



HEALTH & WELLNESS NEWSLETTER

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Daily Aches and Pains Holding You Back? **LOOK NO FURTHER FOR RELIEF**

How do you feel when you wake up in the morning? Does your body feel stiff, like a brick that's been plastered to your bed? Is it difficult to move your arms, legs, back, etc., without feeling achy, sore, or even painful? Does it feel as if your body is moving in slow motion, your discomfort holding you back?

Your body was made to move. Prolonged periods of inactivity can cause muscles and joints to constrict, resulting in pain or achiness – that's why the mornings are typically the hardest for people experiencing these symptoms. However, the way that you live your daily life can also be a factor in daily aches and pains. Your body relies on certain physical responses to movement, such as posture, coordination, strength, blood pressure, etc. Everything you do has an impact on the way your body

responds. If you live an inactive or unhealthy lifestyle, aches are certainly common. Conversely, if you have sustained an injury or strain from an overly-active lifestyle, aches will also be common.

Whatever the case may be, physical therapists are here to help. Their sole focus is helping you achieve your highest level of comfort. If you are experiencing daily aches and pains that you just can't seem to shake, give our office a call today.

Why Am I So Achy?

Overexertion is a common reason for achiness or pain. Let's say you decide to start up a new physical routine. You've never been much of a runner, but you want to get into it. So, the first day you run, you push yourself to a mile. You didn't think it sounded like too much, but your

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body wasn't used to it. Your legs were overworked, and the tissues in your muscles got irritated, causing inflammation. Therefore, you wake up the next morning with sore legs.

This is what happens when any part of your body is overworked. You may not notice it during the day while you're moving, but inflammation can thicken overnight during inactivity, causing tissues to become inelastic. This can cause stiffness or pain in the morning, typically easing as you move throughout the day. However, the cause for stiffness isn't always as cut and dry as, "I did an exercise I wasn't used to so now I'm sore." Sometimes it's difficult to pinpoint the cause of your discomfort. That's why it's important to consult a physical therapist if your aches and pains persist.

6 Simple Tips for Ache Relief

- 1. Sleep!** — This is probably the easiest step you can take to relieve common aches. Your body chemistry is delicate, and not getting enough sleep can affect that. This prevents your muscles and tissues from functioning as they normally would, resulting in stiffness, soreness, or achiness.
- 2. Stay hydrated** — Drinking water is an important part of living a healthy, pain-free life. When you are dehydrated, your tissues become drier, which slows down normal chemical processes in your body. Your body is 70% water and your muscles are 80% water. When you don't drink enough water, your body can become achy due to dryness. In order to stay hydrated, you should drink 1/2 your body weight in ounces every day.
- 3. Maintain a healthy diet of fruits and vegetables** — Fruits and vegetables with bright colors often have a higher concentration of antioxidants and vitamins. By keeping these a consistent part of your diet, you can better assist your body in both repairing itself from pain or injury, as well as providing a preventative. Fruits and vegetables help your body in maintaining its normal functions.
- 4. Exercise regularly** — Exercise allows your body to efficiently pump blood around your body. When you exercise on a consistent basis, muscles and joints remain warm, lowering the possibility of them becoming tight.

- 5. Keep a good posture** — Slouching causes stress on the shoulders and neck, which can cause pain or achiness. If you sit at a desk or computer, it is important to get up every 30 minutes for a few seconds to stretch. Moving around or simply standing up after a while is a great way to maintain a good posture, even if you don't have a very active day.
- 6. Get a physical therapy consultation** — If your aches and pains are persistent and aren't going away despite your best efforts, it may be time to consult a physical therapist. They will help you determine the best course of action for your specific needs.

How Physical Therapy Will Help

A consultation with a physical therapist will allow you to address the issues that you're facing. It is always better to figure out the cause of your pain early on, rather than waiting until it gets worse. The earlier you make an appointment, the easier the treatment will be. Your physical therapist will give you a muscle and joint evaluation to discover problem areas and determine exactly what may be causing your aches and pains. From there, they will create a personalized treatment plan for you that will help alleviate your aches. They are dedicated to your progress and genuinely want to see you feel better — so why wait? Say goodbye to your daily aches and pains with physical therapy today!

CLICK HERE
to make an appointment today!

LAST CALL!
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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FREQUENTLY ASKED QUESTIONS ABOUT PHYSICAL THERAPY

Can I Benefit from PT Treatments?

Ellis Physical Therapy will work closely with you and your primary care doctor. We can discuss your options to help determine if physical therapy will be the right choice for you. Call us today to discuss your current condition.

Do You Treat My Condition at Your Clinic?

Physical therapists have years of university-level training in anatomy, physiology, kinesiology (study of joint movement), neurology, and many of the other medical sciences.

Our physical therapists have graduated from accredited physical therapy programs and are state licensed. Depending on the university, the physical therapy program is either a masters or doctorate-level degree. To make a long story short, you can rest assured that your therapist is well trained to evaluate and treat your specific pain condition.

How Long Until I Notice Relief?

There is no set time when it comes to finding relief. Each patient's diagnosis and pain levels are different, so together with your referring physician, your therapist will develop a plan of care that is right for you.

Your plan of care and number of visits will be determined during your first visit and explained to you by our physical therapist. As you work with them one-on-one to improve your condition, you'll find that you feel better. It's important to not to rush your treatment.

For More FAQs About PT, Visit:

<https://ellisphysicaltherapy.com/patient-information/faqs/>

HOW ARE WE DOING?



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



REVIEWS



HEALTHY RECIPE

Balsamic Berry Vinaigrette Salad

- ¼ cup balsamic vinegar
- 2 tbsp plain fat-free Greek yogurt
- 1 tbsp sugar-free strawberry preserves
- 1 ½ tsp olive oil
- 1 tsp Dijon-style mustard
- 1 clove garlic, minced
- ¼ tsp kosher salt
- ⅛ tsp black pepper
- 3 cups fresh baby spinach
- 3 cups torn romaine lettuce
- 1 small Braeburn/Gala apple, thinly sliced
- ½ cup crumbled blue, feta/goat cheese
- ½ cup pomegranate seeds
- ¼ cup chopped walnuts

For vinaigrette, in a small bowl whisk together vinegar, yogurt, preserves, oil, mustard, garlic, salt and pepper. In an extra-large serving bowl, combine spinach, romaine, apple, cheese, pomegranate seeds and walnuts. Drizzle with half of the vinaigrette; toss to coat. Serve with the remaining vinaigrette.

<http://www.eatingwell.com/recipe/260360/balsamic-berry-vinaigrette-winter-salad/>

ELLIS PHYSICAL



THERAPY

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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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