



Rehab. Recover. Get Your Life Back.

# HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body

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



*It's the  
Season of  
Renewal*

**LEARN HOW PHYSICAL THERAPY CAN  
HELP YOU GET BACK TO BEING ACTIVE**

**FREE POST-COVID CONSULT**

**\$100 VALUE**

*Details Inside >*

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



Rehab. Recover. Get Your Life Back.

**775-777-1276**

**FirstChoicePTNV.com**

# NEWSLETTER

Your Resource for Health, Wellness, and Caring for Your Body

## INSIDE:

- Springtime Activities PT Can Make More Enjoyable • COVID Recovery Tips and Ways to Boost Your Immunity • Healthy Recipe
- FREE Post-COVID Consult



## 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 \$25 gift card to support a local business and a FREE Back on Trac Session.

Congratulations to our recent misspelled mania winners: **Stacy Koch (February)** and **Joe McCleod (March)**! Will you be the next winner? Call today!

# Springtime is here! EMBRACE THE SEASON OF RENEWAL

Springtime is here, and with it comes new beginnings, growth, and a chance to get started on reaching your fitness goals!

All of us have been stuck inside for months, so it goes without saying that now more than ever it's important to stay on top of your health and make sure you're engaging in activities that encourage you to get up and move. The weather is warming up, so it's a great time to "spring" into action and start doing the things you love again!

Sometimes, however, the fear of sustaining an injury can prevent you from leading a healthy and active lifestyle. If you're in need of assistance in improving your mobility, physical therapy can help. Contact First Choice Physical Therapy today to schedule an appointment.

### How physical therapy can help you become more active for springtime

According to the HHS, "More than 80% of adults do not meet the guidelines for both aerobic and muscle-strengthening activities, and more than 80% of adolescents do not do enough aerobic physical activity to meet the guidelines for youth." Finding the time or the motivation to exercise is difficult for many people, but with a season of renewal right around the corner for us, it's important to know what your options are when it comes to getting into shape!

Physical therapy is not only useful for people recovering from an

injury or surgical procedure. First Choice Physical Therapy physical therapists are movement specialists who offer safe and natural ways of healing, as well as ways to improve your overall level of fitness so that you can enjoy physical activities this spring!

A physical therapist can evaluate your current physical condition and assess your fitness level. Whether you're currently moving with assistance from a cane, walker, or orthotic device, or you're a serious athlete, physical therapy can help you increase your fitness level, reduce your chance of injury, and eliminate pain from sore muscles.

Our therapists can also teach you the proper techniques for warming up before your chosen activity and the best post-workout stretches for an effective cooldown.

**Relief is in your reach this spring! Are you ready to embrace it? Call First Choice Physical Therapy TODAY to schedule an appointment or visit our website online at [FirstChoicePTNV.com](http://FirstChoicePTNV.com).**

**775-777-1276**





# SPRINGTIME ACTIVITIES PT CAN MAKE MORE ENJOYABLE

A physical therapy program can increase your fitness level and help you make the most of your favorite activities! Some of the most common activities that physical therapy can help you enjoy more fully are running, gardening, biking, and yoga.

**Running** can be hard on the joints, especially as we age. One of the most common injuries that keep people from running without pain is shin splints. These occur when there is pain along the large bone in the front of the lower leg, known as the tibia or shin bone. They are normally due to poor alignment of the body, or weakness in the leg muscles. A physical therapist can help make sure your joint health is up to par before you hit the trails!



**Gardening** usually requires you to get down on your hands and knees in the dirt! Physical therapy can help you to relieve any knee pain you've been experiencing that may keep you from spending time outside tending your flowers, fruits or vegetables. Severe knee injuries often include bone bruises or damage to the cartilage or ligaments, which a physical therapist can identify and remedy.

**Biking** is a super fun activity people enjoy doing as it warms up outside! Similar to running and gardening, however, biking can also prove to be difficult if you're suffering from injuries that have not healed, or chronic pain conditions that restrict your mobility. Physical therapy can help to mobilize your joints and help you build up strength and endurance so you can continue taking those long bike rides through the park, mountains, or city streets!

