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NEWSLETTER

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

FirstChoicePTNV.com



How's Your Core Control?

**PHYSICAL THERAPY CAN HELP YOU
STRENGTHEN YOUR CORE**

PHYSICAL THERAPY CAN HELP YOU FIND RELIEF >>

**FREE DOCTOR OF PHYSICAL
THERAPY CONSULT**

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



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INSIDE:

The Importance Of A Strong Core! • 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!



How's Your Core Control?

Physical Therapy Can Help You Strengthen Your Core

Have you noticed that your back pain seems to make standing upright more difficult, that you don't feel as balanced as you once used to? Believe it or not, these are all signs of core muscle weakness. At First Choice Physical Therapy, our physical therapist can help you figure out if your core is weak, and more importantly, how to get it strong again!

Your core muscles help you do a lot – from sitting, walking, and getting up and down from chairs. If your core muscles are weak, they may be affecting your function and possibly your pain levels.

Our team of physical therapists can assess your core and determine if it is affecting your daily activities. With proper guidance, you can learn how to get strong and engage your muscles the way they were designed to move!

Contact First Choice Physical Therapy today to figure out how we can help you strengthen your core muscles and improve your overall health.

What are the core muscles?

When most people think of core muscles, they immediately think of the abdominals. However, the muscles of the core comprises the lower back, hip, pelvis, pelvic floor, and even the diaphragm muscle.

The muscles that make up your core are designed to help stabilize your body, support your posture, and allow your skeleton to move appropriately. When any of the muscles within that group become weak, your trunk experiences instability, which makes it difficult for your body to function correctly.

The stability of the trunk plays a role in maintaining an upright posture and helping to change positions when sitting, standing, and walking. Core strength is also essential in sports performances, allowing the body to balance and control movements while running, jumping, and sustaining contact.

Significant weakness in the core will often lead to compensations and straining different body areas, most commonly the back and neck muscles. As a

result, this leads to undesirable consequences, such as poor posture, fatigue, or pain.

How physical therapy can help strengthen your core

Our licensed physical therapists will conduct a physical evaluation to determine where the weakness is rooted and what muscles must be strengthened to correct it.

Whether you feel pain in your back, neck, shoulders, or legs, we will thoroughly analyze your posture, movement, and strength, to pinpoint precisely what is causing your pain.

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The Importance Of A Strong Core!

From there, we will create an individualized treatment plan for you based on your specific needs, aimed at strengthening your core, improving your posture, and alleviating pain.

Core stability is about muscular strength and proper sensory input. This sensory input alerts the central nervous system about the movements and positions you are putting your body through. This means specific exercises designed to help your body react to different movements.

Our therapists will design a program to teach you how to use your core muscles properly. We will create a strength program that focuses on core-specific exercises and progresses to multi-joint free weight exercises to train the core muscles adequately.

We will provide constant feedback and allow refinement of movements to ensure the core provides optimal spinal stabilization.

What to expect in physical therapy

When your core is strong, reactive, and mobile, it can perform at optimal levels. Our team of physical therapists will assess your particular condition to identify how your core is affecting your function.

Your therapist can educate you on how your core affects your physical activity and contributes to the pain you may be experiencing. Through an

individualized exercise program, you can reduce your pain, prevent the condition from worsening, and improve daily function.

In many cases, physical therapy can design appropriate core strengthening exercises and provide relevant feedback to your central nervous system that improves your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle!

Contact today to schedule an appointment

At First Choice Physical Therapy, our physical therapists are here to help you improve your function and relieve your pain.

If you want to strengthen your core, relieve your pain, and improve your overall health, call us today to set up an appointment!



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Get Back To PT & Get Back To Feeling Great! Give Us A Call Today!

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PROVIDER SPOTLIGHT: JUSTIN ERNAT, MD UNIVERSITY OF UTAH HEALTH CARE



Dr. Ernat specializes in orthopaedic sports medicine with a surgical focus on the knee and shoulder. He is a member of the Arthroscopy Association of North America, the American Orthopaedic Society for Sports Medicine, the American Academy of Orthopaedic Surgery, and the Society of Military Orthopaedic Surgeons.

His practice includes management of the following knee and shoulder pathologies in addition to all sports-related injuries:

• Knee:

- ACL, PCL, MCL, and LCL
- Cartilage Restoration
- Meniscus Injuries
- Osteotomy for Malalignment
- Multiligament Knee Injury
- Patellofemoral Disorders

• Shoulder:

- Shoulder instability
- Labral/SLAP tears
- Rotator cuff injuries
- Impingement
- AC joint, SC joint, and clavicle injuries
- Biceps tendon Injuries

Locations: South Jordan Health Center
5126 West Daybreak Parkway
South Jordan, UT 84009
801.213.4500

University Orthopaedic Center
590 Wakara Way
Salt Lake City, UT 84108
801.587.7100



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HOW TO STAY ACTIVE WHILE LIVING WITH ARTHRITIS




Those suffering from arthritic pains can greatly benefit from physical therapy. It is possible to maintain an active lifestyle while living with arthritis, but you may need some assistance. Your physical therapist will conduct a physical evaluation to determine what the best course of treatment will be for you. This may include weight management to help ease some stress on your joints, as well as posture improvement to relieve stiffness and prevent injury.

Strength training is also a crucial aspect of PT treatments, in order to improve the overall strength and function of the affected joint(s). Your physical therapist will guide you through gentle exercises that become more intensive as you progress in your treatments, in order to help you achieve your highest levels of physical capability. Your physical therapist will also provide specific techniques for alleviating pain, which may include thermal therapies, manual therapy, or ultrasound.

Physical therapy treatments are aimed at relieving pain and reducing the amount of stress and stiffness surrounding your joints. They are meant to help you achieve your physical goals, whether that means simply managing your pain or helping you get back to running, lifting, swimming, or any other physical hobby that is being limited by your condition. If you are experiencing arthritic symptoms and you are looking to find relief, contact our office today! Our dedicated physical therapists at First Choice Physical Therapy will be happy to help you and get you back to living your active lifestyle.

EXERCISE ESSENTIALS

USE THIS EXERCISE TO EASE KNEE PAIN

Exercises copyright of
 SimpleSet Pro

KNEE EXTENSION STRETCH

While sitting near the edge of a chair, tighten your top thigh muscle to press the back of your knee downward towards the ground. Repeat 6 times on each leg.



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

WHAT OUR PATIENTS SAY



"My experience with First Choice Physical Therapy in Carlin has been top-notch. I went in with leg and back problems. Between my doctors and Physical Therapy, I can say that these issues have been improved about 90% over this past year. It was awesome to "graduate" on 11/30/2021! Sam ended my last session with Needling to my lower back. I must say that my favorite was the "Back on Track" machine! Hats off to Sam, Hyrum, Thomas, LeAnna & Tori for taking such good care of me. Thank you all!! I definitely recommend utilizing their services."

— Donna Cordova

REDEEM THIS COUPON FOR A

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OF PHYSICAL
THERAPY CONSULT**

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

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