



Rehab. Recover. Get Your Life Back.

# NEWSLETTER

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

*FirstChoicePTNV.com*



## PHYSICAL THERAPY SOLUTIONS FOR HIP AND KNEE PAIN

*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:**

Walk Away From Knee & Hip Pain! • 3 Simple Ways To Make Hydration A Habit • Success Spotlight

## **MISSPELLED MANIA:**

**CALL IN & YOU COULD WIN A \$25 GIFT CARD TO SUPPORT A LOCAL BUSINESS AND A FREE BACK ON TRAC SESSION!**



## **Physical Therapy Solutions for Hip and Knee Pain**

Are you having difficulty getting up and down from your chair or going up and down stairs? Are you avoiding activities because of aches or pain in your hips and knees? You may be experiencing arthritis due to injuries and/or age.

Your hips and knees are your largest joints, supporting your body's weight. They work in close coordination, giving us the mobility we need to enjoy an active lifestyle. But pain can flare up and make our basic activities of daily living a challenge.

The good news is that at First Choice Physical Therapy, our physical therapists can help you find solutions to your pain and help you get back to living the life you enjoy!

Call our clinic today to learn how we can help you to keep living the kind of life you want with less pain and movement restrictions.

### **Common causes of hip, knee and leg pain**

Hip, knee and leg pain are surprisingly common. Thus, their source can come from a variety of

things. If you're experiencing pain in any part of your leg, pinpointing the exact spot can help you determine the cause.

Joint injury and being overweight during early adulthood are signs of a trajectory towards symptomatic osteoarthritis later in life. Repetitive stress and overuse type injuries are more common with tendon related pains. Cartilage and/or ligament injuries are more commonly associated with slips, falls and sports injuries.

While many causes of pain exist, the most common are:

- Arthritis
- Sprains and strains
- Tendonitis
- Cartilage injuries

In rare or more severe cases, the causes can be:

- Fractures

- Dislocations
- Pinched nerves

While some causes are more serious than others, a physical therapist can identify what is causing your pain and help clarify what your next steps should be.

### **What do my symptoms mean?**

Aching or stiffness around the groin is likely coming from the hip joint. Although some think the outer aspect of their pelvis is the "hip," they are really referring to muscles and not the joint 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.

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

**775-254-8647**

# Walk Away From Knee & Hip Pain!



Physical therapists are 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.

In many cases, physical therapy can help patients increase mobility, strength and function. Your therapist will design a program to restore lost motion, build your strength and teach you strategies for reducing pain and increasing your activity level.



Your therapist can help you reclaim a healthy lifestyle. From start to finish, we're dedicated to your ongoing well-being. On every level, physical therapy serves to enhance the patient's quality of life. Contact one of our providers today and tell us about your symptoms. We offer the results you are looking for!

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

**775-254-8647**

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## PROVIDER SPOTLIGHT: DR. ALEX DUTSON



Dr. Alex Dutson completed his undergraduate education at Utah Valley University where he received his bachelor's degree in exercise science with a minor in biology. He attended medical school at Touro University Nevada and completed his residency in family medicine at Community Memorial Hospital in Ventura, California. He grew up in Delta,

Utah, and is excited to be back in a rural town. In his free time, he enjoys the outdoors, golfing, camping, and spending time with his wife and kids.

As a family medicine provider, Dr. Dutson offers a wide range of healthcare services for all ages and stages. His goal is to help you be your healthiest with preventive care and long-term health management.

### SERVICES INCLUDE:

- Sick and well exams for all ages
- Treatment and management of chronic diseases (such as arthritis, COPD, etc.)
- Physicals (for sports, occupational, school groups, Boy Scouts, etc.)
- Diabetes management
- Treatment of thyroid disorders
- Management of high blood pressure
- Diagnosis and treatment of acute diseases
- Women's wellness exams
- Preventive medicine
- Geriatrics and aging support

### CERTIFICATIONS

- Board Certified; American Board of Family Medicine

### AFFILIATIONS

- American Academy of Family Physicians;
- American Osteopathic

Association

### EDUCATION

- Utah Valley University;
- Touro University Nevada;
- Community Memorial Health System

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

# 3 SIMPLE WAYS TO MAKE HYDRATION A HABIT

# WHAT OUR PATIENTS SAY

Do you drink enough water each day? Proper hydration is always important, but in preparation for the upcoming hot summer months, we should all take a few extra precautions to ensure we are drinking enough water. Experts recommend that women should drink roughly 11 cups of water per day and men should aim for 16. If these numbers are higher than you're used to, check out these 3 tips on ways to make hydration a habit.

**1. Drink a glass of water first thing in the morning.** Before eating breakfast or having your morning coffee, try to drink at least one glass of water. Just a few sips of water in the morning can help to re-energize you and leave you feeling refreshed. To make things easier on yourself, try placing a glass of water on your night stand the night before, so you can start drinking immediately in the morning!

**2. Add fruits or vegetables to your water.** If you're the type to complain that water tastes too plain, know that there are many natural additives that can change this! Adding a zest of lemon or a handful of sliced cucumbers to your water can make this drink more fun.

**3. Set reminders on your phone to hydrate.** Are you exceptionally busy during the day? Between work, taking care of children, running errands, and getting outside, summer can be a busy season.

If you always have your phone handy, why not put it to a productive use? Try setting reminders every couple of hours to hydrate, so you don't forget amongst all the summer fun.



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## DO YOU KNOW ABOUT: LASER THERAPY?

Clinicians are using laser therapy more often than ever before to help reduce pain and inflammation related to many common conditions, including arthritis and tight muscles. Here are 5 things everyone should know about Laser Therapy:

1. It reduces pain and inflammation without side effects
2. Can be used for acute and chronic conditions
3. Treatments can be customized for each situation
4. Treatments are pain-free and can even be relaxing!
5. Treatments are quick and easy

Deep Tissue Laser Therapy has proven to get results in just one session! Diminish your pain levels and perform your daily activities pain free and enjoy life again! Learn more by calling us today!

"First Choice Physical Therapy is one of the best offices in the area. I have never used physical therapy until now due to a work related injury. It took roughly two months to recover and my wrist is much better because of it. The facility is nice, clean and the staff is professional; they make physical therapy fun and they are very knowledgeable.

The exercises were great and helped me get my strength & mobility back up to speed. Thank you Dallan, Mary, Tyler, Haley and the physical therapy team for being so welcoming and creating a good environment where people can heal and grow."

— Kaitlin W.



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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!