



Rehab. Recover. Get Your Life Back.

NEWSLETTER

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

FirstChoicePTNV.com



FIND RELIEF FOR YOUR BACK PAIN & SCIATICA WITH PHYSICAL THERAPY

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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775-254-8647

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INSIDE:

Don't Let Back Pain Slow You Down! • Grow Your Own Spring Herb Garden! • 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!



Find Relief for Your Back Pain & Sciatica **With Physical Therapy**

Do you experience pain when bending down or lifting objects? Are you experiencing pain in your leg or numbness in your foot? You could be suffering from back pain and sciatica. If you find yourself in pain, it's time to see a physical therapist at First Choice Physical Therapy.

Sciatica is often a debilitating condition that is a result of compression or inflammation of the sciatic nerve. The condition most commonly is associated with pain radiating down the leg. While "sciatica" may sound severe, it's entirely curable.

If you are suffering from back pain or sciatica, you know how hindering it can be. It can be so severe that people struggle to do activities of daily living. Fortunately, we are experts at treating any back pain or sciatica you may be experiencing. Contact First Choice Physical Therapy today to schedule a consultation and learn more about how physical therapy can help you find relief!

What is the difference between back pain and sciatica?

Lower back pain starts in and around the spine itself. The source of the pain comes from injury or irritation of the muscles, joints (including the intervertebral discs and facet joints), nerves or surrounding ligaments, and other soft tissue.

Although sciatica is a commonly used term, it may also be confusing because it is sometimes used to describe any type of back or leg pain. But true sciatica refers to pain that radiates downwards from the lower back/buttock region along the course of the nerve into the thigh and lower leg.

Sciatica may include paresthesias (i.e., numbness and tingling), weakness in the muscles of the foot and lower leg. In severe cases, it can include changes to bowel and bladder function. While back pain and sciatica can be intense, both are treatable with physical therapy, often within a few weeks. Even if you've suffered severe pain, there's still hope!

Risk factors for back pain and sciatica

The risk factors often associated with back pain are:

- Improper posture or prolonged positions (i.e., prolonged sitting)
- Spinal muscle and tissue damage (i.e., lifting strains or trauma from accidents)
- Limited hip, spine, and pelvis mobility
- Limited muscle flexibility
- Spinal/pelvic muscle weaknesses (aka "core" weakness)
- Poor abdominal, pelvic and back muscle coordination (i.e., compensations due to injury)

In most cases, sciatica is caused by a herniated lumbar disc where the nerve root is irritated and/or inflamed by disc material ruptured.

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

775-254-8647

Don't Let Back Pain Slow You Down!

Risk factors for a herniated disk include:

- Smoking
- Repetitive lifting, bending and twisting
- Sedentary lifestyle
- Genetics
- Excess body weight

Physical therapy can help you identify what is causing your back pain and/or sciatica and resolve it successfully. The combination of education and activity modification can help set the stage for a successful outcome.

How physical therapy can help with sciatica

If you're experiencing back pain or sciatica, contact a physical therapist immediately. Your physical therapist will perform a thorough physical examination and provide you with solutions that work based on the finding.

- **Education.** Understanding what is going on, and more importantly, what you can do about it, is one of the most effective solutions. Education seems small, but consistently it has been shown to help!
- **Stay active.** It is essential to stay active despite the intensity of the pain.

Your physical therapist can help you identify modifications to painful tasks and help you be safe and active.

- **Exercise.** Supervised exercises are vital to a successful outcome. A physical therapist will tailor your exercises, monitor you, and progress you based on your individual needs.
- **Manual therapy.** Physical therapists often use manual therapy for their patients with sciatica. Manual therapies include a variety of techniques that move one or more joints within normal ranges of motion to improve spinal joint motion or function. It can also include soft tissue techniques that help to alleviate pain and allow for more mobility and improved function.

