



HEALTH & WELLNESS NEWSLETTER

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Staying Active Is the Key to Finding **MENTAL AND PHYSICAL BALANCE**

Are there times when you feel like life is a bit off? Are you struggling to tell if you think this way physically, mentally or both? Our team of physical therapists understands the struggles to find balance in your life. Ellis Physical Therapy is a place where your overall well-being is prioritized!

Making healthy lifestyle choices leads to improved life satisfaction and lower psychological distress. Exercise and diet, particularly in combination, have the greatest positive benefits for overall well-being.

Whatever choices you make in your life and your values are, there is an undeniable truth: To stay healthy physically and mentally, you must remain active. Exercise benefits a person's mental health and overall well-being.

The good news is that with guidance from Ellis Physical Therapy physical therapists, you can get help finding your balance again. We believe in treating the whole person and finding solutions that work specifically for you. Call today to make an appointment!

Mental And Physical Balance

Staying active refers to the amount of activity that you engage in daily. For example, how much time you spend at the gym, how many steps you take in a day, how often you find yourself running around the office, or how frequently you head out to the backyard to run around with your children or your dog.

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5 STEPS TO BETTER PHYSICAL & MENTAL HEALTH



There also can be a perception that working a 10 hour day is necessary to demonstrate a strong work ethic and get ahead. This pace can lead to stress, burnout, and not living a healthy and balanced life. Ignoring your mental and physical well-being will eventually catch up to you and start to take its toll on your health.

Specific signs and symptoms that typically indicate trouble with maintaining balance include frequently tripping and falling or feeling dizzy when standing too long. But even if you are not having fundamental issues with your ability to stay balanced in this way, you may still have difficulty with whole-body balance.

You can improve your physical balance by:

- Increasing muscle strength
- Improving stamina
- Improving core strength
- Practicing balancing techniques

This is where our physical therapist can help. We are experts at identifying the root cause of your problem and offering simple solutions to resolve them.

5 Steps to Better Physical & Mental Health

Here are five steps to help you become physically and mentally healthy while bringing more balance into your life.

- 1. Exercise.** Physical activity has been shown to help clear the mind, improve self-worth, and reduce depressive and anxious feelings. The key is to find the right type of exercise for you – which is precisely what our therapists can help you find!
- 2. Sleep.** Sleep quality is an essential predictor of mental health and well-being. Following a healthy bedtime routine could make you feel happier and calmer and be better focused throughout the day.
- 3. Nutrition.** Cut down on sugary foods and replace them with nutrient-rich foods like fish, veggies, and foods that have healthy fats. Proper nutrition has been shown to improve physical and mental well-being.

4. Community and Relationships. Whether the support comes from family, a partner, friends, coworkers, or even pets, feeling connected to those around you can increase a sense of purpose and love in your life.

5. Relaxation and Recreation. In our busy lives, it can be easy to forget about the hobbies you used to love. We don't make the time to sit down and enjoy a book or make a cup of tea or coffee and enjoy the moment. Some unique hobbies and interests appeal to each of us, and spending time with those hobbies can help you live a more balanced life.

Contact Our Clinic Today

Contact us if you feel that your physical health or an old injury is holding you back from being active. Working with our physical therapists at Ellis Physical Therapy can help you achieve improved balance and a healthy lifestyle.

[CLICK HERE
to Request an Appointment](#)

Sources: <https://journals.sagepub.com/doi/abs/10.1177/1049732310379240>; https://www.frontiersin.org/articles/10.3389/fpsyg.2020.579205/full?utm_source=miragenews&utm_medium=miragenews&utm_campaign=news; <https://www.tandfonline.com/doi/abs/10.1080/13607863.2018.1548567>; <https://internal-journal.frontiersin.org/articles/10.3389/fpsyg.2020.607294/full>; <https://link.springer.com/article/10.1186/s40359-014-0055-y>; <https://www.emerald.com/insight/content/doi/10.1108/MHRJ-05-2013-0016/full/html?journalCode=mhrj>



DON'T LET YOUR INSURANCE GO TO WASTE!

If you've met your insurance deductible for 2023, your physical therapy costs could be **FREE!** Prioritize your well-being and maximize your insurance benefits!

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SERVICE SPOTLIGHT:

DRY NEEDLING

DISCOVER HOW DRY NEEDLING CAN HELP YOU FIND PAIN RELIEF!

Did you know dry needling is beneficial and pain-free?

Dry needling is a safe and effective method of treatment to reduce pain and muscle tension, while simultaneously improving mobility. It has been proven to treat numerous musculoskeletal issues, including acute and chronic injuries, overuse injuries, neck pain, headaches, back pain, sciatica, muscle spasms, muscle strains, tendinitis, knee pain, hip pain, fibromyalgia, tennis elbow, golfer's elbow, and more.

If you are looking for relief, or if you'd like to gain more information on how dry needling could benefit you, request an appointment at Ellis Physical Therapy today!

CASH-BASED SERVICES

We offer cash-based services for patients (based on circumstances) who may or may not have insurance. Specialty treatment services include therapeutic exercise, manual therapy, hydrotherapy, neuromuscular re-education, ultrasound, laser therapy, anodyne therapy/infrared light therapy, iontophoresis, electrical stimulation, massage therapy (available through licensed massage therapist Tonya Jones) custom orthotics and Pilates (private sessions available through Andrea Flegel, National Certified Pilates Instructor). We also offer exclusive access to our gym & aquatic area through a ticket program that gives you access to our resources even if you're not a patient!

A full evaluation at Ellis Physical Therapy for cash-based patients is \$125. Additionally, day-to-day treatment is based on time: \$80/hr or \$40/half-hour.

HOW ARE WE DOING?



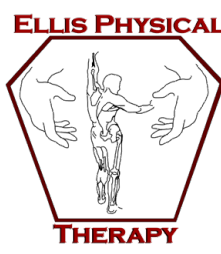
Click below to tell your PT story and leave your review.



SUCCESS STORY

“This is the fourth surgery that I have to get physical therapy for. It’s been several years since the last time. The faces have changed, Jay Ellis has retired (feeling old now) but the receptionist is still the same. I still get the same professional care and personal treatment. I don’t get that run-through-the-mill feeling I’ve had from other places in the past. They talk to you and *with* you. In other places, I rarely get that. Jay had a special therapy pool and water treadmill installed which my husband says made a big difference. I guess it shows in the fact that it’s my fourth time coming here. I like the treatment you get.”

— Vicky 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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