



Rehab. Recover. Get Your Life Back.

NEWSLETTER

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

FirstChoicePTNV.com



Physical Therapy Solutions **FOR SHOULDER, ELBOW & WRIST PAIN**

PHYSICAL THERAPY CAN HELP YOU FIND RELIEF >>

**FREE DOCTOR OF PHYSICAL
THERAPY CONSULT**

Details Inside >

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



Rehab. Recover. Get Your Life Back.

775-777-1276

FirstChoicePTNV.com

NEWSLETTER

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

INSIDE:

Say Goodbye To Your Pain With PT! • Exercise Essentials • Coping With Seasonal Affective Disorder (SAD)



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!

Physical Therapy Solutions For Shoulder, Elbow & Wrist Pain

Physical Therapy Can Help You Find Relief

Are you experiencing pain and weakness in your arm? Is it difficult to lift and hold things you use in your daily routine? You could be suffering from tendon dysfunction or even arthritis in your joints.

Whether your pain results from an injury or repetitive stress, it's often the result of underlying trauma or inflammation of the tendons, cartilage, or nerves in the arm. Your pain can be so severe that doing normal activities of daily living seems impossible. While the pain may feel serious, it's entirely curable.

Call First Choice Physical Therapy today, call to make an appointment. With guidance from your physical therapist, you can find solutions to your pain and get back to living the life you enjoy!

What is causing the pain?

Limited shoulder movement due to pain, stiffness, or weakness can affect a person's ability to carry out daily activities (eating, dressing, personal hygiene) and work responsibilities. Factors such as heavy lifting, repetitive movements (especially

in awkward positions), and vibrations influence the severity of symptoms and disability.

The most common causes of shoulder pain and disability are:

- Rotator cuff disorders
- Joint disorders
- Bursitis and tendinitis
- Arthritis and bone spurs
- Referred neck pain

Overuse injuries often cause elbow pain. Many sports, hobbies, and jobs require repetitive movements leading to overuse.

The leading causes of elbow pain and dysfunction are:

- Tennis and Golfer's elbow (i.e., tendinitis)
- Ligament sprains
- Arthritis
- Broken and/or dislocated elbow

Wrist pain is most common in groups participating in physically demanding activities like manual laborers and jobs that require computer use or repetitive movements.

The leading causes of wrist pain are:

- Carpal tunnel syndrome
- Arthritis
- Wrist tendonitis
- Repetitive motion syndrome

Shoulder, elbow, and wrist pain are often the result of workplace injury and repetitive stress injuries. While it is sometimes possible to take action to prevent an injury from developing, it is crucial to be able to recognize when an injury develops and to get help.

Find your physical therapist so he/she can identify what may have caused the pain to create and what you can do to resolve it.

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

775-777-1276

Say Goodbye To Your Pain With PT!

What do my symptoms mean?

Aching or stiffness around the front or the side of the shoulder is often due to a tendon/rotator cuff injury. In comparison, pain in the back of the shoulder is likely coming from the joint itself. Although some think the top part or shoulder blade is the "shoulder," they refer to muscles and/or the neck and not the shoulder itself.

Clarifying the location of your pain will help your physical therapist figure out the source of your pain and the appropriate plan to resolve it.

The inner and outer aspect of the elbow is commonly thought to be where most people experience tendon or ligament injuries. Typically, the pain will be sharp at the junction of the tendon and bone but may refer that the forearm generally is due to tendon-related injury or inflammation.

A decreased range of motion is often associated with arthritis. Still, weakness or clumsiness when gripping or holding onto things can be signs of deeper problems. It may indicate a more severe condition: the more dysfunction and disability, the more your conditions warrant seeking help sooner than later.

Ignoring your pain or waiting too long to be seen can make the problem worse and eliminate simple solutions.

Physical therapy for shoulder, elbow and wrist pain

Physical therapy treatments at First Choice Physical Therapy for shoulder, elbow, and wrist pain include manual therapy, joint mobilization/manipulation, exercise instruction, education, and techniques like KT taping and joint splinting. These have all been proven to help alleviate pain and restore function.

Physical therapists assess your particular condition to identify the contributing factors and address all of them. Your therapist is skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

Interventions such as education, manual therapy, therapeutic exercise, nerve and tendon glide techniques are widely used for effective results!

