



Rehab. Recover. Get Your Life Back.

NEWSLETTER

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

FirstChoicePTNV.com



ARE YOU TAKING CARE OF *Your Heart?*

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

INSIDE:

Keep Your Heart Healthy and Strong! • February Is National Heart Health Month! • 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!

Are You Taking Care Of Your Heart?

February is American Heart Month. Since Valentine's Day is right around the corner, it's a fantastic time to start loving and appreciating the organ responsible for keeping you alive: your heart!

The heart's primary function is to pump oxygen-rich blood throughout your body. Since your heart is vital to your survival, it's necessary to keep it in good shape by eating a well-balanced diet, exercising regularly, and avoiding anything that can cause damage to it.

Physical therapy at First Choice Physical Therapy can help you improve your heart health and fitness in various ways! This month is all about showing the ones you love how much you love them, but don't neglect yourself in the process! Make an appointment with our clinic today to learn how you can maintain good heart health and overall fitness this year.

Tips for better heart health

When your heart doesn't get enough attention, significant problems might arise in the artery lining, leading to plaque buildup. You may have heard of plaque on your teeth, but this kind of plaque is

different! Plaque forming in your arteries is the cause of heart attacks and artery blockages.

Taking action and maintaining a healthy lifestyle will assist you in making sure your ticker is in tip-top shape!

The following are some of the ways you can make sure your heart continues to perform at its best.

- **Exercise to increase your heart rate:** Walking and biking around your area regularly can help you raise your heart rate. Exercising regularly can help you lose weight and enhance your attitude as well.
- **Participate in strength training:** Strength training is one of the most effective injury-prevention strategies. Your therapist can help you develop safe strength-training techniques.
- **Maintain mobility of the joints and muscles:** Stretching keeps you active and makes you feel better. Knowing the right workouts and therapies for your joint and muscle pain will help you feel better and enhance your overall health.

• **Eat healthy meals:** Nutrition plays a huge role in heart health. Fruits, vegetables, whole grains, low-fat dairy, legumes, skinless chicken and lean meats, and fatty fish such as salmon should all be in your diet. Saturated and trans fats, salt, and added sugar should all be avoided. You should also limit your salt intake, especially if you already have high blood pressure.

• **Manage your stress:** Stress can raise blood pressure, so do your best to find daily ways to relax. Exercising, getting adequate sleep, stretching before bed, or taking a nightly warm shower are all things that could help with relaxation. Alternatively, scheduling 15 minutes of quiet time each day to unwind can also be helpful. The heart is a muscle, remember? The less stressed out you are, the less tension and stress you place on your heart.

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

775-777-1276

Keep Your Heart

Healthy and Strong!

The best approach to keep your heart strong and healthy is to exercise regularly. It's a natural, safe, and effective way to help improve your heart function! Physical therapy is an excellent method to add additional physical activity to your daily routine.

Physical therapy can help you take care of your heart

If you're looking for a safe way to improve your heart health, physical therapy is a great option. Our team comprises movement experts who have the knowledge and training to evaluate and treat several kinds of acute and chronic pain conditions and abnormal physical function related to an injury, disability, disease, or unhealthy lifestyle.

We play a leading role in preventing, reversing, and managing lifestyle-related conditions. Our therapists are movement experts who can help patients improve their heart health by advising them on lifestyle adjustments. Therapy for improved heart health may also include daily exercises and stretches, many of which you can perform at home on your own!

Participating in regular physical therapy appointments can help lower your cholesterol and blood pressure, significantly decreasing your chances of cardiac arrest in the future.

Every program First Choice Physical Therapy designs is based on the patient's individual needs. Learning to move without injury or pain is a significant

part of our physical therapy programs. We use objective measurements to determine the level of strength and fitness and build your program accordingly. Your therapy program will never push your body past what it can safely handle.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and improve your overall health by getting your blood flowing and your heart rate up.

Love your heart, love your life

This month is all about loving and appreciating others, but don't forget to take care of yourself!

Caring for your heart is just as important as caring for any other part of your body. After all, you've only got one, so you must look after it properly! Physical therapy can help you get back into shape in a safe, healthy way while also considering your heart's limits, needs, and overall function.

Are you looking for assistance with improving your heart health and increasing your strength and physical activity? Our team at First Choice Physical Therapy would love to help you live the highest quality of life possible. Contact us this month to learn how you can improve your heart health by incorporating more physical activity into your life!

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

775-777-1276

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PROVIDER SPOTLIGHT: *DEVON NIXON, MD* UNIVERSITY OF UTAH HEALTH CARE



Devon Nixon MD is a fellowship-trained orthopedic foot and ankle surgeon. He was previously in practice in Boise, Idaho prior to returning to the University of Utah as a member of the Department of Orthopedic Surgery. He sees patients and operates at both the University Orthopedic Center and South Jordan Health Center.

His areas of focus are:

- Athletic injuries about the foot and ankle
- Lower extremity fractures and trauma care
- Foot and ankle arthroscopy
- Complex foot and ankle reconstruction



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South Jordan, UT 84009
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University Orthopaedic Center
590 Wakara Way
Salt Lake City, UT 84108
801.587.7100

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FEBRUARY IS NATIONAL HEART HEALTH MONTH!

WHAT OUR PATIENTS SAY

- 1. Aim for lucky number seven.** Young and middle-age adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.
- 2. Keep the pressure off.** Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.
- 3. Move more.** To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.
- 4. Slash saturated fats.** To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.
- 5. Find out if you have diabetes.** Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.
- 6. Think beyond the scale.** Ask your doctor if your weight is OK. If you have some pounds to lose, you'll probably want to change your eating habits and be more active.
- 7. Ditch the cigarettes, real and electronic.** Smoking and secondhand smoke are bad for your heart. If you smoke, quit, and don't spend time around others who smoke as well. E-cigarettes are popular, but they're not completely problem-free. They don't contain the harmful chemicals in cigarette smoke but, they still do contain nicotine, so your goal should be to quit completely, not just switch to a less toxic version.
- 8. Clean up.** Your heart works best when it runs on clean fuel. That means lots of whole, plant-based foods (like fruits, vegetables, nuts, and seeds) and fewer refined or processed foods (like white bread, pasta, crackers, and cookies).



"I have totally seen and felt a difference in my pain levels they make a huge difference all positives for me and the staff is so awesome I enjoy their company I feel very comfortable with the whole team. Thank you!" — **Jessica Kennedy**

"AMAZING!!! The staff here in Spring Creek are all so nice and had me feeling back in tip top shape in no time. Highly recommend First Choice Physical Therapy in Spring Creek!!!!" — **Mandi Lake**

EXERCISE ESSENTIALS

USE THIS EXERCISE TO BUILD CORE STRENGTH

LUNGE

Start by standing with feet shoulder-width apart. Next, take a step forward and allow your front knee to bend. Your back knee may bend as well. Then, return to original position, or you may walk and take a step forward and repeat with the other leg. Keep your pelvis level and straight the entire time. Your front knee should bend in line with the 2nd toe and not pass the front of the foot.



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

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!