



# HEALTH & WELLNESS NEWSLETTER

[www.EllisPhysicalTherapy.com](http://www.EllisPhysicalTherapy.com) | (208) 266-2695



## RELIEVE YOUR PAIN WITH PROPER NUTRITION

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## RELIEVE YOUR PAIN WITH PROPER NUTRITION

Does chronic pain limit your daily life? Have you wondered if inflammation is the source of your pain? At Ellis Physical Therapy, our physical therapists understand the importance of a nutritious diet, especially if experiencing chronic pain. Our team looks at the whole person to ensure you're the healthiest version of yourself!

Everything you consume works to fuel your body, so eating the right foods can aid in a quicker recovery from painful conditions. By exercising regularly, managing your stress, and eating nutritious meals, you can help significantly reduce the pain and inflammation you are feeling.

If you have been living with pain, dealing with inflammation, and want relief, contact Ellis Physical Therapy today to schedule a consultation. Learn more about how our physical therapists can help you manage your nutrition and work with you to prevent injuries to rehabilitation and beyond.

**How inflammation leads to pain and disease.** Through inflammation, your immune system can naturally respond to injury, ailment, or other harm. If you have an infection, wound, tissue damage, or buildup of toxins in your body, the immune response is triggered to deal with it. Without inflammation, injuries wouldn't be able to heal.

Unfortunately, chronic inflammation can occur if this process goes on for too long. This makes it more difficult for the body to heal itself and often leads to chronic pain. In addition, there are other serious health conditions related to chronic inflammation, such as:

- Arthritis (Osteoarthritis and Rheumatoid arthritis)

- Diabetes
- Heart disease (High blood pressure, coronary heart disease, peripheral artery disease)
- Some cancers (i.e., colon, pancreatic, and liver cancers)

If you experience persistent pain, it is wise to contact a physical therapist as soon as possible. Our therapists are skilled at assessing the whole body and identifying the contributing factors, including chronic inflammation.

**Benefits of nutrition for pain and inflammation.** Traditionally, chronic inflammation has been treated through rest and/or medication. However, a lack of movement and exercise can make inflammation worse. Medications come with side effects, which can be dangerous and/or habit-forming. Luckily, we can treat pain and inflammation in more straightforward and healthier ways, including proper nutrition.

Nutrition can help you turn around your symptoms by adopting an anti-inflammatory diet. An anti-inflammatory diet consists of the following components:

**Plant-based emphasis:** This means adding in more fruits and vegetables.

**Foods containing omega-3 fatty acids:**

- Fish and other seafood (especially cold-water fatty fish such as salmon, mackerel, tuna, herring, and sardines)
- Nuts and seeds (such as flaxseed, chia seeds, and walnuts)

# PROPER NUTRITION & PAIN RELIEF

## Whole grains:

- Whole Oats
- Whole Wheat
- Whole-Grain Rye
- Buckwheat
- Bulgur Wheat (Cracked Wheat)
- Millet
- Whole Barley
- Spelt

## Lean protein:

- White-Fleshed Fish
- Plain Greek Yogurt
- Beans, Peas, and Lentils
- Skinless, White Meat (i.e., chicken, turkey, and pork)

## Healthful fats:

- Avocado
- Nuts
- Olive Oil
- Flaxseed

To strengthen your body's immune response, you'll want to avoid simple carbs and sugars. Anti-inflammatory diets discourage or limit the consumption of processed foods, red meats, and alcohol. In addition, reduce your processed grain and dairy intake. Unfortunately, that means no donuts, no pastries, and white bread.

**What to expect in physical therapy.** By maintaining a nutritious dietary plan with the help of a physical therapist, you should quickly begin to notice a decrease in your pain and inflammation symptoms. In addition to this, you can also help manage your pain and inflammation through:

- **Daily exercise:** Exercise can alleviate pain or stiffness and stop the inflammation from becoming worse.
- **Stress management:** Stress can influence the body's inflammation and



lead to a longer recovery. Taking time to relax can allow you to heal quicker.

- **Weight loss:** If you have some unwanted weight, getting down to your ideal body weight will help with your pain and inflammation.

Our physical therapists will perform a whole-body evaluation that includes a nutritional assessment to identify all the factors that may be contributing to your pain and chronic inflammation. We need to understand how your nutrition and other factors affect your overall health status.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques. In addition, we will educate you and support you through changes you need to make to your lifestyle to ensure optimal results!

**Contact us today!** Schedule your consultation with Ellis Physical Therapy today to discuss nutrition plans with one of our licensed physical therapists and gain additional advice on other ways you can help manage your pain!

Sources:

<https://europepmc.org/article/nbk/nbk493173>

<https://www.mdpi.com/2072-6643/10/2/200>

<https://www.sciencedirect.com/science/article/abs/pii/S1568997218302106>

<https://www.ingentaconnect.com/content/ben/crr/2019/00000015/00000003/art00005>

<https://www.mdpi.com/2072-6643/10/8/1030>

# 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.*

## PRONE ALTERNATE LEG

*Strengthens back and core*

While lying face down and keeping your lower abdominals tight, slowly raise up a leg. Slowly lower and then raise the opposite side. Do not allow your spine to move the entire time. Alternate 20 times.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

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## Patient Success Spotlight

**"They've helped me with my issues so much..."**

"They are so wonderful to work with. <3 I've worked with Tyler, Tonya & Jason so far and they are so nice, patient, kind and they are 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 so much better when I leave. The receptionists are super 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!**

# STAFF SPOTLIGHT

## LOGAN BRADLEY, PT, DPT, CERT. DN

Logan grew up in Rigby, Idaho and finished his undergraduate studies at BYU-Idaho in Rexburg with a Bachelor's Degree in Exercise Physiology. He then completed his Doctor of Physical Therapy degree at Touro University Nevada in Las Vegas.

Logan places a special emphasis on orthopedic manual therapy. Interaction with therapy patients is especially rewarding for him. He has a particular interest in athletics and loves teaching proper strengthening techniques to prevent sports injuries.

In his free time, Logan enjoys watching and playing sports. He loves snowboarding, playing guitar, and spending time with his family. He and his wife Melissa also love hiking, exercising and all kinds of outdoor activities. Logan and his wife have adopted two boys (Anthony and Jaxon) and love spending time with them.



## Healthy Recipe

### CAPRESE SALAD



#### Balsamic Vinaigrette

- 2 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1 tsp ground mustard
- 1/8 tsp each salt & pepper

#### Salad

- 4 medium tomatoes, sliced
- 1/4 c fresh basil leaves
- 1/2 lb fresh mozzarella cheese, sliced

#### INSTRUCTIONS:

Arrange the tomatoes, cheese and basil on a serving platter. Whisk the vinaigrette ingredients; drizzle over salad. If desired, sprinkle with additional salt and pepper.

<https://www.tasteofhome.com/recipes/caprese-salad/>

ELLIS 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!

**(208) 266-2695**