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HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body

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STRENGTHENING YOUR CORE CAN

**IMPROVE
YOUR
HEALTH!**



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HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body

INSIDE:

Strengthening Your Core Can Improve Your Health! • How Can I Strengthen My Core Muscles? • Lower Back & Leg Pain Relief



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!



STRENGTHENING YOUR CORE CAN IMPROVE YOUR HEALTH!

How Is Your Posture?

Posture is an important part of everyday life that many of us tend not to focus on – Do you slouch in your desk chair, or slump at your computer while you do work? When you stand for prolonged periods of time, do you notice your stomach sticking out a bit? These are all signs of core muscle weakness that can affect your posture and cause pain in your back or neck.

Your core muscles help you do a lot – from sitting, to walking, to doing a large number of physical activities. If your core muscles are weak, you may unknowingly be causing

some damage to your body. Contact First Choice Physical Therapy today to figure out how we can help you strengthen your core muscles and improve your overall health.

What Exactly Are the Core Muscles?

When most people think of core muscles, they immediately think of the abdominals. However, the core is made up of much more than that! In fact, your core muscles include your abdominal, lower back, pelvic, and gluteus muscles.

The group of muscles that make up your core help with stabilizing your body, constructing your posture, and allowing

your skeleton to move properly. When any of the muscles within that group become weak, your body experiences an instability that makes it difficult for your body to function properly. As a result, you end up compensating by straining different areas of the body, most commonly the back and neck muscles. As a result, this leads to undesirable consequences, such as poor posture, fatigue, inflammation, or pain.

We can help you become more active! Call us today at 775-777-1276 to schedule an appointment or visit our website online at FirstChoicePTNV.com.



HOW CAN I STRENGTHEN MY CORE MUSCLES?

When you are experiencing pain, sometimes it is necessary to seek the assistance of a trained professional in the field of human movement. At First Choice Physical Therapy, our licensed physical therapists will conduct a physical evaluation to determine where the pain is rooted and what muscles must be strengthened in order to correct it.

Whether you are feeling pain in your back, neck, shoulders, or legs, we will perform a thorough analysis of your posture, movement, and strength to pinpoint exactly what is causing your pain. From there, we will create an individualized treatment plan for you based on your specific needs, aimed at strengthening your core, improving your posture, and alleviating your pain.

There are also a few tips you can do on your own, either before physical therapy treatments or in combination with them, in order to strengthen your core and relieve your pain. These include:

- 1. Improving your posture.** Make sure to stand up frequently, at least every 30 minutes, and vary your positions of work throughout the day. Aim to correct your posture when sitting and standing, making adjustments as needed.
- 2. Avoiding injury.** Make sure you know the proper way to lift, bend, and pick up objects, even if they are not heavy. It is important to lift with your legs, rather than your back. Our experts can show you proper body mechanics with everyday tasks.
- 3. Getting adequate rest and exercise.** Every day takes a toll on your body, even if you don't realize it. Sleep deprivation can

actually worsen your pain tolerance and decrease your strength. Relaxing and sleeping helps your body to rejuvenate after a long day, and those hours before 12 a.m. are especially important. Exercising can help you fall asleep earlier, allowing you to wake up feeling refreshed the next day. By taking a walk for at least 30 minutes every day, you can get better sleep at night, in addition to improving your strength, flexibility, and heart health.

- 4. Eating nutritious meals.** If you are in pain, it is incredibly important to eat the right foods. A poor diet can aggravate your pain by causing further inflammation, especially when eating processed or fried foods. Instead, make it a habit to eat vegetables, fruits, and lean protein. It is also important to drink a lot of water, as dehydration can dry out your tissues. Keep a glass of water by your desk and refill it during the day so you (and your tissues) stay hydrated.
- 5. Getting expert help.** The best solution for your back or neck pain is to restore proper movement, strength, and coordination for maximum results. At First Choice Physical Therapy our physical therapists are here to help you improve your function and relieve your pain.

If you are looking to strengthen your core, relieve your pain, and improve your overall health, contact us today! Call 775-777-1276 or visit FirstChoicePTNV.com.



