



Rehab. Recover. Get Your Life Back.

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body

FirstChoicePTNV.com



RELIEVE ARTHRITIC PAIN BY COMING BACK TO PHYSICAL THERAPY

FREE POST-COVID CONSULT

\$100 VALUE

Details Inside >

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



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The Newsletter About Your Health and Caring for Your Body

INSIDE:

Relieving Arthritic Pains In Your Upper Extremities • What You Can Do On Your Own • Healthy Recipe: Lentil Salad With Spring Veggies



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!

RELIEVING ARTHRITIC PAINS IN YOUR UPPER EXTREMITIES

You use your hands, elbows, and shoulders hundreds of times throughout the day for both basic and complex tasks. This can make it extremely difficult when living with arthritis, which limits your ability to move freely.

If you are living with arthritis, you're not alone. In fact, there are over 100 different types of arthritis that people are diagnosed with. Arthritis pain is directly correlated to the limitation of mobility in your joints, muscles, ligaments, and tendons. The more freedom of movement in your joints, strength in your muscles, and improved circulation, the less you will be affected by arthritic inflammation and pain.

Arthritis in the upper extremities can be successfully relieved with the help of physical and occupational therapy. Contact First Choice Physical Therapy today to find out more.

Physical Therapy, Occupational Therapy, and Hand Therapy - Defined:

People have found enormous success in upper extremity arthritis relief through physical therapy and occupational therapy treatments. Before you can understand why physical therapy and occupational therapy are both so important for arthritic pain relief, you must first understand the differences between physical therapy and occupational therapy. Physical therapy refers to a variety of natural and conservative treatments aimed at relieving pain and promoting healing. Occupational therapy, while it is a similar form of conservative treatment, focuses more on rehabilitation and the "relearning" of daily activities. The purpose of occupational therapy is to make daily life easier by participating in treatments and exercises.

Hand therapy is also a form of occupational therapy. While the title only specifies hands, this form of therapy focuses on the upper extremity as a whole, which also includes the wrist, forearm, elbow, arm, and shoulder. Hand therapists will treat injuries and ailments that affect the upper extremity and work toward returning the affected area to its highest level of function.

Hand Therapy for Arthritis Relief:

A hand therapist typically uses manual techniques to manipulate the affected arthritic area, in order to release tension, swelling, and pain. Through the use of massage and hands-on treatments, patients can find significant improvement - sometimes after just one session! In some cases, additional techniques, such as ice and heat therapies, ultrasound, or electrical stimulation may also be used as part of your treatment plan, in order to manage your pain and keep symptoms at bay.

Perhaps one of the biggest roles of a hand therapist, however, is prescribing targeted stretches and exercises. These will be dependent upon the type and severity of your arthritis, and will focus on improving the range of motion, strength, and overall function of your affected upper extremities, so you can safely and comfortably perform your daily activities once again. A large part of hand therapy is helping patients regain their independence in day-to-day tasks and improving their quality of life.

Call us today at 775-777-1276 to schedule an appointment or visit our website online at FirstChoicePTNV.com.





WHAT YOU CAN DO ON YOUR OWN

Your therapist will provide you with the necessary stretches and exercises needed to keep up with the progress you made during your sessions. It is important to make sure you complete these stretches and exercises on your own, so your arthritis doesn't worsen.

For upper extremity arthritis, there is a quick exercise you can do every day to instantly relieve your pain. This technique assists the natural flow of lymphatic fluid out of your hands and arms:

1. Bring your affected arm out to the side slightly. Open and close your hand, feeling for any stiffness or discomfort in the finger or wrist joints.
2. With your other hand, gently place your open palm on your rib cage, high up into the underarm area.
3. Gently press into the skin and move your hand in clockwise circles, moving the skin on the rib cage underneath. You should feel no discomfort while you do this. If you do, then you are pressing too hard.
4. Perform this motion for 2-3 minutes.
5. Test your hand again by opening and closing it. It should feel lighter and with less discomfort.
6. Repeat this procedure multiple times a day for best results.

