



Rehab. Recover. Get Your Life Back.

HEALTH & WELLNESS

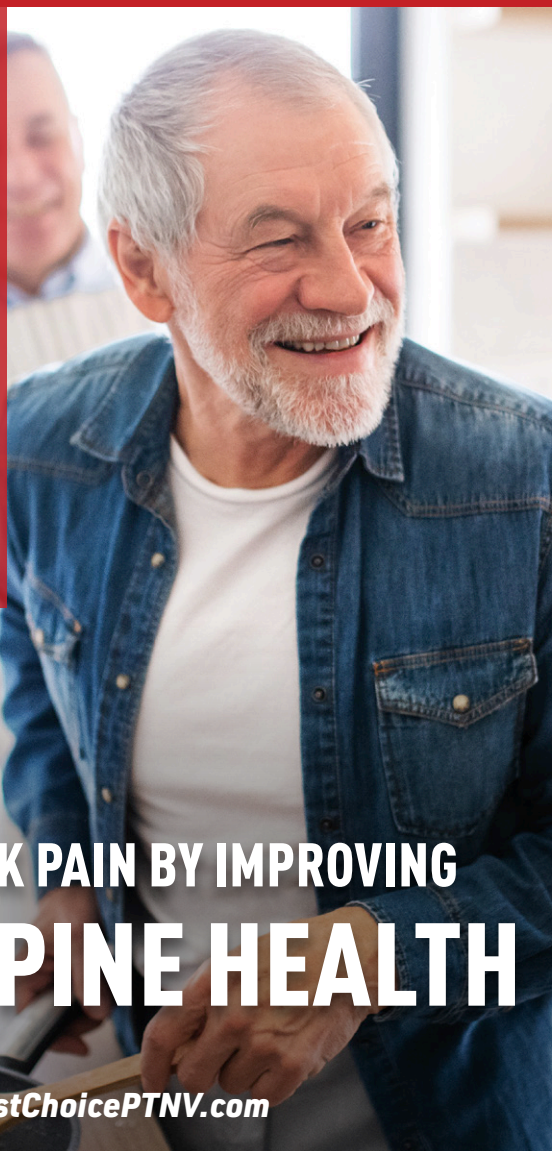
The Newsletter About Your Health and Caring for Your Body

NEW PATIENT SPECIAL!

**1-1 EXAM,
SPECIAL
TESTING,
TREATMENT,
& HOME
PROGRAM**

WITH BACK ON TRAC

Save \$100! See Inside >



**AVOID BACK PAIN BY IMPROVING
YOUR SPINE HEALTH**

FirstChoicePTNV.com



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HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body

INSIDE:

Avoid Back Pain By Improving Your Spine Health • How Can I Improve The Health Of My Spine? • Benefits Of Spring Cleaning • Exercise Essentials



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!

AVOID BACK PAIN BY IMPROVING YOUR SPINE HEALTH

Are you living with back pain? You may notice that your pain worsens each morning when you wake up, when you have to stand for more than 10 minutes, or when you have to walk long distances. The severity of back pain can range from minor dull aches to sharp stabbing pains. Pain that radiates from the spine down to the buttocks and legs is typically a sign of sciatica. However, your back pain can be avoided and resolved by improving your spinal health. Contact First Choice Physical Therapy today to find out how.

You may be wondering, "What does this mean? How can I tell if my spine is healthy?" When we think of health, we typically focus on nutrition, exercise, and heart health – but spine health is incredibly important, as well. Your spine does a lot for your body – it protects your spinal cord, allows you to breathe properly, and it is what allows your body to move. In fact, almost every function in your body is directly connected to the health of your spine.

This is why spine health is so important. If you are living with back pain, you know how limiting it can be. In order to make sure your spine is at its optimum health, you must achieve the following:

- Good posture and spinal curves.
- Strong abdominal and core muscles.
- Strong spinal and gluteus muscles.
- Good flexibility and balance with side-bending and rotation.
- Good nutrition and rest at night.

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

(Continued Inside)



HOW CAN I IMPROVE THE HEALTH OF MY SPINE?

(Continued from Outside)

Of course, much like anything else, spine health is easier said than done. Your spine is a complicated structure of vertebrae, discs, joints, ligaments, tendons, muscles, and nerves. Therefore, it takes a delicate balance to make sure it is at its peak level of health and function. Below are 6 ways to make sure you are doing everything you can to improve the health of your spine:

- 1. Practice proper nutrition.** Nutrition is a critical part of all health, whether you are focusing on your heart, joints, or spine – whatever you do, it is always important to eat right. Healthy fruits and vegetables contain the vitamins and antioxidants that make up a healthy spine function. They help to rebuild the bone, muscle, and connective tissues that are constantly being used throughout the day.
- 2. Get some sleep.** Throughout the day, your spine is compressed with standing, sitting, and bending. Did you know that it is actually possible to lose about ½ an inch over the course of a day? Adequate rest in a good position while sleeping helps you maintain a healthy spine. It is ideal to start off lying in bed for the first 10 minutes on your side with your knees curled up, as this allows the discs in your spine to rehydrate. Afterwards, continue sleeping on your side with a pillow between your legs or roll onto your back with a pillow under your knees. Avoid sleeping on your stomach.
- 3. Give up cigarettes.** Many studies show that nicotine in cigarettes directly accelerates the breakdown of the discs in the spine and destroys the connective tissues that keep the joints moving properly. In addition, nicotine increases the inflammatory response in the body, disrupting the body's natural ability to repair itself.
- 4. Work on the flexibility and strength of your spine.** Your body is meant to move – this is the most important purpose of the spine.

