



STRENGTHEN YOUR CORE

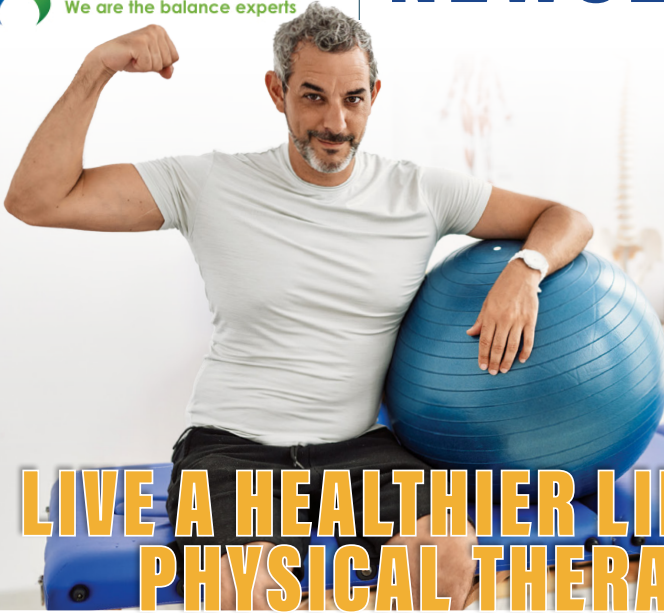
With Physical Therapy

STAFF SPOTLIGHT

NATALIE BLAUER
PT, DPT



CALL (406) 220-5362 TODAY!



LIVE A HEALTHIER LIFE WITH PHYSICAL THERAPY!

Are you suffering from the lingering pain of an injury? Are you recovering from surgery? Our physical therapists at Element Physical Therapy are dedicated to relieving your pain, whatever the case may be. We'll get you back to your peak level of physical health.

A healthy, strong, and active lifestyle is what everyone strives for. However, it is not always easy to obtain, especially if you are living with chronic pain. The very thought of going out and exercising with your aches and pains may leave you feeling uncomfortable.

Fortunately, there is a more straightforward solution to gaining the active lifestyle you desire. Physical therapy can help you achieve optimum health and fitness levels while reducing your pain. If you are looking for a healthier and more active lifestyle, contact Element Physical Therapy today!

HOW PHYSICAL THERAPY CAN HELP YOU TO BE HEALTHIER

Physical therapists are movement experts who can help improve your quality of life by developing an exercise program, providing hands-on care, and educating you about your condition and overall health and well-being.

A physical therapist is educated in analyzing your ability to perform regular movements (i.e., functional mobility). By analyzing how you move, your therapist can identify issues with bending, stretching, squatting, kneeling, walking, running, jumping, and almost every other form of physical activity.

Our physical therapists will pinpoint problem areas and create a customized treatment plan to improve those areas. Through in-office sessions and at-home exercises, you will learn to restore your joint and soft tissue mobility as well as strengthen your muscles, improve your balance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

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LIVE A HEALTHIER LIFE WITH PHYSICAL THERAPY!

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PHYSICAL THERAPY TREATMENTS TARGET YOUR NEEDS AND GOALS!

Our physical therapists will perform an examination to develop a treatment plan to improve your ability to move, reduce or manage pain, restore function, and prevent disability. We will also work with you to help you achieve your fitness goals and lead an active life.

Our physical therapists will cater your treatment plan around specific movements designed to increase your strength, flexibility, balance, and overall mobility. For example, your physical therapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities.

We will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help ensure you can avoid an injury in the future.

Your physical therapist will assist you with many of these exercises and provide some simple ones that you can do at home.

The end goal of physical therapy is living the life you want, free from painful limitations. That can only happen when you apply the concepts from your treatments to the outside world. Our physical therapists are as dedicated as you are and will encourage you to achieve all the goals you outlined in the beginning.

WHAT TO EXPECT FROM YOUR PHYSICAL THERAPY SESSIONS

If you are suffering from knee or hip pain, it is essential to make sure you contact a physical therapist as soon as possible. We will assess your particular issues and identify restrictions and limitations affecting your function. Our team of physical therapists will use this information to design a program that helps you increase your mobility, strength, and function.

