



Rehab. Recover. Get Your Life Back.

# HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body

[FirstChoicePTNV.com](http://FirstChoicePTNV.com)



## ***AVOIDING SURGERY AFTER A SPORTS INJURY***

**PHYSICAL THERAPY CAN HELP YOU  
RECOVER & GET BACK TO ACTIVE**



Rehab. Recover. Get Your Life Back.

775-777-1276

FirstChoicePTNV.com

# HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body

**INSIDE:** Avoiding Surgery After a Sports Injury • Don't Let Pain Sideline You • Physical Therapy In Carlin! • Featured Technology: Back on Trac



**MISSPELLED MANIA:  
CALL IN & YOU COULD WIN!**

Find the misspelled word in this newsletter and call 775-777-1276 to be entered into our monthly drawing for your chance to win a \$40 gift card to support a local business!

## AVOIDING SURGERY AFTER A SPORTS INJURY

Exercise is an important part of a healthy lifestyle. For many people, playing sports is a fun way to burn extra calories, socialize, and get fit. Unfortunately, this also means the occasional sports injury or a flare up of an old injury or condition.

You don't have to be a professional or even an amateur athlete to suffer a sports injury. In fact, many times, those most susceptible to sports injuries are people who have just started exercising or participate on a recreational level. Sports injuries in this article will be defined as injuries to the musculoskeletal system, including muscles, bones and tissues such as cartilage. The most common sports injuries include:

**SPRAINS:** A sprain occurs when the connective tissue that joins the end of the bone with another is stretched or torn. Those connective tissues are known as ligaments. Sprains are caused by trauma such as a fall or blow to the body that knocks a joint out of position. Ankles, knees and wrists are most vulnerable to sprains. However, back, neck and shoulder sprains are very common too.

**STRAINS:** A strain occurs when a muscle or tendon is pulled, torn or twisted. Strains are non-contact injuries, such as those that occur from overstretching. A common example of a strain is a muscle spasm. A back or neck strain is a very common injury treated in physical therapy.

**KNEE INJURIES:** According to the U.S. Department of Health and Human Services, the knee is the most commonly injured joint. Orthopedic surgeons see more than 5.5 million people annually for knee injuries, which can include runner's knee (pain or tenderness close to the knee cap at the front side of the knee), tendonitis and iliotibial band syndrome (pain on the outer side of the knee). Severe knee injuries often include bone bruises or damage to the cartilage or ligments.

**SHIN SPLINTS:** Shin splints occur when there is a pain along the large bone in the front of the lower leg, known as the tibia or shin bone. Shin splints most commonly occur in runners, especially those who are just starting a running program. This is usually due to poor alignment of the body, or weakness in the leg muscles.

The team at First Choice Physical Therapy can treat many orthopedic and repetitive motion injuries without the need for invasive surgeries or medications. In fact, most doctors have their patients try physical therapy first before recommending any other procedures.

Our licensed physical therapists and assistants can customize a program that addresses the weakness of your particular musculoskeletal system, allowing you to recover quickly and remain active. Even if you have an old injury, it is important to have it evaluated by our physical therapists to prevent long-term damage like arthritis. If you have sports or orthopedic injuries like tendonitis, arthritis, a stress fracture or low back pain, our therapists can design a treatment plan to promote improved function, wellness and minimize the risk of re-injury.

**If you start to experience pain with activities, call us today at 775-777-1276 to schedule an appointment or visit our website online at [FirstChoicePTNV.com](http://FirstChoicePTNV.com). We can get you back to enjoying your activities, pain-free.**





# DON'T LET PAIN SIDELINE YOU

There is nothing more exciting than taking on a new challenge, sport or activity. For most of us, the thrill of accomplishing a physical goal is what we live for. However, are you prepared for it? The term "weekend warrior" means a person who doesn't really train for what they are doing; they just go out and do it on the weekend.

**How Do Most Injuries Occur?** Most sports injuries occur from ill-prepared individuals who just jump into the activity without first increasing their strength, endurance and flexibility. Your muscles, tendons, ligaments and other tissues need to be warmed up to work properly. They take enormous strain during running and sports activities. Therefore, if they are not in top condition, they are more prone to injury.

**Injuries Increase As You Age...** If you think back to when you were in your late teens, you could go into a full sprint no problem, take a flying leap and do a whole lot without the slightest thought about it. As you get older, your tissues become less elastic and in fact a little "drier." When your muscle, tendon and ligament tissues have enough water, they are

supple and stretchy, allowing you to do a lot of activities. Keep yourself hydrated and stretch often to maintain elasticity in your muscles.

**Before & After:** Knowing the right exercises to prepare for fitness activities is key. Our physical therapy experts have years of experience rehabilitating people after injuries and returning them pain-free to the activities they enjoy. What some people might not know is that physical therapists put specific exercise plans together based on your needs to prevent injury. If you do start to experience pain with activities, we can get you back to enjoying your activities pain-free. Call today to learn more how our programs can help you feel great!

**Preparing Your Body...** It is important to do sports activities, fitness and a host of other physical activities to keep you healthy and happy. With a little bit of preparation, you can easily do these activities and decrease your risk for injury.

