



Health & Wellness

NEWSLETTER



AVOID SURGERY AND MANAGE YOUR PAIN WITH PHYSICAL THERAPY

Do you have a chronic pain condition or general aches and pains? Have you been searching for a course of treatment that doesn't involve surgery? Physical therapy may be your key to a happier and healthier life!

At Ellis Physical Therapy, we understand the desire to avoid surgery. Our highly trained team uses the most advanced strategies to help alleviate pain and prevent recurring injury. And the best part is, we use only conservative and natural treatment options!

Are you ready to start on the path towards natural pain relief? Contact Ellis Physical Therapy today to schedule an appointment. Our team of dedicated therapists can treat your pain and return you to a more comfortable life.

What treatment options are available at Ellis Physical Therapy?

There is a wide variety of treatment options available at our physical therapy clinic. Depending on your injury or condition you may be prescribed one or more of the following therapeutic modalities.

- **Acoustic wave therapy.** Acoustic wave therapy (AWT) is a mechanical stimulation that promotes the body's natural

healing processes.

In AWT, sound waves are used to stimulate natural, safe reactions within tissue to help the tissues return to their optimal and homeostatic state. AWT can treat a huge range of conditions, ranging from musculoskeletal injuries to chronic pain.

One of the main benefits of AWT is the creation of new blood vessels. This increases blood flow to injured or weakened areas and helps eliminate inflammatory cells that cause pain.

- **Laser therapy.** Laser therapy is a medical treatment that uses concentrated light to treat patients. This non-invasive technique promotes cellular healing and decreases inflammation.

Laser therapy can reduce pain and restore normal range of motion to the dysfunctional area. Though this method of treatment might sound intimidating, it is perfectly safe and has been approved by the FDA since 2003! This treatment option offers a safer alternative to surgery and the continued use of prescription medication.

- **Craniosacral therapy.** According to Cleveland Clinic, "Craniosacral therapy (CST) is a gentle hands-on treatment

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GET BACK TO LIVING PAIN-FREE!

that may provide relief from a variety of symptoms including headaches, neck pain and side effects of cancer treatment among many others.”

When a therapist performs CST, they use a gentle touch to move fluids in and around the central nervous system. Reducing tension in the central nervous system promotes a sense of well-being by alleviating pain and improving health and immunity.

- **Myofascial release therapy.** Myofascial release is a manual, hands-on treatment that helps with pain relief by easing the tension in your muscles. It is performed by massage therapists, physiotherapists, and chiropractors and focuses on specific pressure points to bring the myofascial back to its elastic form.

This targeted form of treatment has been known to relieve the pain of chronic headaches and migraines by massaging the tightened muscles around the head and neck and promoting a quicker healing process.

- **Manual therapy.** Manual therapy is a type of physical therapy used to treat musculoskeletal pain and disability. It primarily consists of muscle kneading and manipulation, joint mobilization, and joint manipulation. Manual therapy techniques move muscles and joints and include the following:
 - Palpation
 - Stretching
 - Gentle and high-pressure forces
 - Gentle and strong resistance of movements to affect change
 - Rapid and/or forceful manipulation

These treatments assist a physical therapist’s rehabilitation program by encouraging your body to heal itself. Manual

techniques aim to ensure that your bones and muscles are aligned, balanced, and functioning correctly.

What can I expect from physical therapy?

Physical therapy should start immediately following most injuries to ensure the fastest recovery possible. Understanding the stages of healing is essential to resolve your condition promptly. Our therapists will begin with an injury evaluation and a biomechanical assessment to identify all the factors contributing to your pain/injury.

Our team will interpret the clues your body is giving you and provide you with clearly defined instructions on how long it will likely take to resolve your problems. Our goal is to help you recover using the body’s natural, noninvasive systems for healing.

Request an appointment at Ellis Physical Therapy today!

At Ellis Physical Therapy, our physical therapists are experts at treating all musculoskeletal-related injuries. When you make an appointment with us, you’ll gain access to a wide variety of treatment options to relieve your pain.

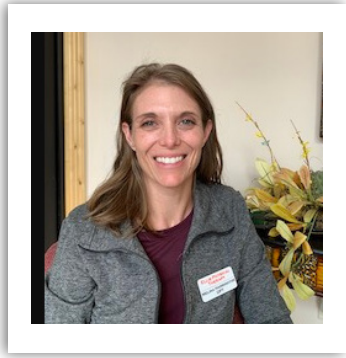
Are you ready to recover without undergoing surgery? Call today to schedule an appointment with one of our specialists!

Sources:

- <https://frankinstitute.com/acoustic-wave-therapy-what-is-it-and-what-does-it-do/>
- <https://www.vtfc.com/insights/blog/laser-therapy-physical-therapy-perfect-treatment-pairing/>
- <https://my.clevelandclinic.org/health/treatments/17677-craniosacral-therapy>

STAFF SPOTLIGHT

MELINA HARRINGTON
PT, DPT



Melina Harrington is a native of North Idaho. After graduating high school she traveled around for several years, living in multiple states within the U.S. as well as spending a year in Germany before ending up in Phoenix, Arizona. Melina completed her undergraduate studies at Arizona State University graduating in May 2015 with a degree in Exercise and Wellness. Melina attended physical therapy school at Northern Arizona University and graduated with her doctorate in March 2021. Melina is excited to join the Ellis PT team and is hoping to further her certifications to include Women's Health.

In her off time, Melina enjoys spending time with her family, learning how to ski, camping, and exploring Eastern Idaho.

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

★ REVIEWS

www.EllisPhysicalTherapy.com



EXERCISE ESSENTIALS

SEATED SCIATIC NERVE TENSIONER
Use this exercise to improve back pain.



Sit in a chair with one foot flat on the ground and the foot on the side you want to work flexed with your toes pointing towards your face. Lift one lower leg by lightly contracting the upper thigh while simultaneously lowering your head, slowly tucking your chin towards your chest and exhaling. Slowly return to start. 3 Sets, 10 Reps.



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

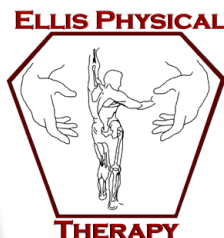
HEALTHY RECIPE

5-MINUTE EGG AND HUMMUS FLATBREAD

- 1 tbsp hummus
- 1 whole grain wrap
- 1/4 cup baby arugula
- 1/2 English cucumber, cut into matchsticks
- 1/2 cup cherry tomatoes, halved
- 1/8 cup Greek feta, crumbled
- 1 soft-boiled egg, peeled, halved
- 1 tbsp chopped fresh Italian parsley leaves



Spread the hummus over the wrap. Top with the arugula, cucumber, tomato, feta, egg and parsley. Season and serve.



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Office Hours:

Mon. & Wed: 7 AM - 7 PM
Tues. & Thurs: 8 AM - 6 PM
Fri: 7 AM - 6 PM
Closed: Sat - Sun