



Rehab. Recover. Get Your Life Back.

# NEWSLETTER

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

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



## GET YOUR HEALTH BACK ON TRACK 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

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**INSIDE:**

Take Charge Of Your Health! • Exercise Essentials • How Physical Therapy Can Help You! • 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: Sheila Ganskow!**

Get Your Health

# Back on Track

## With Physical Therapy

*It's National Physical Therapy Month; Are YOU In Tune with Your Health?*

Happy October! Now that fall is here, it's time to crack out the knives for pumpkin carving and put out bowls of candy for trick-or-treaters! Did you know that October is also National Physical Therapy Month? It's true! First Choice Physical Therapy wants to make sure that our patients have a reliable source to learn more about the many benefits of physical therapy.

Our team of physical therapists is devoted to helping our patients recover from injuries and pain that make everyday activities way harder than they should be. First Choice Physical Therapy provides high-quality rehabilitation services, and we encourage you to reach out to us if you or a loved one is in need of physical therapy!

Take a break from planning out your scary costume this year and read up on these 5 reasons why physical therapy is a great option for pain relief from chronic conditions and injuries.

### 5 reasons to choose physical therapy

There are several reasons to choose physical therapy over pricey surgeries and medications.

First Choice Physical Therapy has chosen 5 of the best ones for you to consider!

**1. Physical therapy can help to strengthen your joints and improve your range of motion.**

Increasing muscle strength and mobility of the connective tissues around your joints (including the tendons, muscles, fascia, and joint capsules) will help your joints feel better and move better. This can also help you improve your functional activity tolerance, which is essential for work, leisure, and simple daily function.

**2. It's a safe, holistic method of pain management/elimination.**

The sad truth is that right now, we're experiencing an opioid epidemic. People are relying so heavily on over-the-counter medications to ease their pain; they don't realize the long-term effects these pills have on their bodies.

You don't have to rely on over the counter or prescription painkillers to ease those

achy, stiff, swollen joints! Physical therapy modalities that have been shown to ease pain, reduce spasms, increase circulation, and promote healing include electrical stimulation, diathermy, cold laser therapy, dry needling, and therapeutic ultrasound.



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Schedule Your Next  
Visit!**

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# Take Charge Of Your Health!

## 3. You can learn to move without limits again.

According to the Arthritis Foundation, exercise is one of the best ways to manage hip pain and knee pain caused by osteoarthritis. Your physical therapist can help you get back to regular exercise in a way that is safe and effective for you, based on your current abilities, goals, and needs. This is especially helpful if you're currently on a weight loss journey since being overweight is a major risk factor for knee and hip pain.

## 4. Physical therapy can uncover the underlying reasons for your pain.

Many of the impairments you and your physical therapist work to correct—including weakness, poor posture, and limited range of motion—may have been caused or worsened by things you're unknowingly doing. This includes sitting too much, using poor body mechanics, breathing improperly, and having an ineffective ergonomic set-up at work. A physical therapist can educate you about ways to move safer ways that use your energy more efficiently, reduce the risk of re-injury and enhance the overall effects of your care.

## 5. You'll experience improved joint health.

When you see a physical therapist for hip or knee pain, there's a good chance they'll use joint mobilizations or manipulations to help promote healing and attract circulation to the inner joint surfaces. These techniques have also been shown to reduce pain and improve joint alignment...and they feel good, too!

## Why choose First Choice Physical Therapy?

The mission of our physical therapy clinic is to use compassion, encouragement, and motivation in the treatment of our patients and clients. We pride ourselves on providing outstanding and personalized skills as movement and rehabilitation physical therapists, through exceedingly high customer service. Our goal is to positively impact people's lives and improve their quality of life.

During your first appointment with your therapist, they will do a thorough evaluation of your physical condition. If you're feeling pain, your symptoms will be taken into account. If there are things you cannot do because they cause you discomfort, tell your therapist so that they can make note in your treatment plan. Your therapy will be centered around helping you get back to doing the things you love without pain. Targeted exercises and stretches will be a huge part of your treatment, and your therapist will work with you to ensure your success and satisfaction.

