



HEALTH & WELLNESS NEWSLETTER

www.EllisPhysicalTherapy.com | (208) 266-2695



GET THE MOST OUT OF SUMMER VACATION WITH PHYSICAL THERAPY

STAY COMMITTED TO YOUR PT EXERCISES!

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DON'T ALLOW YOUR PAIN TO TRAVEL WITH YOU DURING VACATION PHYSICAL THERAPY CAN HELP



Are you tired of dealing with aches and pains and just want to enjoy your summer? Does the pleasant weather make it harder to keep up with your physical therapy appointments? With the summer months upon us, we understand that many of our patients will be busy and may not have the time they used to. At Ellis Physical Therapy, our highly skilled therapists will help you resolve your problems so you can do the things you have been looking forward to this summer! Too often, the trend for many patients is to opt out of their physical therapy sessions in the summer months. While we understand the busy summer schedules with vacations, work, preparing children for summer camps, etc., stopping your physical therapy too soon can regress the current issue and the development of a new injury. One of the most common causes of an injury is a previous injury or not resolving one issue fully. We want you to be safe, healthy, and pain-free in the summer months – so you can enjoy the warm weather without pain!

At Ellis Physical Therapy, we will work around your busy schedule to find a time that works best for you – so you can still get all your summer activities done while still taking care of yourself and continuing your physical therapy sessions! Don't hesitate to call us today for more information on keeping physical therapy sessions as part of your routine during the busy summer months.

Physical therapy is worth your time, even in the summer. When it comes to physical therapy, you'll see benefits if you put in the time and the work. Research has shown that people who receive physical therapy soon after developing pain or sustaining an injury will have better outcomes. Physical therapy has been shown to reduce the likelihood of

surgery, opioids, or unnecessary testing. If you are looking to keep your physical therapy sessions as part of your routine, we can find a way to help you fit that into your busy schedule. When it comes to results, consistency is the key. People that persist have the best outcomes. Starting and stopping or putting off therapy and hoping you will get better are likely to lead to chronic pain or new injuries.

Chronic pain lasts longer than normal tissue healing time (i.e., three months). Chronic conditions lead to physical disability, mental anxiety and depression, and a poor quality of life. Physical therapy is one of the most effective ways to resolve your pain and prevent it from becoming chronic. Even if you aren't dealing with chronic pain, physical therapy can help you. Time and time again, studies have shown that physical therapy not only helps resolve injury or pain it leads to improved health and overall well-being.

If you have been attending physical therapy, there are two primary reasons to stop.

1. You've reached your goals: Once you and your therapist are satisfied with your success, it's time to move on.
2. You're not seeing progress: It is appropriate to stop physical therapy if you aren't seeing results within the time frame your physical therapist recommended.

Although it can be frustrating to attend regular appointments in the summertime, it is vital to your success to see your therapy out to the end!

PHYSICAL THERAPY IS IMPORTANT, NO MATTER THE TIME OF YEAR

Physical therapy is a great way to ensure you are still in optimum health and your body is strong while tackling your summer activities. Therapy programs can help the body stay strong and heal as quickly and help combat illness or future injuries. The individualized manual therapy and consistent exercises we prescribe for your treatment plan are great ways to boost your immune system. When your body is in shape, it quite literally has more strength to fight off unwanted ailments and injuries.

Physical therapy has been shown to help in the following ways:

- Reduce or eliminate pain
- Recover from/prevent injury
- Improve strength
- Improve range of motion
- Improve balance and coordination
- Reduce the risk of falls
- Avoid surgery

Schedule a consultation with one of our physical therapists today. We will educate you about what your body tells us and what you can do to reduce



your injury risks. Our physical therapists can help if you suffered from pain and injury in the past and want to figure out how to stop them in the future.

Get started today. Is summertime making it hard to keep up with your physical therapy? We can help accommodate whatever you may need! **Contact Ellis Physical Therapy today to schedule an appointment.**

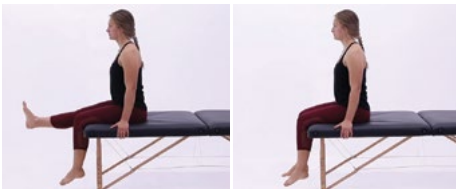
Sources: <https://academic.oup.com/ptj/article/95/10/1433/2686492>
<https://academic.oup.com/ptj/article/90/7/1014/2737793>

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.***

KNEE EXTENSION AROM

Start by sitting up straight on the edge of a table with your legs hanging off. Slowly extend one knee all the way until your leg is straight without letting your back round. Then, allow your knee to bend back down. Repeat with your other leg. Continue alternating as directed by your physical therapist. Perform 3 sets of 10 reps.



Patient Success Spotlight

"They've helped me with my issues so much and I feel much better when I leave!"

"They are so wonderful to work with. I've worked with Tyler, Tonya and Jason so far and they are nice, patient, kind, and fantastic at their job! My son goes to Ellis as well and loves it! They've helped me with my issues so much and I feel much better when I leave. The receptionists are kind and I have never had an issue with scheduling or billing. Thanks Ellis PT you all rock!!!" - **Amber M.**



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

TAKE A VIRTUAL TOUR OF OUR ELLIS PHYSICAL THERAPY CLINIC

Ellis Physical Therapy offers a virtual look into our clinic! Discover areas of our clinic you may not have experienced, and treatments we offer for a wide range of conditions. **Scan the QR code watch a video of our tour.**



5 WAYS TO INVEST IN YOUR HEALTH

- 1. Make sure to eat healthy.** Try swapping out your burger for lunch for a healthy meal of salmon and asparagus and buy less sugary snacks at the grocery store.
- 2. Exercise regularly.** Find a workout that raises your heart rate as much as feels comfortable for you. In this sense, exercise turns into medication.
- 3. Get to sleep at a decent hour.** Try to put your phone down and turn your television off in the evenings so your mind and body have a chance to slow down and get ready for sleep.
- 4. Have a primary care physician.** Having a primary care doctor is a good way to keep all of your medical history in one place. You can also have a "go-to" office to call when you're in need of referrals for specialists.
- 5. Pay attention to your mental state of being.** Investing in your health means investing in all aspects of your body, and if you're struggling with anxiety or depression, it could benefit you to see a counselor.



Sources: <https://www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side>

Healthy Recipe

STRAWBERRY SMOOTHIE BOWL



INGREDIENTS

- 1 frozen banana, peeled
- 1 cup frozen strawberries
- ¼ cup milk, more as needed
- Toppings of choice!

INSTRUCTIONS:

Add the banana, and strawberries to your blender. Let it sit in the blender for 2-3 minutes to soften slightly. Turn the blender on low and let it slowly chop up the fruit into small pieces.

Add in the milk and blend, starting on low and working the speed up slowly, until smooth. Use a tamper or scrape down the sides as needed. Spoon the smoothie into a bowl and add on your desired toppings!



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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