains in your back, don't hesitate to contact us today!

Poor posture is common and may be the cause of your back pain

Very few people have perfect posture, and most people use bad postural habits in one way or another. We become so wrapped up in whatever

tasks we are doing that we forget to think about how our bodies are positioned.

Poor posture is one of the most common causes of back pain. It's common for people to slouch at their desks, lean forward to read emails, or just slump on their couch while watching T.V. Too often, these are all things people do subconsciously, without realizing the toll it takes on the body. Your posture affects how your body moves - whether you're sitting, standing, walking, running, or performing pretty much any other task throughout the day. Your posture may also change depending on what you are doing - perhaps your posture when you stand is perfect, but when you sit at a desk, your body begins to hunch and fold in ways that it is simply not supposed to.

Poor posture isn't due to laziness or apathy; instead, it generally has something to do with our bodies' habits or physical weakness. Even if you exercise regularly, there may still be weak muscles or compensations contributing to poor posture. The muscles in your shoulders, back, abdomen, buttocks, and pelvic floor all play an essential role in your posture. If even one of these is weak, your posture may suffer.

FIND RELIEF FOR YOUR ACHING BACK WITH PHYSICAL THERAPY

Physical therapy is a great way to regain normal posture. At Ellis Physical Therapy, our physical therapists are experts in movement and excellent resources to have when trying to achieve your physical performance goals. We will aid you in improving your balance, stability, flexibility, and mobility, all of which will positively affect your posture.

At your initial evaluation, we will start by conducting functional testing to identify weaknesses contributing to your posture and causing your back pain. In addition, we will identify any mobility changes in your spine that may influence how you hold your body when you sit, stand, or move. Our customized treatment plans are tailored to your specific needs and typically include manual therapy and targeted stretches and strengthening exercises to alleviate pain and regain proper postural habits. Your physical therapist may add treatments, such as ice and heat therapies, ultrasound, or electrical stimulation as appropriate. Find out for yourself why physical therapy is one of the most effective ways to address your back pain and start on the road to recovery and improved posture.

Steps to improve your posture on your own. Poor posture can be challenging to overcome. The more you practice proper posture, the easier it will become. Here are a couple of tips you can try at home:

Sit properly: Start by scooting your buttocks to the back of the chair and sitting back against the backrest of the chair. Using lumbar support can help you maintain the upright position.



Take breaks: It is vital to make sure that you get up every 30-45 minutes and take a short walk, at least for a minute or two. Changing your positions can prevent the slouched posture from becoming your default posture.

Sometimes the most helpful solution is to avoid the problem from the beginning. Starting in a good posture and taking frequent breaks can eliminate the pain associated with poor postural habits.

Schedule an appointment today. Contact Ellis Physical Therapy today to schedule a consultation and figure out how physical therapy can help your posture!

Sources: <https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Low-Back-Pain-Fact-Sheet>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6305160/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5889545/>

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.***

STANDING EXTENSIONS

While standing, place your hands on your hips and lean back to arch your back. Hold for 10 seconds and repeat 8 times.

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Patient Success Spotlight

"I had immediate relief and was on my way to feeling normal again!"

"After dealing with pain and tightness in my upper back and neck for years, I gave Ellis Physical Therapy a try. Dr. Logan listened and could pinpoint my problem area. He gave me stretches to do at home right away. Amazingly, I had immediate relief and was on my way to feeling normal again! Thank you!" - B.C.



Call Us At (208) 266-2695 Today To Schedule An Appointment!

3 EASY SPRING GARDENING TIPS

Are you ready to enjoy gardening this season? Practicing these three tips will help you prevent injury and make the most out of this season!

1. Warm-up first. Morning gardeners need to make sure to walk around, or at least be up and moving, for about 45 minutes before starting any bending or lifting.

2. Practice proper technique. One of the most common mistakes gardeners make is with their technique. Your back is incredibly strong and resilient when you maintain its natural curves. In the lower back, the curve you need to maintain is called lordosis. When you stick your butt out, you will naturally increase the curve, a.k.a lordosis, and protect your back from injuries. Also, when bending to pull weeds, it is better to kneel or squat so you can maintain the straight spine position and protect your back.

3. Take breaks. Taking frequent breaks or alternating tasks such as digging, lifting, and walking is beneficial for your body. Adding in some simple backbends before starting can also help decrease your risk of pain or injury.



Healthy Recipe

BAKED FALAFEL



INGREDIENTS

- 1 15 oz can chickpeas drained and rinsed
- ½ cup white onion finely diced
- 1 cup fresh parsley lightly packed
- 1 cup fresh cilantro
- ½-1 tsp sea salt (to taste)
- ¼ tsp ground black pepper
- 1 tsp garlic powder
- 1 tsp coriander
- 2 tsp cumin
- 2 tsp baking powder
- 2 TBS ground flaxseed
- 1 TBS olive oil

INSTRUCTIONS:

Preheat oven to 400 degrees F. Add chickpeas, onions, parsley and cilantro to your food processor fitted with an "S" blade. Process until well combined (but still chunky). Add salt, pepper, garlic powder, coriander, cumin, baking powder and flaxseed. Process until well mixed and fine. (mixture will ball up in the processor). Grease a large baking sheet with oil (olive or canola). Roll about 2 TBS of falafel mixture into balls and then flatten into discs and place on baking sheet evenly spaced. Bake in preheated oven for 20 minutes, flip and bake on second side for 10-15 minutes. Remove from oven and serve with tzatziki sauce, in a pita, or on a salad!

Source: <https://joyfoodsunshine.com/baked-falafel/#recipe>



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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