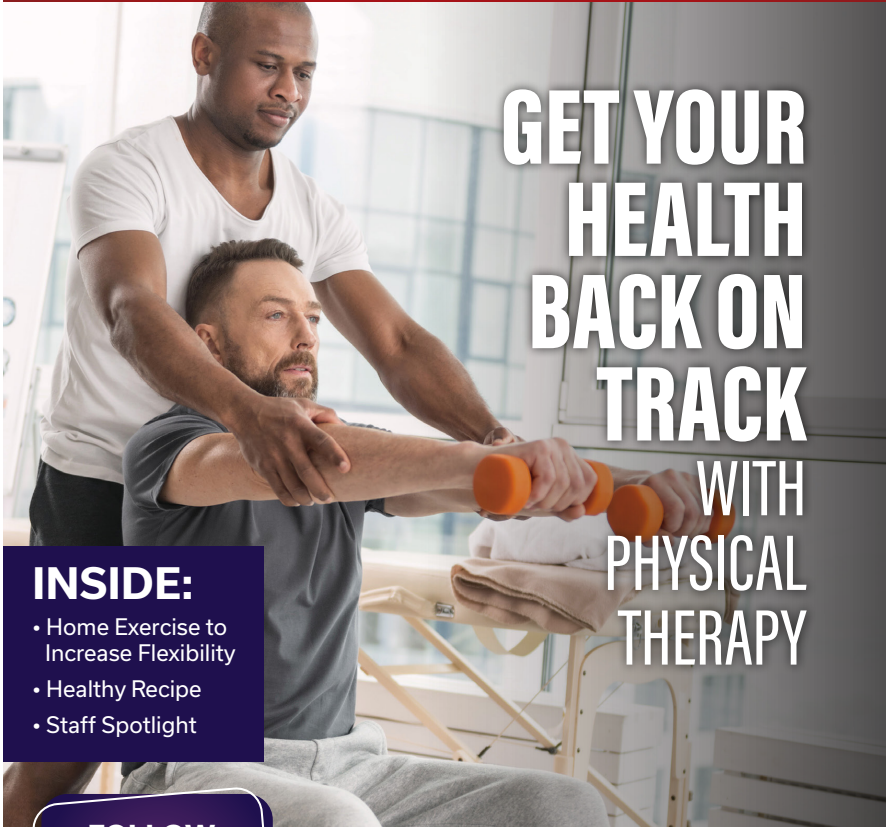




# HEALTH & WELLNESS NEWSLETTER

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



## GET YOUR HEALTH BACK ON TRACK WITH PHYSICAL THERAPY

### INSIDE:

- Home Exercise to Increase Flexibility
- Healthy Recipe
- Staff Spotlight

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## GET YOUR HEALTH BACK ON TRACK WITH PHYSICAL THERAPY

Have you struggled with pain? Are you dealing with an injury affecting your ability to do your usual routine? Our highly skilled physical therapists can guide you back to health and back to doing what you love!

Whether you have recently had surgery or are recovering from a new injury, physical therapy at Ellis Physical Therapy can help.

October is National Physical Therapy Month. Ellis Physical Therapy wants to make sure that you have a reliable source to help you resolve whatever physical condition you face. Our physical therapists are highly trained and experienced in treating musculoskeletal disorders. We understand how important it is to get to the root of the problem and provide solutions that work.

Our team of physical therapists is devoted to helping our patients recover from injuries and pain that are interfering with everyday activities and making life way harder than it should be.

Request an appointment with Ellis Physical Therapy today, so we can help you get back to the life you deserve!

**Why should I choose physical therapy?** There are several reasons to choose physical therapy over costly surgeries and medications. Physical therapy has been shown to not only help resolve pain and improve function, but it is also effective at enhancing your overall health and well-being.

**One of the most significant benefits of physical therapy is that it can uncover the underlying reasons for your injuries and/or pain.** Some of the impairments your physical therapist can help you correct include:

- Loss of motion
- Weakness
- Poor posture and faulty movement patterns
- Gait abnormalities
- Loss of balance
- Coordination deficits
- Neurological impairment
- Unhealthy lifestyle behaviors (i.e., poor sleep habits, improper nutrition, lack of exercise, etc.).