When you see a therapist at our clinic for an evaluation, it doesn't matter what your diagnosis ends up being. We're here for you every step of the way and assure you that a comprehensive treatment plan will be created specifically for your needs. There is nothing we desire more than to see you feeling better, and we'll stop at nothing to ensure that happens!

## Call us today to set up an appointment

Here at our clinic, the ultimate goal is to help you achieve your full potential and maximum functional level in work, sport, and life activities. We understand that no two pain conditions are alike, and no two treatment plans should be either.

Contact First Choice Physical Therapy to learn more about the benefits of physical therapy. After all, it is National PT Month, so if you're struggling with a painful condition, there's no better time than the present to seek help!

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## 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 fall 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!**



# HOW PHYSICAL THERAPY CAN HELP YOU!

Take the time this month to start figuring out the most important things you need to know about the benefits and perks of physical therapy.

Here are a few bits of information to help kick off your focus this month:

- **Physical therapy is most beneficial when used before an issue becomes chronic.**

So many people wait until they've been dealing with pain for an elongated period before seeking support from a physical therapist. But there is no reason to wait! Physical therapy can have the biggest impact if used shortly after your initial injury. The longer you wait, the more difficult it will be to heal.

- **Muscle aches and joint pain tend to grow worse over time.**

The longer you let your pain go untreated, the more severe the pain is likely to become and the more difficult the pain will be to treat. The best thing that you can do is seek treatment as immediately following the development of your pain as possible. Physical therapy can have a huge impact on alleviating pain from muscle and joint aches, but the earlier

you start, the better off you'll be.

- **Chronic pain, especially back pain, is incredibly common in the United States.**

More than 100 million Americans over the age of 18 struggle with back pain. As a result, Americans spend more than \$50 billion dollars on back pain relief every single year. A lot of this goes to pain medication, which masks the pain without addressing the issue—meaning the pain always comes back.

About 30% of adults over 18 struggle with back pain, and that number is even higher for those who are over 65. Physical therapy is the best strategy to overcome back pain and is helpful at all ages. Your physical therapist will tailor therapy methods to your needs, helping you achieve the best results possible.

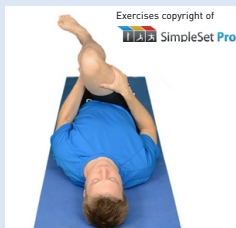


## EXERCISE ESSENTIALS

USE THIS EXERCISE TO EASE SCIATICA SYMPTOMS

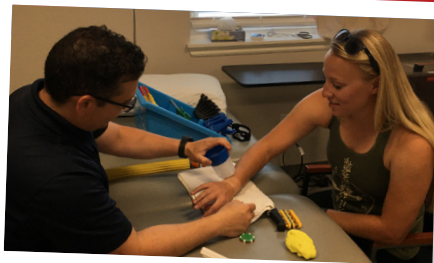
### PIRIFORMIS STRETCH

*While lying on your back, hold your knee with your opposite hand and draw your knee up and over towards your opposite shoulder. Hold for 20 seconds and repeat 3 times on each leg.*



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

# WHAT OUR PATIENTS SAY



**“The facility is nice, clean and the staff is professional; they make physical therapy fun and they are very knowledgeable”**

“First Choice Physical Therapy is one of the best offices in the area. I have never used physical therapy until now due to a work related injury. It took roughly two months to recover and my wrist is much better because of it. The facility is nice, clean and the staff is professional; they make physical therapy fun and they are very knowledgeable. The exercises were great and helped me get my strength & mobility back up to speed. Thank you Dallan, Mary, Tyler, Haley and the physical therapy team for being so welcoming and creating a good environment where people can heal and grow.” — *K.W.*

REDEEM THIS COUPON FOR A

**FREE DOCTOR OF PHYSICAL THERAPY CONSULT**

- **RECOVERING FROM COVID-19?**
- **CHRONIC ACHES & PAINS?**
- **NEW INJURY?**

**LEARN HOW WE CAN HELP YOU LIVE PAIN-FREE**

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