You can make sure your spine remains flexible by stretching for 10 minutes every day. It is also important to make time to move around when possible at work. Stretch your spine out by reaching overhead and leaning over to one side, then the other. You can also focus on gently twisting at the waist and stretching your hamstrings. Spend 3-4 days a week working on your core strength with abdominal muscle exercises, so you can keep your spine and core muscles strong. A strong spine and core allow you to move without stressing the discs or nerves in your back.

- 5. Maintain proper posture and balance.** If you sit at a desk during the day, make sure you are sitting in a straight-backed chair and your feet flat on the floor. Avoid sitting on very soft couches for prolonged periods of time, as this keeps your spine in a flexed position. When lifting, make sure you keep your spine straight, lift with your legs, and avoid twisting. Proper balance is important for both the small muscles of your spine and your nervous system. You can enhance your balance by standing on one leg at a time for 10 seconds 3-4 times a week.
- 6. Go to a physical therapist for spine check-ups.** Your physical therapist can check your spine alignment to check for areas that could be improved. It is wise to have your spine checked every 6 months, in order to ensure your back is moving how it should. At First Choice Physical Therapy, our physical therapists are experts in the field of spine health who can help your back operate as it should.

If you have been living with back pain, or you'd like to avoid potential back pain, don't hesitate to contact First Choice Physical Therapy today. Don't live with the limits of back pain – Call 775-777-1276 or visit FirstChoicePTNV.com today!



HEALTHY RECIPE

Immunity Boost Green Goddess Soup

Ingredients:

- 3 cups baby spinach or super greens blend
- 1 clove whole peeled garlic
- 2 tbsp fresh ginger, sliced
- 1/4 tsp cayenne pepper
- 1/4 tsp ground turmeric
- 1/4 tsp wasabi powder (optional)
- 1 cup chicken or vegetable broth
- 1/2 cup coconut milk
- Salt & pepper to taste
- Squeeze of fresh lemon or lime juice

For Garnish:

- broccoli florets, lightly steamed
- 1/4 cup Greek yogurt, thinned with milk
- Chia seeds

Directions: Mix all ingredients (except those for the garnish) together using a high-speed blender. Heat over stovetop until steaming hot. To serve, pour into a bowl and garnish with broccoli florets, a swirl of yogurt, and chia seeds.



LOWER BACK & LEG PAIN RELIEF



WATCH VIDEO NOW!



fb.watch/2YiBaZRCge

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 or Facebook to see how this treatment works:



[FirstChoicePTNV.com](https://www.FirstChoicePTNV.com)



fb.watch/2YiBaZRCge

WHAT OUR PATIENTS SAY



“I can now stand for longer periods of time, and I can walk longer distances in the yard!”

“After my first session on the Back on Trac, I started feeling better. I experience severe pain in my back, hip, and down my right leg. I couldn’t stand for long periods of time or even walk long distances. After just a few sessions on the Back on Trac, more and more of the pain in my back, hip, and legs got less and less. I can now stand for longer periods of time, and I can walk longer distances in the yard! Using the Back on Trac has helped me get my life back.”

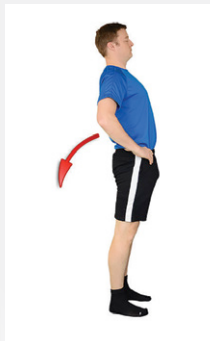
– Larry J.

EXERCISE ESSENTIALS

USE THIS EXERCISE TO STRENGTHEN YOUR BACK

LUMBAR EXTENSION

Stand with good posture, feet shoulder width apart. Position your hands on the backs of your hips. Lean back, far as you comfortably can. Slowly return to the start position. Repeat 10 times.



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

Exercises copyright of
Tina SimpleSet Pro



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BENEFITS OF SPRING CLEANING

- Allergy Symptom Reduction.** A thorough cleaning can greatly reduce the amount of dust in your home, which is helpful since about 20 million Americans are allergic to dust mites, according to the Asthma and Allergy Foundation of America.
- Cleanliness Produces Happiness.** Maybe you don't enjoy the process of cleaning, but the end result will leave you smiling. A 2010 study at the University of California, Los Angeles even found that having a clean home can improve your mood and reduce your risk of depression.
- Declutter and Do a Good Deed by Donating.** An essential part of a successful spring cleaning is getting rid of old items that are no longer used or worn. Apply the rule of thumb that if you haven't made use of something in a year, it's time for it to go. Fill bags and boxes of things, then donate them to a local charity so they can still be beneficial to someone else. Giving to others is an act that is associated with greater self-esteem, lower stress levels, and overall happiness.

Saxbe, DE and Repetti, R. "No place like home: home tours correlate with daily patterns of mood and cortisol." *Personality and Social Psychology Bulletin*. January 2010. Accessed 4 April 2017. <https://www.ncbi.nlm.nih.gov/pubmed/19934011>.