Are you ready to find relief from your arthritic pains? Call 775-777-1276 or visit FirstChoicePTNV.com to schedule an appointment with your physical therapist.

Contact First Choice Physical Therapy!

At First Choice Physical Therapy, we are equipped in providing specialized treatments and therapies for any pain or discomfort your arthritis may be causing you. To learn more about how our physical and occupational services can benefit you, and specifically how hand therapy can relieve your upper extremity arthritis, contact us today to schedule a consultation. Our team will work closely with you to determine which course of treatment will be best for your specific needs. Get back to living your life comfortably by calling us today!



HEALTHY RECIPE *LENTIL SALAD WITH SPRING VEGGIES*

Ingredients:

- 2 c cooked lentils
- 3 c spring veggies- your choice of snap peas, english peas, snow peas, green beans, asparagus, radishes or chard
- 3 tbsp red onion, chopped fine
- 2 garlic cloves, finely minced
- 1/4 c chopped mint leaves

- 2 tbsp olive oil
- 1 lemon, zest and juice
- salt and pepper to taste

Optional Yogurt Sauce:

- 1 c plain thick greek yogurt
- 1 tablespoon lemon juice
- 2 tbsp fresh chopped dill
- 2 garlic cloves finely minced
- 1/4 teaspoon salt, or to taste

Directions: Cook the lentils in salted water until tender, but not falling apart. Lightly steam, grill or blanch the veggies. If adding radishes, you can keep those raw and crunchy- (or feel free to grill them). If using chard, finely chop and wilt in a pan with a little olive oil, shallot or garlic, and salt and pepper. Place the lentils, veggies, onion, garlic and mint in a bowl. Toss with the olive oil, lemon zest and juice from 1/2 a lemon. Season generously with salt, pepper and optional sumac. Adjust lemon, adding more if you like. If it's bland, it most likely needs salt. Make the optional Yogurt Sauce to lather on the bottle of the plate or platter. Mix all the ingredients together in a small bowl. Smear the yogurt sauce on a platter (or individual bowls or plates) then top with lentil salad.

Recipe: <https://www.eatingathome.com/lentil-salad-with-spring-veggies/>



USE THIS EXERCISE TO RELIEVE SHOULDER PAIN.

CORNER PECTORAL STRETCH

Stand facing a corner with your arms on different walls. Lean into the corner until you feel a stretch across the front of your chest. Stand in a lunge to make sure you stay balanced. Hold for 15 seconds and repeat as needed.



Exercises copyright of SimpleSet Pro

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



“Therapy has given me my life back.”

“The postural drainage was epic. I never coughed up anything when I had pneumonia, but the drainage that came out during treatment changed everything. That was when I started to improve by leaps and bounds! Therapy has given me my life back.”

– K. Kimbrell

Did You Know?

PT CAN AID IN POST-COVID-19 RECOVERY

Here at First Choice Physical Therapy, we offer methods of treatment for patients who are experiencing long-term side effects of COVID-19. As more research is done, it's being discovered that there are several lasting effects from the virus, many of which are causing challenges that can continue for unprecedented amounts of time.

How can therapy help with recovery?

Some common physical conditions we are seeing in patients who have had COVID-19:

- Difficulty walking
- Shortness of breath
- Weakness
- Fatigue
- Decreased balance
- Difficulties with swallowing

Our therapists can help with recovery through specialized training and exercise programs, including the following:

- Aerobic exercise & reconditioning
- Stretching
- Endurance & strength training
- Balance & gait training
- Breathing exercises to increase lung function and capacity

Scan this QR code with your smartphone's camera app to access more information about our post-COVID care.



For a limited time, we are offering FREE Post-COVID Consults to our Elko, Carlin, and Spring Creek community. If you or a loved one are experiencing lasting side effects of the virus, call our clinic today at 775-777-1276.

REDEEM THIS COUPON FOR A

FREE POST-COVID CONSULT



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\$100 VALUE. CALL TODAY!

Contact our office now at 775-777-1276 to schedule!