- Do stretch often
- Do strength training
- Do coordination training
- Do endurance training



**Do Stay Hydrated:** Hydration is so important before, during, and after exercise. As we age we tend to not drink enough and can get dehydrated more quickly. Try to always keep a reusable water bottle with you.

Call us today at **775-777-1276** or visit **FirstChoicePTNV.com** to learn more about how we can help you recover and get back to your sport.

## SUDOKU CHALLENGE LEVEL UP YOUR MIND!

**Object of the Game:** Place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once.

**Benefits of Sudoku:**

- Improve your memory and stimulate your mind.
- Keep your brain active to reduce the effects of Alzheimer's.
- Increase your power of concentration.
- Take hold of a sense of accomplishment in finding the solution!

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 4 |   |   | 8 |   |   | 9 |   | 2 |
|   |   |   |   | 7 | 6 |   | 4 |   |
| 5 |   |   |   |   |   | 3 |   |   |
| 9 |   |   |   |   |   | 1 | 5 |   |
| 7 |   |   | 2 | 1 | 9 |   |   | 8 |
|   | 8 | 1 |   |   |   |   |   | 9 |
|   |   | 4 |   |   |   |   |   | 3 |
|   | 7 |   | 5 | 6 |   |   |   |   |
| 8 | 5 |   |   |   | 1 |   |   | 7 |

<http://sudoku.com>

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## PHYSICAL THERAPY IN CARLIN!



Our Carlin location has moved to a **NEW, LARGER** building. We are now located, in the Family Dental Medical Building. This larger space will allow for new equipment and give us the needed space to meet the growing demands in Carlin and surrounding areas. We have been providing convenient, local out-patient physical therapy in Carlin for 3 years. This office will offer specialized services such as Cold Laser, Shock Wave Therapy, Dry Needling, Deep Tissue Mobilization, Pain Management, Post-op Rehabilitation, Spinal Decompression, and Balance/Vestibulo Treatments.

**617 Main Street, Carlin, NV 89822**

**REHAB. RECOVER. GET YOUR LIFE BACK! CALL 775-777-1276 OR VISIT FIRSTCHOICEPTNV.COM**

# QUICK, EFFECTIVE, NON-INVASIVE RELIEF FOR BACK & NECK PAIN



## What is the Back on Trac?

Back on Trac is a unique system that provides a wide range of treatment options to aid in the relief of chronic back pain. It gently stretches the spine, joints and muscles in the back, neck, hips and thighs.

The Back on Trac is patient-friendly with no cumbersome restraints or belts. It offers safe and effective stretching and symptom RELIEF of the cervical, thoracic and lumbar spine in conjunction with therapeutic exercise.

### 4 Reasons Patients Love the Back on Trac Experience

- No scary restraints or belts.
- Lasting relief because ALL the important areas are targeted: Therapy is delivered through gentle stretching of the spine, joints, and a wide range of important muscles, including those in the back, neck, hips, and thighs.
- It's non-invasive and it works: Any time an effective solution can be found for chronic back pain, patients rejoice!
- It doesn't just work - it feels great: Patients start out seated and are gently leaned back with benefits of VIBRATION and HEAT which helps relax guarded muscles!

### What Patients Say After Just 1 Back on Trac Session

- "Can I take this home with me?"
- "This is the most relaxed my back has felt in months."
- "Can you just leave me here for hours?"



### Conditions That Back on Trac Can Benefit Include:

- Low Back/Neck Pain
- Sciatica
- Degenerative Disc Disease
- Muscle Spasms
- Herniated/Bulging Discs
- Pain or Numbness in Thighs
- Lumbar Sprain/Strain
- Facet Syndrome
- Spinal Stenosis
- Scoliosis
- Pain Management
- Pain in Hips

Learn more about what Back on Trac can do for you by calling us today or visiting <https://firstchoiceptnv.com/back-on-trac>.

## SPECIAL OFFER!

Are you serious about finding non-invasive, safe, and effective **RELIEF**?

**Buy 3 Back on Trac sessions, Get one FREE**

**Single Tester Session - Only \$30**

Call 775-777-1276 NOW to schedule at our BEST rates during this special. Expires 11-30-20

# EXERCISE ESSENTIALS

Exercises copyright of SimpleSet Pro

## USE THIS EXERCISE TO STRENGTHEN YOUR GLUTES

### BRIDGING

While lying on your back, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor or bed as shown. Hold for 10 seconds and repeat 8 times.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

# KEEPING YOUR HEALTH IN MIND

Committed to your health and wellbeing, we are practicing hand washing and/or use of hand sanitizer throughout treatment and in between each patient, along with wiping down tables, equipment, and handrails, doorknobs, and chairs multiple times per hour. We have been spreading patients out following social distancing guidelines. The front desk is cleaning the counters and sanitizing the waiting area and front doors with the same frequency.

Please follow these simple steps:



Clean Hands Often



Avoid Touching Your Face



Avoid Hugs & Hand Shakes



Stay Home if You Are Sick