



# HEALTH & WELLNESS NEWSLETTER

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## How to Ease Your Aches and Pains



Do you have aches and pains from time to time? After a long day out in the yard or after an afternoon of trying to keep up with household chores, do you notice that you experience stiffness and soreness? These aches and pains may be a sign or symptom of a condition that needs to be addressed. At Ellis Physical Therapy, our physical therapists are skilled at figuring out what is causing your issues and how to resolve them quickly.

Whether it is a lingering ache in your back, feet that feel swollen and tired after a long day, or a crick in your neck that just won't go away, dealing with aches and pains can take a toll on your overall feeling of wellbeing. Although common, sometimes these minor issues start to impact our function.

What may surprise you even more is how many people are coping with those pains without doing anything productive about it. We can show you simple steps to minimize your aches and pains and educate you on the differences between normal and injury.

Call Ellis Physical Therapy today and see what you can do to resolve these annoying aches and pains before they become real problems!

### What are the Most Common Aches and Pains?

Aches and pains are thought to be a regular part of living on the planet, but there are times when the signals your body is giving you are being misinterpreted. Our physical therapists are skilled at identifying the root cause of your discomfort and educating you on what your body is telling you.

Some of the most common symptoms people misinterpret include:

- Muscle soreness
- Joint stiffness
- Swelling in hands and feet
- Crick in the neck

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- An ache in the lower back
- General bodily aches

Although these symptoms may resolve on their own, there are times when they are pointing to a more serious condition that warrants treatment. Our physical therapists will identify and categorize the issue to allow them to establish what's a familiar everyday ache and pain and what is a sign of a more serious condition.

## What Should You Do to Resolve Your Aches and Pains Quickly?

You can do things at home that can alleviate pain symptoms, help to reduce the severity of your discomfort, and also reduce the likelihood that the pain will return.

Here is a quick rundown of things that you can do at home:

- **When in doubt, move about.** An outdated belief about resting is one of the biggest reasons pain persists. Joints, muscles, bones, and nerves all do better when we stay active. Sedentary behavior delays your recovery and makes you even more susceptible to future aches and pains.
- **Use hot and cold therapy appropriately to reduce soreness.** After a workout or a day of doing chores out in the yard, your muscles will likely feel sore. Apply ice directly to the area that hurts. Put the ice on and off for 20 minutes during the first 24 hours after the activity. After that, consider soaking in hot water, such as taking a warm bath, to soothe your muscles further.
- **Don't underestimate the power of sleep!** Your body relies on sleep to recover. Sleep is also one of the most powerful ways to prevent injuries. Aim to sleep between 7-9 hours every night.
- **Keep your body in good shape with regular exercise.** It may seem counterintuitive to cut down on pain by moving more, but exercise is an excellent way to reduce aches and pains. When you exercise every day, you can train your muscles for more movement and relieve aches and pains.

When aches and pains start to grow severe or chronic, it is time to reach out to our physical therapists. At Ellis Physical Therapy, our therapists will find the best ways to reduce your aches and pains by considering your specific symptoms and developing a program tailored to your needs.

## How Physical Therapy Can Help You

Your physical therapist will assess your particular condition to identify the contributing factors and address all of them. Regardless of the cause of your aches and pains, physical therapy plays a significant role in treating your symptoms and should be the first step.

Working with a physical therapist can help you develop a new approach to managing acute and chronic conditions. Your physical therapy program will likely take into account strategies like hydrotherapy, deep tissue massage, guided stretching, and targeted movements to help you experience ongoing relief from regular discomfort.

In many cases, physical therapy can help you choose specific exercises and design appropriate mobility and strengthening exercises that improve your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle. From start to finish, we're dedicated to your ongoing wellbeing.

## Contact Us for an Appointment

There are a lot of different reasons as to why you may be in pain. At Ellis Physical Therapy, our physical therapists will take a comprehensive assessment to help determine what may be the primary cause of your condition. Trust that you're in good hands here.



**CLICK HERE  
to make your  
appointment today!**

# EXERCISE ESSENTIALS

## 90/90 HIP STRETCH

*Improves Hip Flexibility*

Start by sitting up straight on a mat. Take one leg and make your shin parallel with the front of the mat and your knee at a 90-degree angle with your leg on the mat. Place your other knee near your foot and aim your shin parallel with the side edge of the mat so your foot is pointing straight back and your knee is bent to about 90-degrees. Sit straight up and allow your hips to be stretched as they sink toward the mat in this position. 2 sets, 1 rep, 30 seconds hold.



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

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4745638/>; <https://pubmed.ncbi.nlm.nih.gov/33560326/>; <https://pubmed.ncbi.nlm.nih.gov/25591130/>

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# SENIOR WELLNESS PROGRAM

COULD YOU OR SOMEONE YOU KNOW BENEFIT FROM OUR SENIOR WELLNESS PROGRAM?

## Healthy Living – Here's to Your Health

At Ellis Physical Therapy, we focus on your health. There are numerous ways to keep your body flexible, strong, and agile. Our team of physical therapists is here to meet your needs on a personal level. Check out some of the fabulous programs we have in the works for you:

- General rehabilitation
- Post-operative rehab
- Healthy living programs

## Senior Health Is Vital for Longevity

There are numerous ways for senior citizens to stay healthy and active, and physical therapy is one. Whether you are recovering from surgery, or an accident, or simply wish to stay agile, turn to Ellis Physical Therapy for a solution.

- Development of the body through Pilates
- Core strength
- Flexibility
- Awareness
- Hydrotherapy
- Controlled and safe movement
- Muscle relaxation
- Increase circulation
- Functional Capacity Evaluation
- Diagnosis
- Impairment
- Pain limitations
- Functional limitations

## HOW ARE WE DOING?



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



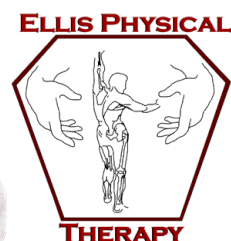
# JOIN US TODAY!

THANK YOU FOR REFERRING A FRIEND!

## PATIENT SUCCESS STORY



“I have been going here twice a week they are very kind. They're here to help you get pain-free. Thank you.” – Celith S.



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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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