Our therapists know the solutions that work. Supervised exercises that include movements, postural corrections, nerve mobilization, and/or strengthening effectively provide relief. Starting physical therapy treatments early in the diagnosis is the best way to quickly improve and resolve your pain.

Schedule an appointment today

If you are suffering from back pain or sciatica, call First Choice Physical Therapy today. Don't live with the pain any longer – get relief with physical therapy!

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

775-254-8647

FirstChoicePTNV.com

SERVICE SPOTLIGHT: BACK ON TRAC

Back On Trac offers safe and effective stretching of the thoracic and lumbar spine in conjunction with therapeutic exercise. Our innovative care strategies at First Choice PT will help you find quick relief.

4 Reasons Patients Love the Back on Trac Experience

- **No scary restraints or belts:** Unlike yesterday's treatment solutions, Back on Trac offers therapy without all those cumbersome restraints and belts that patients hate.
- **Lasting relief because ALL the important areas are targeted:** Therapy is delivered through gentle stretching of the spine, joints, and a wide range of important muscles, including those in the back, neck, hips, and thighs.
- **It's non-invasive and it works:** Any time an effective solution can be found for chronic back pain, patients rejoice!
- **It doesn't just work— it feels great:** You will start out seated and are gently leaned back with benefits of vibration and heat which puts you in a relaxed state of mind and body!



For more information on our Back On Trac program, visit us at www.firstchoiceptnv.com/back-on-trac/

Call Us Today!
775-254-8647

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

GROW YOUR OWN SPRING HERB GARDEN!



At First Choice Physical Therapy, we are dedicated to helping you find activities that you enjoy that'll get you moving and out in the sunshine! One spring activity we think you may enjoy is planting a potted herb garden. Follow our tips below or contact our clinic for more info on how you can enjoy the spring while still protecting yourself!

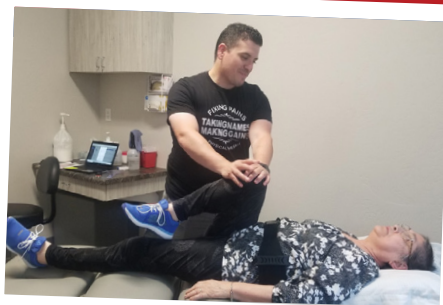
1. Discover what herbs will work best for you. Do you find yourself frequently cooking with certain herbs? Instead of making another trip to the grocery store, you can grow them right in your backyard! Figure out what herbs you will use the most and notice how convenient it is to have them growing right outside your home.

2. Make sure you have enough room for each herb to grow and thrive. A common mistake when planting a garden is not allowing enough room for plants to grow. Most herbs require a diameter of 1-4 feet in their pot to allow the roots to grow and spread. A general guideline for common herbs is as follows:

- 1 foot in diameter: chives, cilantro, parsley, dill
- 2 feet in diameter: summer savory, thyme, basil, tarragon
- 3-4 feet in diameter: sage, mint, rosemary, marjoram, oregano

3. Make sure your herb garden is in the right light. For best results, herbs generally prefer full, bright light, as long as temperatures are not too hot that they burn the plant. If temperatures reach above 90 degrees in the summer, then it is best to plant your herb garden in an area where it can get bright morning light and afternoon shade. Be sure to check lighting and watering requirements for each herb you purchase.

WHAT OUR PATIENTS SAY



"The staff is very professional, friendly and have my life better since I have had therapy with them!!

I am so happy with my experience with them. Thank you so much." — **Nancy H.**



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EXERCISE ESSENTIALS

USE THIS EXERCISE TO REDUCE BACK PAIN



SEATED KNEE TO CHEST STRETCH

Sit tall in a chair with feet flat on the floor. Gently pull the knees to the chest with both hands until a comfortable stretch is felt in the mid and lower back. Slowly return to the starting position.

Aim to complete 4 to 6 repetitions of this exercise.

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

Exercises copyright of
SimpleSet Pro

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!