



Rehab. Recover. Get Your Life Back.

NEWSLETTER

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

FirstChoicePTNV.com



HOW PHYSICAL THERAPY CAN HELP POST-COVID RECOVERY

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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INSIDE:

Get Back To Your Pre-COVID Activities! • Three Reasons To Dive Into Spring Cleaning! • Success Spotlight



MISPELLED MANIA:

CALL IN & YOU COULD WIN!

Find the misspelled word in this newsletter and call 775-254-8647 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: Elaine Hunter!



How Physical Therapy Can Help Post-COVID Recovery

Have you been diagnosed with COVID-19? Are you struggling to get back to normal? You may be dealing with the post-COVID syndrome, also known as "long COVID."

At First Choice Physical Therapy, our highly trained physical therapists understand the difficulties you face and know how to help you feel better again!

You may still be noticing COVID-related symptoms after your projected recovery period has ended. In that case, it is vital to seek the help of a skilled professional who can prescribe rehabilitation services while monitoring your progress and overall health.

Our team of physical therapists is uniquely positioned to deal with post-COVID symptoms. We routinely work with patients through screenings and testing to determine their exercise tolerance. In addition, we will actively monitor your response to activity and teach you the tools you need to work on, including pacing yourself and activity modifications.

Request an appointment with First Choice Physical Therapy physical therapists and learn how to help you improve your quality of life and regain your strength and stamina!

What are the most common post-COVID symptoms?

While most people recover from COVID-19 without complications, some experience "post-COVID syndrome" and struggle to regain normal function. People who experience this phenomenon describe persistent symptoms that last weeks or months after their initial bout with COVID-19. Post-COVID conditions are being referred to by a wide range of names, including:

- Long COVID
- Post-acute COVID-19
- Long-term effects of COVID
- Post-acute COVID syndrome
- Chronic COVID
- Long-haul COVID

The most common symptoms of post-COVID syndrome are fatigue, shortness of breath, and coughing. Unfortunately, some patients also report anxiety, depression, and impaired sleep, leading to potential health issues.

As time has passed, the list of side effects from COVID-19 has gotten significantly longer. People have reported different side effects, which can be worse than others depending on age, pre-existing conditions, and other factors. Some of the most common symptoms include:

- Body aches
- Trouble concentrating
- Headache
- Muscle or joint pain

Call Today and Schedule Your Next Visit!

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Get Back To Your

Pre-COVID Activities!

- Poor endurance or no ability to exercise
- Gastrointestinal symptoms
- Fast or pounding heartbeat
- Brain fog or memory issues

Lowered overall strength and balance and gait issues are commonly reported amongst individuals recovering from the virus. This is especially true for older adults recovering from COVID-19—patients whose balance has been negatively affected by the virus run the risk of fall injuries.

What to expect at your physical therapy appointments

Physical therapy treatment plans are designed to help you live a happier, healthier life. When you visit First Choice Physical Therapy, our physical therapists will work with you to determine the underlying cause of your symptoms, including Post-COVID. We will create a customized plan of action to help combat the effects COVID has on your life!

During our initial evaluation, we will conduct a thorough assessment of your joints, muscles, coordination, posture, neurological system, and any other test to ensure we understand the extent of your limitations. This helps pinpoint the exact issue affecting you and whether it's a result of COVID-19 or a separate underlying condition.

Our therapeutic programs are designed to empower you through education to understand the nature of your condition and how to treat the condition proactively. Our interventions will include specific exercises, targeted stretches, and movement techniques to reset and improve your health!

Our team may also recommend activities you can do at home, including low-intensity stretches to improve range of motion and strength and balance training. Movement is essential to your recovery, and our team knows how to help get you moving.

Physical therapy aims to improve your strength, stamina, and quality of life through an individualized program. We will use leading-edge technology and the most up-to-date treatment strategies to provide solutions that restore your normal function and get you back to doing what you love! Our treatments are based on a partnership between you and one of our experienced physical therapists.

Request an appointment a First Choice Physical Therapy today

If you are still experiencing the lingering effects of COVID-19 or simply looking for ways to protect yourself against the virus, we can help. Our physical therapists understand how to help your body recover and get back to doing what you love! Call to schedule an appointment at First Choice Physical Therapy with one of our physical therapists!

