



Rehab. Recover. Get Your Life Back.

NEWSLETTER

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

Happy Holidays

FirstChoicePTNV.com



Take Your Health Back!

**ARE YOU EXPERIENCING HEADACHES
& BALANCE ISSUES FROM COVID-19?**

PHYSICAL THERAPY CAN HELP YOU FIND RELIEF >>

**FREE DOCTOR OF PHYSICAL
THERAPY CONSULT**

Details Inside >

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



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775-777-1276

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NEWSLETTER

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

INSIDE:

- Get Back To 100% With First Choice!
- Exercise Essentials
- Success Spotlight



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!

Take Your Health Back!

Are You Experiencing Headaches & Balance Issues From COVID-19?

Most of us will have a handful of headaches per year on average. There are many triggers for headaches, including physical and emotional stress. Some patients who have recovered from COVID-19 have experienced chronic headache pain as a lasting effect, which can be quite bothersome!

Several aspects of a person's life can be affected by their headaches, including their ability to remain balanced. This can increase a person's risk of falling and sustaining injuries.

Thankfully, safe treatment is available for those dealing with this kind of condition: physical therapy. Physical therapy can ease your headache symptoms and improve your balance by finding and treating the underlying cause.

You deserve a safe and sustainable way to manage your condition; contact First Choice Physical Therapy today to learn more about how physical therapy can help.

How are headaches and balance related?

If you've ever experienced a headache that causes you to feel as if the ground beneath you is moving, it could have been related to your vestibular system.

Medical News Today explains that "the vestibular system of the inner ear and brain controls balance and how people understand the space they are in. When this is affected, someone may experience feelings of vertigo, unsteadiness, or dizziness, which can be triggered by movement."

Vestibular migraines are headaches that affect the ability to remain balanced and upright. These kinds of headaches can affect vision and hearing abilities as well. There are a few commonly experienced symptoms accompanying these kinds of headaches, including:

- Neck pain
- Loss of vision
- Difficulty turning the head
- Trouble staying upright
- Ringing in the ears
- Vertigo

Has your balance been affected by COVID-19?

The COVID-19 virus has been found to lead to a loss of function in many different areas of the body. This is an illness that truly wreaks havoc on the body.

As time has passed, the list of side effects from COVID-19 has gotten significantly longer. People have reported different side effects, and some of them can be much worse than others depending on age, pre-existing conditions, and other factors.

Lowered levels of overall strength, as well as balance and gait issues, are commonly reported amongst individuals recovering from the virus.

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

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Get Back To 100% With First Choice!



Patients whose balance has been negatively affected by the virus run the risk of fall injuries. This is especially true for older adults recovering from COVID-19.

According to the Centers for Disease Control and Prevention, "Thirty million older adults fall each year—resulting in about 30,000 deaths. Each year, 3 million older adults are treated for a fall injury. One out of every five falls causes a serious injury, such as broken bones or a head injury." You don't want to be a part of this statistic. Vestibular therapy can help people recovering from COVID-19 to regain their balance and improve their gait pattern.

During a vestibular assessment, a First Choice Physical Therapy physical therapist will do a full evaluation of your joints, muscles, coordination, posture, inner ears, and eye-tracking capabilities. This way they'll be able to pinpoint the exact issue affecting your balance, whether it's a result of COVID-19 or an underlying condition.

How can physical therapy help?

Physical therapy treatment plans are designed to help you live a happier, healthier life. When you visit a First Choice Physical Therapy physical therapist, they can determine the underlying cause of your headaches and

create a customized plan of action to help combat the effects your headaches have on your balance.

In the case of headaches associated with balance problems, your therapist will also try to help you figure out just what triggers your headaches in the first place. Stress, certain kinds of foods and beverages, sleeping problems, hormonal changes, and bright lights are all possible triggers that may be determined during treatment.

Physical therapy treatment for headache pain and balance improvement will most likely include specific exercises that will help stabilize your gaze and help your eyes to track movement to improve balance and hand-eye coordination.

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

PROVIDER SPOTLIGHT: DR. BRUCE THOMAS UNIVERSITY OF UTAH HEALTH CARE



Dr. Bruce Thomas specializes in orthopaedics and sports medicine including:

- Shoulder injuries
- Biceps disorders
- Advanced arthroscopic shoulder surgery
- Sports Medicine
- ACL injuries and surgery
- Knee pain
- Advanced treatment of ligament injuries
- Meniscus repair
- Treatment of damaged articular cartilage
- Fractures
- Upper Extremity Injuries

Education and Experience: Team physician for the Olympic Winter Institute of Australia, Senior Medical Officer BUD/S U.S. Navy SEAL Training Center, Orthopedic Residency—Naval Medical Center San Diego, General Surgery Internship— Naval Medical Center San Diego, Medical Doctorate, Medical College of Georgia

Locations:

Farmington Health Center
165 N University Avenue
Farmington, Utah 84025
801-213-3200

Stansbury Park Health Center
220 Millpond Road 100
Stansbury Park, UT 84074
435-843-3000

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

WHAT TO EXPECT DURING YOUR FIRST APPOINTMENT

You might be wondering what to expect during a physical therapy appointment at First Choice Physical Therapy. We'll tell you!

First, your physical therapist will take detailed notes on your medical history, including an account of when you experience the headaches, how long they are lasting, and what kind of balance issues accompany them. If you've had COVID-19, they'll also want to know when and the symptoms you experienced. This may be followed by diagnostic testing.

After your evaluation, your therapist at First Choice Physical Therapy will create a customized plan of care to improve several aspects of your health, including:

- Strengthening your muscles
- Decreasing joint pain and Improving joint health
- Restoring and increasing your range of motion
- Better your circulation

Your therapist may also prescribe manual therapy and stretches as well as targeted exercises designed to improve your posture, provide pain relief, and help fight any immobility or imbalances you're experiencing. Your physical therapist will also evaluate your progress over time and make suggestions for getting the most out of your therapy experience.

Contact First Choice Physical Therapy to schedule a consultation with a physical therapist

If you've recovered from COVID-19 but are struggling to maintain your balance and stay upright, it's time to seek help from a physical therapist.

To learn more about how physical therapy is a natural, drug-free method that can provide you with pain relief and improve your balance, contact our clinic today!

EXERCISE ESSENTIALS

USE THIS EXERCISE TO IMPROVE BALANCE

SINGLE LEG STANCE - FORWARD

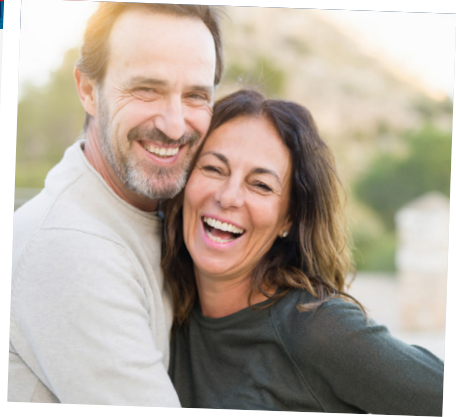
Stand tall. Be close to support, both at your sides and behind in case you lose your balance.

Balance on one leg.



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

WHAT OUR PATIENTS SAY



"The staff are very courteous and professional."

"My husband started physical therapy there. He has made great improvement. The staff are very courteous and professional. Sam is very patient and takes time to explain things. We really appreciate them." — **Ella Hutchinson**

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!