Physical therapists are skilled at hands-on intervention and selection of the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function. Education, exercise, and balance/coordination drills are cornerstones of a successful outcome.



From start to finish, we're dedicated to your ongoing well-being. Your therapist can help you reclaim a healthy lifestyle!

If you want to improve your health, strength, and physical activity, Element Physical Therapy is here to help. Please schedule a consultation with one of our physical therapists today and get started on your journey toward better health and wellness!



(406) 220-5362

HEALTHY RECIPE



OMELET MUFFINS

Great make-ahead breakfast treat for those early morning workouts!

Ingredients

- 10 large eggs
- 1 red bell pepper, seeded and finely chopped
- 1 cup frozen cut spinach, thawed and squeezed dry
- 2 green onions, finely chopped
- 1/4 tsp salt

DIRECTIONS: Preheat oven to 325°F. Coat a 12-cup muffin tin liberally with the cooking spray. In a large bowl, beat the eggs together. To bowl, add the bell pepper, spinach, green onions, salt, and ¼ cup water. Season with pepper. Divide egg mixture among muffin cups. Bake 20–25 min., until eggs are set. Let stand 5 min. before removing from muffin tin. Wrap omelets individually in plastic wrap and refrigerate up to 4-5 days. Remove from plastic wrap and microwave 30-60 seconds or until warm.

Call Element Physical Therapy Today or visit our website at elementpt.com to schedule your consultation today!

PATIENT SUCCESS

"Katie made a thorough diagnosis, quickly developed a treatment plan and then proceeded to carry it out. She gave me some very easy exercises to do at home which were well designed to support the things we worked on during my sessions with her. She was warm friendly, a consummate professional and quite helpful in explaining the process I was able to understand and in carrying it out."



Have a PT Success Story You Want To Share? We Would Love To Hear It.

Just Scan the QR code to leave us a review.

STAFF SPOTLIGHT



**NATALIE BLAUER
PT, DPT**

Natalie was raised in Salt Lake City, UT where she developed a love for an active lifestyle in the surrounding mountains. She attended Utah State University where she received her Bachelor's Degree in Human Movement Science. She simultaneously participated in the Air Force Reserves at Hill AFB, receiving an Associate of Applied Science through the Community College of the Air Force. After the completion of those degrees, she went on to attend Western University of Health Sciences in Pomona, CA to receive her Doctorate of Physical Therapy.

Through those prior experiences sparked the interest to pursue working with orthopedic and vestibular conditions in people of all ages, ranging from experience with pediatric to geriatric individuals. Natalie utilizes an all-encompassing approach based on patient's goals and individual needs, which can include manual therapies, therapeutic exercise, patient education, and neuromuscular re-education.

Outside of work she can be found enjoying the outdoors through running, hiking, backpacking, ice skating, snowshoeing, and skiing.



A NOTE FROM AMY

Our Commitment To Helping You Live a Healthier Lifestyle



Hello friends,

I know how frustrating persistent pain can be. And if it gets bad enough, it can feel like you'll never be able to do your favorite physical activities again. Well, I'm here to tell you—that's simply not true!

My team is dedicated to providing you with the tools you need to live a healthier lifestyle, no matter your current challenges. For some people, that may mean resolving an injury. For others, it can mean managing chronic pain conditions like osteoarthritis or fibromyalgia.

I founded my practice with the understanding that every patient has different requirements, which is why we always tailor treatment to you. No matter your health goals or ability level, we'll find a way to get you active, happy, and healthy!

All the best,

Amy Downing,

PT, Owner, Emory Certified Vestibular Specialist

COME BACK TO PT!

ARE YOU IN PAIN?

Come Back to Element Physical Therapy and Audiology today to start enjoying life pain-free!



**Call (406) 220-5362
OR Scan the QR code below
to make an appointment.**

(406) 220-5362 | elementpt.com



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OMELET MUFFINS

RECIPE INSIDE

*Great make-ahead
breakfast treat for
those early morning
workouts!*



**IF YOU ARE IN PAIN
COME BACK IN FOR PT!**

Schedule Your Consultation Today!

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