



HEALTH & WELLNESS NEWSLETTER

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BACK PAIN SLOWING YOU DOWN? *Physical Therapy Can Help!*

Here's a fact about back pain that may bring you some comfort: it's one of the most common musculoskeletal complaints in the world. Around 80% of people will have back pain at least once. So, if you're suffering now, you probably aren't the only one!

Of course, that thought does little to help if your back pain keeps you from performing day-to-day activities — as it often does. Back pain is often accompanied by mobility restrictions that make walking, rising from sitting or bending over difficult. And if left untreated, it can sometimes lead to long-term pain and dysfunction.

At Ellis Physical Therapy, we know how debilitating back pain can be. Our team of dedicated physical therapists will help you understand the cause or causes of your back pain and work with you to develop a personalized treatment plan that will let you get back to the activities you love to do.

Call our clinic today to set up your initial consultation!

What Causes Back Pain?

One of the reasons that back pain is so common is that it's associated with several different injuries, underlying conditions, or lifestyle factors. That said, most back pain is non-specific, meaning it's not caused by a specific disease or specific structural problem, but caused by mechanical issues. Mechanical issues are difficult to pinpoint and may include multiple tissues in and around the spinal joints.

The first step in treating your back pain is understanding what's contributing to it. Our therapists will perform a comprehensive evaluation to help us learn as much as possible about your experience with back pain, including screening for any mobility limitations or weakness you're struggling with.

Here are some of the more common sources of back pain that we see at our clinic:

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- **Strains and Sprains:** A strain occurs when you injure the muscles in your back. A sprain occurs when you injure the ligaments that link your spinal vertebrae. Both can cause pain and limited mobility, and they often result from lifting with improper form (such as twisting while lifting) or attempting to lift something too heavy.
- **Herniated Discs:** Soft, flexible discs separate and cushion your spinal vertebrae. If one of those discs herniates — that is protrudes out — and irritates a nearby nerve, it can lead to intense pain, feeling “stuck” in a stooped over position, and often pain down the leg known as sciatica.
- **Osteoarthritis:** Osteoarthritis is the most common form of arthritis in the world, occurring when the cartilage and bone tissue in a joint degenerate and become inflamed. While we often associate it with the hips, knees, or hands, it can occur in the spine, too. Spinal osteoarthritis is sometimes called spondylosis.
- **Lifestyle Factors:** Several factors can contribute to lower back pain, including improper posture, prolonged sitting, or weakness in the muscles that wrap and support your spine (your core muscles).

Why Ellis Physical Therapy Is Your Back Pain Solution

While back pain often resolves on its own within 1-3 months, physical therapy is an excellent choice for people with particularly intense pain or extremely restrictive mobility. It’s also useful for people with chronic back pain — defined as pain that lingers past that three-month mark.

We customize all our back pain treatment plans according to your specific needs: the location and severity of your back pain, any mobility restrictions, your ability level, and overall goals. We’ll work to address the underlying issues causing your pain rather than simply masking the symptoms.

How will we do this? Through a blend of the following techniques:

- **Manual therapy** helps manage pain, promote blood circulation, and improve mobility.
- **A personalized therapeutic exercise plan** improves the strength, flexibility, and endurance of your back and core muscles. Muscle weakness significantly contributes to lower back pain, so exercise is a must.
- **Specialized training**, such as proper techniques and activities that simulate functional movements you’ll need to perform (i.e., squats, lunges, lifting, etc.).
- **Prevention strategies** help reduce future back pain incidents. These strategies might include postural corrections or suggestions for at-home exercises, such as a walking program or regular strength and mobility practice.



Get Moving Again with Physical Therapy!

Back pain is more than just pain. It can severely restrict your mobility, leading to less exercise and movement, further contributing to pain and dysfunction. The Ellis Physical Therapy team is here to help you break that cycle and find relief from back pain for good.

Call us today to schedule an appointment!

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

HOME EXERCISE

Lumbar Extension

Try This Exercise to Increase Range of Motion.

Start by standing up straight. Place both hands on your lower back and press forward gently as you lean back to extend your back. Pause briefly. Repeat 3 sets, 10 reps each.



Always consult with your physical therapist before starting new exercises.

Sources: <https://www.choosept.com/guide/physical-therapy-guide-low-back-pain>; <https://pubmed.ncbi.nlm.nih.gov/32669487/>; <https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD004057.pub3/full>

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Celebrate Heart Health by Practicing These 7 Simple Health Tips

- 1. Aim for lucky number seven.** Young and middle-age adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.
- 2. Keep the pressure off.** Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.
- 3. Move more.** To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.
- 4. Slash saturated fats.** To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.
- 5. Find out if you have diabetes.** Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.
- 6. Ditch the cigarettes – real and electronic.** Smoking and secondhand smoke are bad for your heart. If you smoke, quit, and don't spend time around others who smoke as well. E-cigarettes are popular, but they're not completely problem-free. They don't contain the harmful chemicals in cigarette smoke but, they still do contain nicotine, so your goal should be to quit completely, not just switch to a less toxic version.
- 7. Clean up.** Your heart works best when it runs on clean fuel. That means lots of whole, plant-based foods (like fruits, vegetables, nuts, and seeds) and fewer refined or processed foods (like white bread, pasta, crackers, and cookies).



Healthier Deviled Eggs

- 6 large eggs
- 1 Tbsp plain or garlic hummus
- 1 tsp dijon or spicy mustard
- 1 tsp apple cider vinegar
- 1 tsp olive oil or avocado oil
- 1 ½ tsp raw honey (or sub maple syrup)
- 1/4 tsp ground turmeric
- 1 pinch cayenne pepper
- 1 pinch smoked paprika, plus more for topping
- 1/4 tsp sea salt, plus more to taste
- 1-3 Tbsp water

Hard-boil the eggs by method of your choice. Once the eggs have been boiled, cooled, and peeled under cool running water, pat dry and halve with a sharp knife. One at a time, tip the eggs over (cut-side down) and transfer the yolks into a small mixing bowl (use a spoon to gently scrape out any remaining yolk if needed). To the yolks, add hummus, mustard, apple cider vinegar, oil, honey, turmeric, cayenne, smoked paprika, and salt. Mash to combine. Add water a little at a time until a smooth paste is formed. Then taste and adjust flavor as needed, adding more salt to taste, vinegar for acidity, honey for sweetness, cayenne for heat, paprika for smokiness, or hummus for fluffy texture / garlic flavor. Transfer filling to a small piping bag or plastic bag with the corner clipped to pipe the yolk filling into the cooked egg whites (or simply use a spoon to fill the eggs).

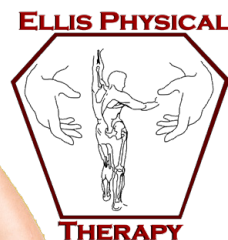
Source: <https://minimalistbaker.com/mayo-free-deviled-eggs/>

HOW ARE WE DOING?

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REVIEWS



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