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

775-254-8647



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SERVICE SPOTLIGHT: SOLO STEP FALL PREVENTION

Solo step is specialized fall prevention equipment that we are proud to offer at our Spring Creek clinic. This treatment is great for balance, weakness, unsteadiness and amputee prosthetic training. If you are looking to find relief for limited mobility, and/or if your balance and strength are in need of improvement, Solo step could benefit you!

HOW WILL SOLO STEP BENEFIT ME?

The solo step has proven to be a safer and more effective way to take on physical therapy, as it allows patients the freedom to move in ways they would not be able to otherwise, without any risk of injury. The solo step is designed specifically to protect against falling, giving patients constant peace of mind when completing their rehabilitation process.

This treatment method also provides patients with a quicker recovery process, as it allows them to begin standing upright immediately. Because of this, patients are able to get back

to doing the activities they love much faster than they may have anticipated!

HOW CAN I GET STARTED?

With Solo step's highest quality protection, you'll know you are safe and secure – every step of the way. If you're looking to gain back your mobility, give our Spring Creek physical therapy office a call today to learn more about how our Solo step treatments can help you achieve that.

For balance, strength, stability, and amputee prosthetic training, our Solo step treatments have you covered. At First Choice Physical Therapy, your safety is our focus: NO FEARS, NO FALLS, JUST REHAB.

Call Us Today!

775-254-8647

STOP LIVING WITH PAIN! CALL 775-254-8647 OR VISIT FIRSTCHOICEPTNV.COM

THREE REASONS TO DIVE INTO SPRING CLEANING!

Maintaining cleanliness has been at the forefront of everyone's mind over the past year. Everyone wants to make sure they're doing all they can to prevent getting sick or spreading COVID-19, and so we've all been sanitizing and washing our hands like crazy! Even though you might think you've had enough cleaning to last a lifetime, now that it's spring, there's even more of an excuse to kick your cleaning routine into high gear. Spring cleaning is one of the best ways to help us to feel fresh and new.

Cleaning benefits your physical health, but it's also been shown to improve your emotional and mental wellbeing. After the last several months we've had, there's no doubt we could all use a morale boost! Looking for three good reasons you should get your broom and rags ready to dive into spring cleaning? Keep reading!

1. Regular sanitization and cleaning can prevent the spread of COVID-19.

The CDC website states: "Cleaning and disinfecting can reduce the risk of spreading infection by reducing and killing germs on surfaces people frequently touch." Right now, this is by far the best reason to dive into spring cleaning! Make sure you're thoroughly sanitizing surfaces that are touched often in your home or office to significantly lower your chances of contracting COVID-19.

2. Cleanliness is linked to happiness.

Having a clean home can improve your mood and reduce your risk of depression. If you've been struggling to stay positive during this time, tidying up your home or workspace may improve your mood. Regularly dusting surfaces and making sure your home is free of allergens can also help to improve your health as well, especially as pollen starts to show up outside!

3. Decluttering can help someone in need.

We naturally accumulate a lot of stuff over the course of a year or so, from clothes and shoes to books, magazines, or kitchenware. At some point, you'll look around and realize how much you have that you don't even use or wear! Many people require clothing and household items that you may have lying around. If you haven't worn or made use of an item in the past year, place it in a box for donation.

WHAT OUR PATIENTS SAY

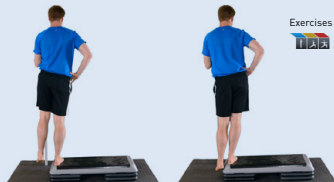


"I chose First Choice, because it was in Spring Creek and I live in Spring Creek. The Physical Therapist, Dallen, was remarkable and very knowledgeable. I was soon to find out that everyone at their office was very knowledgeable, helpful and dedicated to the patients and their team members. It was a pleasure to attend physical therapy at this site because everyone worked and interacted with team members on a very professional level, and yet had time to interact personally with the patients.

My shoulder was "a mess" the goal was to rehabilitate and strengthen. It was a magical process. Every technician guided my progress ever so professionally. Over a 3 month period I became very comfortable with the progress, and gathered the knowledge to treat my cranky shoulders with exercises that I can do at home. I will miss the office ladies, staff, and therapists at First Choice as they are The Best! I very seriously considering Open Gym! Your office Rocks!" — Pam O.

EXERCISE ESSENTIALS

USE THIS EXERCISE TO BUILD HIP STRENGTH



HIP HIKES

While standing up on a step, lower one leg downward towards the floor by tilting your pelvis to the side. Then return the pelvis/leg back to a leveled position.

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 775-254-8647 or visit our website to schedule!