HEALTHY RECIPE Chipotle Steak with Sweet Potato

- 3 sweet potatoes
- 1 Tbsp oil
- 1/2 Tbsp smoked paprika
- 1 tsp sea salt
- 1 Tbsp tapioca starch
- 1/4 cup ketchup
- 1/4 cup bourbon
- 1 Tbsp chipotle peppers in adobo sauce
- 2 Tbsp soy sauce
- 1 garlic clove
- 1 Tbsp grape seed oil
- 4 10oz steaks
- Feta cheese
- 1 Tbsp honey
- 1 tsp dijon mustard
- 1 pepper
- 1/2 cucumber
- 1 cup radishes
- 1/2 cup blueberries
- 8 cups salad greens

For the Salad:

- 3 Tbsp olive oil
- 2 Tbsp balsamic vinegar

Directions: Preheat the oven to 425° and line a baking sheet with parchment paper. Place sweet potato wedges in a large bowl and toss with oil, paprika, and sea salt. Sprinkle with tapioca starch and toss. Bake for 45 minutes, turning halfway. Place marinade ingredients in a small saucepan and bring to a boil for 2-3 minutes, then pour over the steaks. Whisk together olive oil, balsamic vinegar, honey, and Dijon mustard in a large bowl. Add the pepper, cucumber, radishes, and blueberries. Lay the salad greens on top and set aside. Once the sweet potatoes have been in the oven for 30 minutes, heat a large, heavy-bottomed skillet over medium-high heat. Remove the steaks from the marinade and scrape off the excess. Pour the excess marinade into a small skillet and set it aside. Once the skillet is hot, add the oil and let it heat just until it is shimmering. Add the steaks and cook for 4 minutes per side for medium-rare or 6 minutes per side for rare. Remove the steaks from the pan and let them rest for several minutes. While the steaks are resting, bring the reserved marinade to a boil and let it boil for 30 seconds. Toss and plate the salad. Serve the steaks with the marinade and some feta over the top and the sweet potatoes on the side.

theendlessmeal.com/bourbon-chipotle-steak-with-sweet-potato-majos



LOWER BACK & LEG PAIN RELIEF

WHAT OUR PATIENTS SAY



**NEW PATIENT SPECIAL!
SAVE \$100**

BACK ON TRAC

We are proud to provide a new program that addresses common back and leg symptoms, such as:

- shooting and burning pain
- stiffness
- cramping and spasms
- numbness and tingling
- sciatica

By using the latest, breakthrough techniques, we get people back to doing what they love – without drugs or surgery.

We're offering a new patient special that includes a 1-on-1 exam, special testing, treatment on our Back on Trac, and an individualized program for home -- for only \$75 (saving \$100).

Contact our office now at 775-777-1276 to get this special! Visit our website at firstchoicetnv.com or this link ([fb.watch/2YiBaZRCGe](https://www.facebook.com/watch/2YiBaZRCGe)) to see how this treatment works.



“I believe First Choice PT kept me ahead of the game plan and allowed me to get back to work on time, if not a little ahead of schedule!”

“First off, I usually never give public reviews but I think this is well deserved! I underwent shoulder surgery to repair a right bicep tendon separation. I required extensive PT, I researched locally, and found First Choice in Elko, and a brand new facility, much closer to me in Spring Creek. I'm very happy with my decision! My therapist, Dalin, took me under his wing and pushed me to my limits but never too far to set me back! This injury, so I am told, is one of the more time consuming to overcome. I believe First Choice PT kept me ahead of the game plan and allowed me to get back to work on time, if not a little ahead of schedule! To ALL of the super nice, and super supportive staff at the Spring Creek location, my sincerest thank you to you all!”

- Craig L.

EXERCISE ESSENTIALS

Exercises copyright of SimpleSet Pro

USE THIS EXERCISE TO STRENGTHEN YOUR CORE

CURL UP

Lie on back with one leg straight. The other leg is bent with the foot flat on the ground. Position your hands underneath your lower back. Tuck your chin and lift your shoulder blades off the ground slightly. Return to the start position in a controlled manner. Repeat 20 times.



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

FEBRUARY IS... HEART HEALTH MONTH!

1. Aim for lucky number seven. Young and middle-age adults who sleep 7 hours a night have less calcium in their arteries than those who sleep 5 hours or less, or 9 hours or more.
2. 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. Aim for 30 minutes a day, 5 days a week of moderate exercise.
4. 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.

