



HEALTH & WELLNESS NEWSLETTER

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Tips to Keep Up with Your Physical Therapy This Summer

Are you planning a vacation with your family this summer? Are you wondering how to keep up your PT treatments now that you finally feel better? At Ellis Physical Therapy, our physical therapists can help by providing you with home exercises that you can do no matter where you travel!

It is well known that patients who adhere to their prescribed exercises are significantly better at achieving their goals and have improved physical function. Non-adherence, on the other hand, increases the risk of re-injury or flare-ups and overall less positive outcomes long term.

Our team believes that providing a home exercise program to fit your needs is part of the solution to non-adherence. We understand that your life situation can make prioritizing exercises and physical therapy home programs difficult. We will work with you to provide the most important exercises and a straightforward program for you to follow so you

can enjoy your summer vacations and do what you love!

Request an appointment with one of our specialists and see how we can help you feel better again!

How to Incorporate Home Exercises into Your Travels

One of the most challenging aspects of traveling is finding time to do all the things you want. Our physical therapists understand how difficult it is to do your home exercises when not attending regular physical therapy visits. We provide our patients with home exercises that take their daily life into account.

Here are a few tips to keep up with your physical therapy:

- **Use the hotel gym:** Nowadays, most hotels offer small fitness centers with equipment to keep up with your physical activity and exercises.

Visit us online www.EllisPhysicalTherapy.com or call today (208) 266-2695

JOIN OUR TICKET PROGRAM

- **Exercise in the pool:** You will often stay at a facility with a pool or access to a pool. Aquatic therapy is a safe and effective way to keep up with your home exercise program. For some people, an outdoor pool will also offer you a boost to your energy levels and get you some much-needed Vitamin D.

Water offers easy ways to increase resistance by moving your arms or legs faster. This allows you to safely increase the intensity of your exercises with the benefits of buoyancy supporting your joints.

Increasing your resistance allows you to engage your muscles more thoroughly and help you burn more calories in a shorter amount of time. Aquatic exercise also improves your strength, flexibility, and endurance.

- **Explore the town you are staying in:** Walking around the neighborhood or visiting the shops can be an easy way to exercise. Even adding 30 minutes of physical activity into your busy schedule can make a big difference in helping maintain your function.
- **Maintain a healthy diet on the go:** Dining out spikes during the summer because more people tend to venture out in the summer and dine outside. This can pose some health risks if you are not careful. Often the foods are loaded with calories and/or are highly processed. These types of foods can lead to inflammation, which in turn can exacerbate your painful conditions. Making healthy choices when you dine out and balance dining with exercise. Choose the healthy options on the menu and keep the portion sizes under control.

Our team understands that delivering personalized home exercise programs that take your daily lives and travel plans into account is the key to success in maintaining improvements you have made at physical therapy.

Request an Appointment at Ellis Physical Therapy Today

It's essential to keep your health a top priority no matter where you travel or what you do this summer. Keeping track of your progress with your physical therapy exercises is a great way to stay motivated on the go.

If you need guidance regarding your existing physical therapy treatment, or you'd like to begin participating in a regular exercise routine, call Ellis Physical Therapy to set up an appointment!

We're here to help you and keep you feeling your best during the summer months, so you can continue to do all the fun things you love!

[CLICK HERE to make your appointment today!](#)

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5856927/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5938081/>

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Our ticket program at Ellis Physical Therapy is designed for past, present, and non-patients to utilize our gym & pool at their leisure.

What Is Included?

- Consultation with a Physical Therapist on first visit
- Evaluation to help improve overall outcome of program
- Personalized exercise program
- Education and guidance on equipment & appropriate use
- Access to gym and pool equipment during business hours (it is required to bring your own towel for pool use as they are not provided)

For patients interested in pool access, it is required you schedule a time to use the pool for space reasons. The Ticket Program costs **just \$35.00 a month, with no contract required.** The fee is on a month-to-month basis.

[CLICK HERE to make an appointment to learn more!](#)



PATIENT SUCCESS STORY



“[Went] here to work on iliotibial band syndrome [in my] right leg. Had the dry needle method used to relieve the tension and the resulting pain. Success! Also worked on strengthening the muscles.

Logan Bradley, PT, DPT, Cert. DN was amazing to work with. The knowledge and care he brings to the game are rewarding to see. Just a great guy! I wish all businesses were run like Ellis Physical Therapy.”

— Dennis H.

HOW ARE WE DOING?



Click below to tell your PT story and leave your review.



4 for a POOL EXERCISES FULL-BODY WORKOUT

Exercising in water can provide a great full-body workout without some of the drawbacks of land-based exercises.

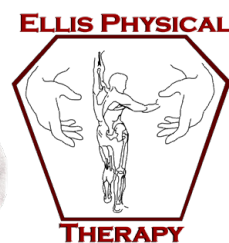
1. Walk in water. It targets your arms, core, and lower body. Keep your arms in the water and move them as you walk. Engage your core and stand tall.

2. Lateral arm lifts. This exercise, which targets your upper body, is best done with foam dumbbells. Stand in water up to your shoulders. Hold the dumbbells at your side. Raise your arms to the side until they're level with the water and your shoulders. Lower your arms back down to your sides. Do 1-3 sets of 8-14 repetitions.

3. Back wall glide. This exercise helps to activate the muscles in your core and lower body. Hold onto the pool ledge, tuck your knees into your chest, and press your feet into the wall. Push off from the wall and float on your back as far as you can. Draw your knees into your chest, press your feet down to the bottom of the pool, and run back to the wall. Continue this exercise for 5-10 minutes.

4. Leg kicks. This exercise works the muscles in your core and legs. Use ankle weights to make it more challenging. Hold onto the pool ledge or hold a kickboard. Alternate flutter kicking, scissor kicking, breaststroke kicking, and dolphin kicking. Do each kick for 1-3 minutes.

Water workouts are an effective way to boost your cardio fitness while strengthening your major muscle groups, but as with any new exercise program, always speak to your physical therapist first. Contact Ellis Physical Therapy to see if aquatic exercise is right for you!



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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

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