



# HEALTH & WELLNESS NEWSLETTER

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



## GET BACK INTO A SAFE EXERCISE ROUTINE

Have you gotten out of your exercise routine because life's gotten too busy? Have you noticed a mysterious new pain but haven't had a chance to address it yet? At Ellis Physical Therapy, our physical therapists can guide you through a safe return to exercise.

Everyone knows that exercise is important: your body, quite simply, was made to move. But between work, family obligations, and life's general hecticness, sometimes working out just falls to the wayside.

But what happens when you decide to pick things back up again? It's important that you understand the safest ways to get back into your exercise routine so that you can avoid injuries. At Ellis Physical Therapy, we want to make sure you resolve an old problem and help you get

back into a regular exercise routine without developing any new aches and pains.

Contact us to see how we can help, whatever your goals!

### **Tips from Our Physical Therapists for a Safe Return to Exercise**

Everyone should know some important considerations when starting or resuming an exercise program. Our physical therapists are movement experts skilled at guiding people through rehabilitation and beyond—so you know our advice isn't based on the latest fad. Here are just a few of our favorite tips:

#### **Always use the proper form:**

Maintaining your form is crucial no matter what exercise

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you do. Understanding how to perform an exercise properly can be the difference between results and injury. Our team of physical therapists can help identify joint restrictions and compensations your body makes due to injury or deconditioning.

**Take it easy at first:**

If you haven't worked out in a while, it's important to begin with baby steps so that you are not adding extra stress to your joints and muscles. Inactivity leads to physical limitations and an increased risk of injury—but so does trying to do too much too soon. A physical therapist can help you recognize your body's limits and create an exercise plan to get back to your physical goals.

Additionally, our physical therapists can address any issues you may have while sitting, standing, twisting, bending, running, jumping, or lifting. Our movement analysis is a comprehensive way to learn how your body moves to ensure you improve your current form and limit the impact on your joints during exercise.

**Focus on health instead of a number on the scale:**

While there is definitive evidence that taking off weight removes the added stress on your joints, making long-term changes to your health means taking a whole-body approach. Proper nutrition can help with weight loss while reducing inflammation in the body. Stress management will also improve your health and well-being.

No matter your goals, our physical therapists will customize an exercise plan for your specific needs. This plan may include stretching, aerobic exercise, weight training, or pain relief treatments if necessary. This personalized program will help you reach your health goals and decrease the pressure on your joints!

**Set intentions and plan your day around them:**

Small modifications to your daily routine can make a big difference to your overall health. We typically recommend making minor changes to your daily routine so the adjustments are more manageable.

Here are a few small changes to your routine that our therapists definitely approve of:

- Choose the stairs instead of the elevator.
- Do any yardwork yourself, whether mowing the lawn or tending to your garden.
- Park farther away from your destination and walk the extra distance.
- Walk up and down the field while your children are at sports practice.
- Take the dog on walks around the park or your neighborhood every day.
- Get off the bus one stop early and walk the rest of the way to your destination.

**Ready to Get Moving Again? Call to Make an Appointment**



If you've been looking for assistance getting back in shape, your search ends here. Ellis Physical Therapy is here to help you achieve your wellness and fitness goals.

Contact us today to discover how we can help you safely strengthen your muscles and get your energy back!

**CLICK HERE to Request an Appointment**

Sources: <https://www.sciencedirect.com/science/article/pii/S2352900816300127>; [https://www.physio-pedia.com/Injury\\_Prevention\\_and\\_Body\\_Mechanics](https://www.physio-pedia.com/Injury_Prevention_and_Body_Mechanics); <https://www.sciencedirect.com/science/article/abs/pii/S1568997218302106>; <https://www.ingentaconnect.com/content/ben/crr/2019/00000015/00000003/art00005>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6796229/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5942145/>

**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!




— OCTOBER IS —  
**NATIONAL PHYSICAL THERAPY**  
— MONTH! —

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# SERVICE SPOTLIGHT: AQUATIC THERAPY



Aquatic therapy, also known as hydrotherapy, is a specialized type of physical therapy treatment that takes place in water.

The physical therapists at Ellis Physical Therapy recognize the positive effect of using water treatments to improve activities of daily living and function to promote a better quality of life.

We have a therapy pool that is heated to 95 degrees which can help with pain relief and improve mobility. We also have an underwater treadmill and other resistance equipment to address multiple diagnoses.

Aquatic Therapy sessions are tailored specifically to you with a focus on gentle, low-resistance exercises to target the lower and upper extremities, core, and balance.

## Benefits of Aquatic Therapy

- Assisting with locomotion and gait
- Improving flexibility and movement
- Increasing aerobic capacity for better health
- Enhancing the healing process to decrease recovery time
- Reducing stress and promoting relaxation
- Building muscle strength and endurance
- Alleviate tension in muscles and joints

If you are interested in Aquatic Therapy and how it may relieve your aches and pains, please contact us to schedule an appointment today!

## HOW ARE WE DOING?



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



## HEALTHY RECIPE



## CANDY CORN SMOOTHIE

- 1 cup frozen mango chunks
- 1/2 cup coconut milk
- 1 frozen banana
- A thumb-sized piece of turmeric
- 1 cup frozen pineapple chunks

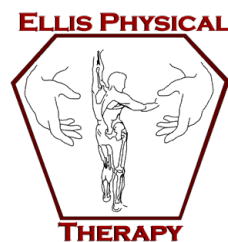
Place 2 clear cups in the freezer. Pour the milk into a blender. Slice the banana and add it to the blender. Blend until smooth. Remove the cups from the freezer and spoon the banana mixture evenly into the bottom of each of the cups. Return the cups to the freezer for 5 to 10 minutes. Rinse out the blender. Add the mangoes and turmeric and blend until smooth. Take the cups out of the freezer and spoon the mango layer evenly into the cups. Return to the freezer for 5 to 10 minutes. Rinse out the blender. Add the pineapple, and blend until smooth. Spoon evenly into the cups and serve.

[https://www.foodmatters.com/article/candy-corn-smoothie?utm\\_source=fmsite&utm\\_medium=fmsite](https://www.foodmatters.com/article/candy-corn-smoothie?utm_source=fmsite&utm_medium=fmsite)

## SUCCESS STORY

“Very good place. Can’t wait to start water therapy.”

— Sandra L.



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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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