



Rehab. Recover. Get Your Life Back.

# NEWSLETTER

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

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



# FALL SPORTS—

## MAKE THIS YOUR BEST SEASON YET WITH PHYSICAL THERAPY

***LEARN MORE ABOUT INJURY PREVENTION WITH PT >>***

**FREE DOCTOR OF PHYSICAL  
THERAPY CONSULT**

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*Details Inside >*

**1-1 EXAMINATION  
& PERSONALIZED  
TREATMENT PLAN**



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775-777-1276

FirstChoicePTNV.com

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

**INSIDE:**

Injury Prevention With Physical Therapy • Exercise Essentials • Don't Let Your Benefits Go To Waste! • Patient Testimonial



## MISPELLED 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.

**Last month's winner: Pat Moon!**



## Are You An *Athlete* Prepping For Fall Sports? *Physical Therapy Can Help!*

Before we know it, it'll be autumn, and with the cooler season will come something many of us love to participate in: fall sports!

Everyone who is heavily involved in athletics knows that one thing is for sure, with physical activity also comes the risk of injury. First Choice Physical Therapy strongly encourages athletes prepping for fall sports such as cross country running, football, and soccer, to visit one of our skilled physical therapists as they begin preparing their bodies for the playing season.

Making sure your body is strong, stable, and prepped for the game is a vital part of maintaining high performance. Call our clinic today to learn about how our therapists can help you prep for your sport of choice this fall, as well as prevent sports injuries down the road!

### How can a physical therapist help athletes prepare for fall sports?

Being able to practice the sport you love, whether professionally or for fun, is super important. Sports provide a way for you to get physical activity while having fun.

Your heart rate rises, your blood gets flowing, your muscles get the workout that they need. However, you should be on the lookout for ways to prevent sports injuries this season if you're about to jump back out onto the field, and physical therapy is a great way to do that! A physical therapy conditioning program can increase your fitness level and help you make the most of your favorite sports this season.

Conditioning is a major part of maintaining your physical fitness when you play sports. By participating in conditioning programs, you can lower your risk of

sustaining an injury during the game. Conditioning helps to increase flexibility and strengthen ligaments, muscles, and tendons. By teaching targeted exercises, lifting weights, and strengthening muscles, physical therapy can prevent athletes from overexerting themselves or twisting in ways that may cause an injury to occur.



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**Call Today and  
Schedule Your Next  
Visit!**

**775-777-1276**

# Injury Prevention With Physical Therapy

One great aspect of physical therapy at First Choice Physical Therapy is that it can help you to prevent sustaining a sports injury in the fall.

There are two ways in which sports injuries can occur: suddenly, such as a soccer player colliding with another, or overtime, through repetitive motions, such as running for long periods during cross country events. Simply put, anything that results in pain while performing physical activity can be considered a sports injury!

Both sprains and strains are common in sports that require high impact in the wrists, elbows, and shoulders.

Sprains are extremely common in sports. Your bones are connected to one another by ligaments. When a ligament is stretched beyond its limits, a sprain can occur. Once the ligament is stretched, it is more likely that the affected area will be sprained again in the future.

Strains, or pulled muscles, are often mixed up with sprains. They're two different injuries, however! Your muscles and bones are connected by tendons. When a tendon is stretched beyond its limit, a strain or "pulled muscle" can occur. Once the tendon is stretched, it is more likely that the affected area will be strained again in the future.

Some other common injuries that we treat in athletes at First Choice Physical Therapy are as follows:

- Muscle tears
- Tennis or golf elbow
- Bone fractures
- Frozen shoulder
- Hamstring strain
- Hip flexor strain

Receiving physical therapy before you begin playing this fall could make all the difference in how ready your body is to be out on the field or court.

If you sustain an injury while playing sports, one of our certified physical therapists will conduct a thorough evaluation to diagnose your sports injury. Afterward, a personalized treatment plan will be designed for you, based on the specific needs of the diagnosis and any additional symptoms that you are experiencing. Our clinic also provides performance enhancement sessions, designed to teach you the techniques you need to prevent future sports injuries from occurring!

## Call First Choice Physical Therapy today

At First Choice Physical Therapy, we make it our top priority to encourage healing and injury prevention for our patients. In addition to treating injuries, our physical therapists can help you improve range of motion, flexibility, strength, and overall function, in order to prevent additional injury from occurring.

Are you an athlete prepping for fall sports? Call us today to learn more about how physical therapy can get you geared up to have your best season yet!



Rehab. Recover. Get Your Life Back.

*If you're an athlete training for the fall season, contact us today to see how we can help you make this your best season yet!*

## 775-777-1276

# REDUCE PAIN & RECOVER FASTER WITH BIOFREEZE!



## BIOFREEZE IS THE #1 RECOMMENDED BRAND FOR:

- MUSCLE STIFFNESS
- BACK PAIN
- SHOULDER PAIN
- NECK PAIN
- ARTHRITIS
- STIFF JOINTS

**Biofreeze  
SALE!**

*For a limited time, purchase 2 - 4 oz bottles of Biofreeze for \$20 at First Choice Physical Therapy! This is normally a \$30 value, so don't miss your chance to save!*

IMPROVE YOUR POSTURE TO IMPROVE YOUR HEALTH! CALL 775-777-1276 OR VISIT [FIRSTCHOICEPTNV.COM](http://FIRSTCHOICEPTNV.COM)

# DON'T LET YOUR BENEFITS GO TO WASTE!

# WHAT OUR PATIENTS SAY

## If you've met your deductible for 2021, your physical therapy cost could be FREE!

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your physical therapy may not cost you anything.

Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2022. Contact us today to schedule your appointment.

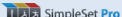
## Don't Miss Out On Your Benefits! Give Us A Call Today!

# 775-777-1276

## EXERCISE ESSENTIALS

### USE THIS EXERCISE TO BUILD MUSCLE STRENGTH

#### WALKING LUNGE

Exercises copyright of  
 SimpleSet Pro

Stand comfortably with your feet shoulder width apart at a location of which you can move straight ahead, such as a hallway. Take a large step forward with one leg, keeping your back foot in starting position while rolling onto its toes. Your spine will be straight and your forward and back knees will be bent, so that you make right angles with your hip, knee, and ankle. As you lunge, you should feel a stretch across the front of the hip and thigh. Hold for 30 seconds and repeat 5 times.



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



## “Coming to First Choice with their exceptional staff has made my therapy a less stressful experience.”

“In my opinion, First Choice Physical Therapy is one of the finest Therapy centers I have attended. The staff here are extremely knowledgeable and professional. The staff are always friendly and take extra time to help you get through the tough time you are going through. I have had several surgeries in the past, and going to Therapy is not always a pleasant time. Coming to First Choice with their exceptional staff has made my Therapy a less stressful experience. A heartfelt Thank You to First Choice and their staff.” — D.P.

## REDEEM THIS COUPON FOR A

## FREE DOCTOR OF PHYSICAL THERAPY CONSULT

- HAVING SURGERY?
- CHRONIC ACHES & PAINS?
- NEW INJURY?

LEARN HOW WE CAN HELP YOU BECOME PAIN-FREE

Call 775-777-1276 or visit our website to schedule!