Contact our clinic today

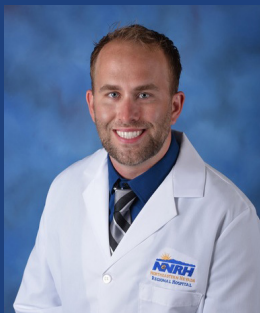
Addressing the pain early on is the best way to prevent an issue from becoming more debilitating. Physical therapy at First Choice Physical Therapy is the ideal tool for providing you with an opportunity to understand what may be causing your pain and help you mobilize and strengthen the surrounding muscles to alleviate the pain associated with your injury.

Contact your physical therapist today for support with learning how to manage the pain and learn exercises and techniques that can help you overcome the injury and restore proper strength and functionality to your shoulders, elbows, and wrists.



FirstChoicePTNV.com

PROVIDER SPOTLIGHT DR. CHAD EDWARDS



Dr. Chad Edwards is an Orthopedic Surgery specialist in Elko. He and his wife, Nicole, both grew up in Utah but have spent the last decade in Phoenix, AZ and Miami, FL. After tiring of the big cities, they decided to settle down in Elko with their three children. He has been practicing here for over a year and has enjoyed every minute of it. He spends most of his free time with his kids, in the outdoors, skiing/snowboarding, and exploring rural Nevada.

Dr. Edwards is passionate about all aspects of orthopedics and enjoys nothing more than improving the quality of life and function of his patients through both surgical and non-surgical techniques. He graduated Summa Cum Laude from his medical school, trained under 70 different surgeons throughout residency, and has substantial clinical research experience also. Despite an extensive list of awards and accolades, Dr. Edwards is most proud of receiving the Gold Elko Daily Reader's Choice Award for Best Surgeon in Elko this year. He is well suited to treat any orthopedic conditions, including joint replacements (shoulder, hip, and knee), rotator cuff surgery, ACL reconstruction, carpal tunnel syndrome, fractures, sports injuries, and many more conditions.

Dr. Edwards is seeing new patients! Call (775) 777-3535 for an appointment.

IMPROVE YOUR POSTURE TO IMPROVE YOUR HEALTH! CALL 775-777-1276 OR VISIT FIRSTCHOICEPTNV.COM

COPING WITH SEASONAL AFFECTIVE DISORDER (SAD)

Has your mood darkened with the shorter days and longer nights of fall and winter? If you're like many people, getting less sunshine and being less active this time of year can contribute to feelings of sadness and apathy that may be associated with Seasonal Affective Disorder (or SAD). The good news is that regular exercise can help boost your mood and guard against symptoms of seasonal affective disorder.

- Get outside to walk, jog, run, snowshoe, or cross country ski. The exposure to sunlight can help increase your vitamin D levels and elevate your mood.
- Enlist the services of a personal fitness trainer. Many people find meeting with a personal fitness trainer helps them stick with their exercise routine. Personal fitness trainers also can help vary workouts to keep them interesting and effective.

EXERCISE AND SEASONAL AFFECTIVE DISORDER

According to the Centers for Disease Control (CDC) and Prevention, 14 percent of people in the United States experience SAD (also known as seasonal depression). But research shows that many people can manage or avoid SAD with 30 to 60 minutes of exercise and 20 minutes of exposure to sunlight each day. In addition, data show exercisers have lower rates of recurrent depression compared with study participants who do not exercise. These figures emphasize the importance of exercising throughout the winter, especially if your goal is health and well-being.

Try the tips for maintaining your winter exercise routine this winter:

- Arrange your schedule to start and end later or earlier so that you can exercise outside after sunrise or before sundown.

GET PROFESSIONAL HELP FOR SAD IF YOU NEED IT

Although lack of sunlight and activity often are culprits of seasonal affective disorder, genetics and hormonal changes also may contribute to the condition. If exercise alone doesn't improve your mood and your sadness persists for more than 2 weeks, schedule an appointment with one of our physiotherapists. We will provide you with techniques in addition to exercise to manage stress.

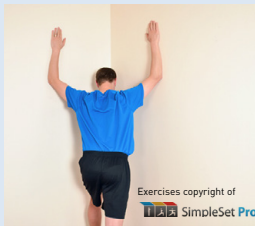


EXERCISE ESSENTIALS

USE THIS EXERCISE TO EASE 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
TIPAI SimpleSet Pro

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

WHAT OUR PATIENTS SAY



“Hailey, Tyler, and Dallan are extremely knowledgeable, patient, and kind.”

“Absolutely the best experience! Sam is thorough in his assessments, explains everything in great detail. Hailey, Tyler, and Dallan are extremely knowledgeable, patient, and kind. Can't forget the great customer service from Jacob, always has a smile. I just want to say thank you to all of you that were involved in my physical therapy. You guys ROCK!!” — **Tracy Tucker**

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!