**Yoga** is a great way to gently increase your heart rate and improve your levels of flexibility. It also strengthens your muscles! Many physical therapy programs already incorporate stretches that are found in yoga routines, however, if yoga is your preferred method of fitness, a physical therapist can help ease chronic aches and pains that may be making yoga difficult for you. The better you feel about your abilities to do your stretches and poses, the more often you can take your mat outside to practice!

## Spring into better health this season!

First Choice Physical Therapy offers many types of therapeutic methods to help athletes and weekend warriors alike to participate in whatever fitness or outdoor activity they love the most. If you're interested in polishing up your physical abilities this season, call our clinic today to schedule an appointment.

## COVID RECOVERY TIPS & WAYS TO BOOST YOUR IMMUNITY

Have you been diagnosed with covid in the past? If so, you may find that your symptoms are still lingering.

If you are still noticing covid-related symptoms after your projected recovery period has ended, it is important to seek the help of a skilled professional who can prescribe rehabilitation services while still being able to monitor your health.

In addition, you can check out our recovery tips and ways to boost your immunity below. To learn more, don't hesitate to contact First Choice Physical Therapy today!

### Make sure you are continuing to exercise

Physical activity keeps your body and immune system healthy! By exercising, you can make sure your body is strong enough to fight off any unwanted germs that may come your way. Additionally, exercise has proven benefits to both physical and mental health - something that we could all use a little help with nowadays!

### Boost your immune system by enjoying the beautiful weather

Did you know that Vitamin D helps to boost the immune system? With the weather beginning to get a bit

warmer, it is the perfect time to get out and enjoy the sunlight, while also gaining the health benefits! Outdoor activities are also a great way to get out of the house and enjoy yourself, while also being able to safely distance yourself from others.

### Vaccinate when you can

If vaccines are readily available for your demographic and you are able to receive one, it is important to vaccinate as soon as you can. Vaccinations will significantly decrease your likelihood of contracting the virus and/or potentially spreading it to others. Additionally, the knowledge that you have received the vaccine will bring you some peace of mind when starting to get back into the activities you used to enjoy before the virus.

### Continue to keep a safe distance

Even with cases dropping, it is still important to continue to keep your distance from others when you can. Going right back into crowds will cause cases to rise again, and it will increase your likelihood of contracting the virus and/or giving it to others. If businesses are open in your area, of course you should enjoy them if you feel comfortable - just continue to exercise caution around large groups.

### Contact us for more information!

If you are still experiencing the lingering effects of covid-19, or if you are simply looking for ways to protect yourself against the virus, we can help. [Call us today at 775-777-1276!](tel:775-777-1276)

## HEALTHY RECIPE!

## WHAT OUR PATIENTS SAY

### BLUEBERRY SPINACH SMOOTHIE

*Treat yourself to a tasty, immune-boosting refreshment!*



- 1 cup frozen blueberries
- 1/2 cup frozen spinach
- 1 banana
- 1 tablespoon ground flax seed
- 1 tablespoon nut butter (optional)
- Almond milk (or favorite plant-based milk)

Add blueberries, spinach, banana, flax seed, and nut butter into blender. Add almond milk until all other ingredients are covered (use less milk if you prefer a thicker consistency). Blend and enjoy a tasty smoothie full of fiber and antioxidants to help decrease inflammation and fortify your immune system!

### 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.*



“Therapy has helped me get back on track & feeling healthier.”

“I was diagnosed with COVID-19 back in December of 2020. The symptoms I experienced were weakness, loss of breath, I couldn't even pull back my bow, and do other strenuous activities and work. Coming to physical therapy has helped me regain my strength and endurance. Therapy has helped me get back on track & feeling healthier.”

— T. Copting

REDEEM THIS COUPON FOR A

**FREE POST-COVID CONSULT**



Rehab. Recover. Get Your Life Back.

**\$100 VALUE. CALL TODAY!**

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