**Benefits of physical therapy.** A physical therapist can educate you about ways to move safer that use your energy more efficiently, reduce the risk of re-injury and enhance the overall effects of your care. The benefits of physical therapy treatments include easing pain, reducing spasms, increasing circulation, and promoting healing.

- **Physical therapy can help improve your joint range of motion and overall mobility:** Our ability to move depends on how individual joints move and how the body's joints move in concert with one another. Increasing joint range of motion and mobility of the connective tissues

# PHYSICAL THERAPY CAN IMPROVE YOUR OVERALL HEALTH AND WELL-BEING



around your joints (including the tendons, muscles, fascia, and joint capsules) will help your joints feel better and move better. This will also help you improve your overall functional mobility and activity tolerance, essential for work, leisure, and simple daily function.

- **Physical therapy can help strengthen weaknesses and compensation patterns:** Through injury or surgery, muscles become weak and impact your ability to move and function normally. For some, an old injury or abnormal movement pattern has led to weakness due to compensations. Physical therapists are skilled at assessing the whole body, identifying weakness, and teaching how to restore strength and function.
- **Physical therapy can improve your overall health and well-being:** When you see a physical therapist for pain and/or injuries, you will receive the benefits of rehabilitation to resolve the condition and a total body approach to health. Physical therapists can recommend nutrition to improve pain, reduce inflammation, and improve overall health. In addition, physical therapists are movement experts and trained to help you move/exercise more, no matter your limitations or restrictions. More activity equals improved health!
- **Physical therapy can help you reduce the risk of injury:** By implementing a holistic approach, we can improve and restore your function and prevent injuries. This may include all components of typical physical

therapy and include gait modifications and coordination exercises to stimulate the nervous system and help ensure your mechanics are ideal to avoid an injury.

**Call us today to request an appointment.** The mission of our physical therapy clinic is to use compassion, encouragement, and motivation in the treatment of our patients and clients. We provide outstanding and personalized skills as movement and rehabilitation physical therapists through exceedingly high customer service and results!

Our goal is to positively impact people's lives and improve their quality of life. Your therapy will be centered around helping you get back to doing the things you love without pain. We understand that no two pain conditions are alike, and no two treatment plans should be either.

Contact Ellis Physical Therapy to learn more about National Physical Therapy Month and the benefits of physical therapy.

If you're struggling with a painful condition or experiencing a physical limitation, our therapists will work with you to ensure your success!

Sources:  
<https://academic.oup.com/ptj/article/95/10/1433/2686492>  
<https://academic.oup.com/ptj/article/90/7/1014/2737793>  
<https://bjsm.bmj.com/content/52/24/1557.citation-tools>  
<https://www.sciencedirect.com/science/article/abs/pii/S1568997218302106>

## 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.*

### SEATED HAMSTRING STRETCH

*Increase flexibility, reduce injuries*

Start by sitting up straight in a chair with one knee bent and the other straight. Place both hands on the straight knee and slowly bend forward at your waist like a hinge. Feel the stretch in the back of your leg. 1 set, 2 reps, 30 seconds hold.



## Patient Success Spotlight

**“One of the best medical care professionals I’ve ever worked with...”**

“I’m currently getting treatment for a biceps tendon tear and shoulder surgery. Dr. Jason Bailey is one of the best medical care professionals I’ve ever worked with. He always takes time to answer all my questions. He makes my therapy sessions productive and he has been instrumental in helping my confidence throughout my recovery. I highly recommend using this place for your physical therapy.” — **Darin S.**



**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

### PUMPKIN SOUP



- 6 cups vegetable stock
- 1 ½ tsp salt
- 4 cups pumpkin puree
- 1 tsp chopped fresh parsley
- 1 cup chopped onion
- ½ tsp chopped fresh thyme
- 1 clove garlic, minced
- ½ cup heavy whipping cream
- 2 tsp black pepper

Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered. Puree the soup in small batches (1 cup at a time) using a food processor or blender. Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.

<https://www.allrecipes.com/recipe/9191/pumpkin-soup/>

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**