



Rehab. Recover. Get Your Life Back.

# NEWSLETTER

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

*FirstChoicePTNV.com*



## SPRING IS THE SEASON OF RENEWAL AND ACTIVITY

*PHYSICAL THERAPY CAN HELP YOU FIND RELIEF >>*

**FREE DOCTOR OF PHYSICAL  
THERAPY CONSULT**

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*Details Inside >*

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



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**775-254-8647**

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## INSIDE:

Enjoy The Out Of Doors This Spring! • 6 Tips to Become a Better Hiker • Exercise Essentials • Success Spotlight

## MISSPELLED 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!**



## Spring Is the Season of Renewal and Activity

Are you looking forward to getting more active after a long winter this spring? Do you worry that with more activity comes more aches and pains? At First Choice Physical Therapy, our therapists understand injuries, how to resolve them, and avoid them. We will work with you to make sure you have a great Spring!

Springtime is here, and with it comes rekindled energy to get started on resolving old injuries and reaching your fitness goals! All of us have been stuck inside for months, so now more than ever, it's important to stay on top of your health and make sure you're engaging in activities that encourage you to get up and move.

The weather is warming up, so it's a great time to "spring" into action and start doing the things you love again! The fear of injury or perceived difficulty getting started can prevent you from initiating the steps needed for a healthy and active lifestyle.

If you require assistance for getting started,

whether to resolve an injury or commit to fitness, physical therapy can help. Request an appointment with First Choice Physical Therapy today!

### Physical therapy can help you be more active this spring

Studies indicate that only about 20% of the adult population in America exercises enough (i.e., minutes per day and days per week). Busy life and lack of motivation are often the main excuses for this inactivity. For some, injuries and uncertainty about what to do and how to do it are explanations for sedentary lifestyles.

Finding the time or the motivation to exercise is difficult for many people. Still, with a season of renewal right around the corner for us, it's essential to know what your options are when it comes to getting into shape!

Physical therapy is helpful for people recovering from an injury or surgical procedure. First Choice Physical Therapy physical therapists are

movement specialists who offer safe and effective ways to improve your overall fitness level so that you can enjoy physical activities this spring!

Some of the common Springtime activities physical therapy can help with include:

#### 1. Running

Running can be hard on the joints, especially as we age. One of the most common injuries that keep people from running without pain is shin splints. These occur when there is pain along the bone in the lower leg, known as the tibia or shin bone. Shin splints are often the result of inexperience, training errors (i.e., too far, too fast), and a previous unresolved injury. A physical therapist can help ensure your body is adequately prepared before you hit the trails!

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

**775-254-8647**

# Enjoy The Out Of Doors This Spring!

## What to expect from First Choice Physical Therapy physical therapy

Our physical therapy sessions start with an injury assessment, no matter the condition or reason for getting started. This includes a thorough evaluation with details about past injuries, current injuries, health history, and specific goals you are trying to achieve.

We provide comprehensive treatments that include resolving injuries, injury prevention programs, and performance-based exercise programs to achieve your particular goals.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques. In addition, we will educate you and support you through changes you need to make to your lifestyle to ensure you achieve your fitness goals! A physical therapy program can increase your fitness level and help you make the most of your favorite activities!

## Request an appointment to get started today

First Choice Physical Therapy offers many therapeutic methods to help athletes and weekend warriors participate in whatever fitness or outdoor activity they love the most. Request an appointment today if you're interested in using your reinvigorated energy this spring!

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

**775-254-8647**

### 2. Gardening

Gardening usually requires you to get down on your hands and knees in the dirt! A physical therapist can identify and remedy this. Physical therapy can help you relieve any knee pain, wrist/hand pain, shoulder pain, or lower back pain you've been dealing with this winter. We can make sure you're moving better and strong enough to ensure you can spend time outside tending your flowers, fruits, or vegetables.

### 3. Biking

Biking is a fun activity people enjoy doing as it warms up outside! Similar to running and gardening. However, biking can also prove to be difficult if you're suffering from injuries that have not healed. Chronic shoulder or neck pain or hip and lower back conditions that restrict your mobility can keep you off the bike. Physical therapy can help to mobilize your joints and help you build up strength and endurance so you can continue taking those long bike rides through the park, mountains, or city streets!

Our physical therapists will evaluate your current physical condition and assess your fitness level. Whether you're currently moving with assistance from a cane, walker, or orthotic device, or you're a serious athlete, physical therapy can help you increase your fitness level, reduce your chance of injury, and eliminate pain from sore muscles.

[FirstChoicePTNV.com](http://FirstChoicePTNV.com)

## PRACTICE SPOTLIGHT: NEW LOCATION OPENING IN ELKO!

We are beyond excited to begin offering aquatic therapy in our new state-of-the-art rehab pool.

First Choice Physical Therapy has been serving the people of Spring Creek, Elko, and Carlin, NV since 2017. Our patients have found high levels of success in our treatment services, due to our implementation of advanced technology and methods.

We will be offering the same level of uncompromising patient care at our new location while also offering a brand new service to our clinic: aquatic therapy!

Our new location will be located at 2072 Idaho St. on the East end of Elko by the new Outpatient surgery center. The East Elko location is set to open at the end of May.



**For more information, call us today! 775-254-8647**

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

# 6 TIPS TO BECOME A BETTER HIKER

# WHAT OUR PATIENTS SAY



- 1. Just do it!** Each hike will make you better, so by simply getting out and doing it you will improve with every trip! You will learn how your body works, what trails are right for you, and what kind of gear best complements your hikes.
- 2. Take time to enjoy the view.** Hiking is all about being active but don't rush through your journey without stopping to take it all in! Nature is a truly magical thing, it can relieve stress, calm the noise in one's mind, and remind us all of the infinite beauty of the outdoors.
- 3. Know your surroundings and use the buddy system.** Don't jump into a hike without having a plan. Tell others where you're going and don't deviate from your route. Sign in at all registration points and map out your trip ahead of time.
- 4. Don't push yourself past your limits.** Challenging yourself is great but when it comes to hiking slow and steady wins the race. The outdoors (especially when alone) are not the place to test your athleticism. Train ahead of time if you are attempting a challenging trail and make sure to hydrate before, during and after your trip. Exercises like yoga will help you with coordination, balance and strength, while cardio training will improve your endurance.
- 5. Don't dress to impress.** Hiking is not the time to be a fashionista. Good shoes/boots are a must. Dress for changeable weather, in layers.
- 6. Take a break and take pictures!** Your body (especially your feet) will thank you for taking a second to breathe halfway through your hike. You will not be able to truly enjoy yourself if you are exhausted and in pain! Take pit stops and keep your camera handy to capture the beauty around you while you rest.

"First Choice Physical Therapy could easily be named First Class Physical Therapy. Dallan is great, as is the entire Spring Creek team. He's very professional, knowledgeable and patient. The staff was always very friendly and helpful with everything.

Being new to the area and having major shoulder surgery I could not have asked for a better PT experience. So lucky to have them located 5 minutes from me. Highly recommend this place. Keep up the extraordinary work."

— David S.



Rehab. Recover. Get Your Life Back.

*Make Time For Yourself This Spring!*  
**Join Us For Our**  
*Wellness Fair!*

**WHEN: SATURDAY, JUNE 11TH**  
**10:00 AM — 2:00 PM**

**WHERE: THE PERFORMANCE**  
**ATHLETIC CLUB (THE PAC) IN ELKO**

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!