



Rehab. Recover. Get Your Life Back.

NEWSLETTER

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

FirstChoicePTNV.com



HOW AQUATIC THERAPY CAN HELP YOUR CHRONIC PAIN

PHYSICAL THERAPY CAN HELP YOU FIND RELIEF >>

**FREE DOCTOR OF PHYSICAL
THERAPY CONSULT**

Details Inside >

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



Rehab. Recover. Get Your Life Back.

775-254-8647

FirstChoicePTNV.com

NEWSLETTER


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

INSIDE:

Get Back To Pain-Free Movement! • Practice Update • Staff Spotlight • Help Us Help Our Community! • Special Offer!

MISPELLED MANIA:

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



How Aquatic Therapy Can Help Your Chronic Pain

Are you fed up with your pain or weakness? Is it becoming increasingly difficult to walk, bend, and stand? Is doing housekeeping or running errands around town becoming more difficult? Have you tried everything to tackle these issues and come up with a solution that doesn't work?

If you answered yes to any or all of these questions, water therapy at First Choice might be a good fit for you!

Aquatic therapy is a type of rehabilitation that takes place in the water. It differs from aqua fitness in that it is carried out by a certified therapist. It is covered by insurance, including Medicare, because it is provided by a physical therapist, physical therapist's assistant, Occupational Therapist, or Occupational Therapist's assistant.

Continue reading to learn about the advantages of water treatment for a number of difficult

chronic diseases. When you're finished, call our clinic to schedule an appointment with one of our trained aquatic therapists!

Common conditions an aquatic therapist can help with

Aquatic therapy is a type of aquatic physical therapy and aquatic occupational therapy treatment that takes place in water, generally in an in-clinic pool. It has soothing properties that can benefit you if you are seeking relaxation and pain relief.

Two of the most common conditions that aquatic therapists are experts at treating are back pain and balance issues.

1. Back pain. Back pain is one of the most commonly experienced conditions, and it can affect nearly anyone at any age. This kind of pain can form as a result of an injury, or simply

as a part of getting older. Back pain is often quelled with over-the-counter pain medications, but with the help of a knowledgeable aquatic therapist, you don't have to depend on pills to help you feel better.

As previously stated, our clinic believes in the healing magical properties of water. They are perfectly suited to treat back pain!

Only 20% of your weight is supported by your spine when you're in chest-deep water. This makes it much less painful and easier to exercise your back muscles.

Call Today and Schedule Your Next Visit!

775-254-8647

Get Back To Pain-Free Movement!



In the deepwater part of our program, we focus on the core while the patient wears a flotation belt and holds weights. If necessary, modest spinal traction can be used to relieve pressure between the vertebrae, which is common in the spine.

2. Balance and gait disorders. Balance disorders are rather common. Feeling imbalance is never pleasant, and it can put you at risk of falling and hurting yourself. Our clinic's aquatic therapy might help you improve your balance.

There is no risk of injury when completing standard land-based balance exercises in the water. You may sustain injuries such as a hip fracture if you fall on land. Not only do you have the support of a flotation belt in the water, but you also have the safety of the water if you lose your equilibrium! It's a win-win situation for everyone.

If you stumble, you will simply get wet instead of falling down and hurting yourself. Our therapists can identify at-risk patients and provide hands-on assistance when needed, so rest assured that you'll be taken care of!

What makes aquatic therapy successful at decreasing pain?

You might be wondering, "What makes aquatic therapy so special? It's just water!" The truth is that this kind of therapy maximizes the

magical properties of water, such as buoyancy, viscosity, and hydrostatic pressure.

Water reduces the amount of weight you're bearing on your joints and spine as you exercise. It also provides resistance and decreases inflammation, and improves circulation.

Our talented staff is skilled, licensed therapists that will focus your total body exercise program to reduce your pain. Our aquatic therapy program will improve your endurance, muscle strength, and balance.

Why should I see an aquatic therapist?

There are several reasons why you may want to go see an aquatic therapist at First Choice. Besides living with chronic conditions such as arthritis, tendonitis, bursitis, multiple sclerosis, stroke recovery, and joint disorders, you may have other common goals for your aquatic therapy treatment, such as:

- Improving flexibility
- Improving balance and coordination
- Building muscle strength and endurance

FirstChoicePTNV.com

PRACTICE UPDATE: THE POOL IS NEARING COMPLETION!

We are getting excited for the pool to be finished! We hit some delays along the way but we are expecting the pool to be finished by Mid-September!

We cannot wait to offer this great, state-of-the-art therapy service to the people of Elko County! Let's say goodbye to your pain TOGETHER!



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

HELP US HELP OUR COMMUNITY!

- Enhancing aerobic capacity
- Assisting with gait and locomotion
- Reducing stress and promoting relaxation

If you're not sure whether or not aquatic therapy would be a good fit for you, you can always ask a First Choice therapist. They'd be more than happy to do a full assessment of your condition to determine the best plan of action for your therapy treatment!

Call our office today for an appointment

Our aquatic therapists are experts when it comes to improving your movement and easing your pain. If you're dealing with any kind of chronic pain condition, call our clinic to set up an appointment. There are so many different ways a therapist can help you find the relief you deserve, so come on in -- the water's fine!

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

775-254-8647

Follow Us On Social Media!

[f @firstchoice.pt.nv](#) [i @firstchoice.pt.nv](#)



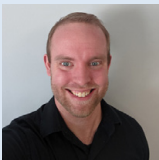
Vote For Us Daily For "Best Physical Therapy Clinic" From September 6th to the 22nd!



SCAN ME

We appreciate your support!

**STAFF SPOTLIGHT:
WILLIAM CLARKE PTA**



Will is a PTA from way out east in Maine. He graduated with his Physical Therapist Assistant degree in 2017 from Kennebec Valley Community College. Since then, he has worked in nursing homes but primarily focused his career on orthopedic care along with some neuro, chronic pain, and geriatric care in outpatient clinics. His favorite part of physical therapy is educating patients on exercise and pain management and seeing them use these skills to improve their independence and live their lives.

Will was born and raised in Maine but has decided to bring his family on an adventure traveling out west to see our beautiful country. In Will's spare time, he enjoys lifting weights, painting, reading, hiking, canoeing, disc golf, and many other outdoor activities. Most of all, he enjoys spending time with his family. Playing with and raising his three young children with his wife has been a greater joy than he could have imagined.

REDEEM THIS COUPON FOR A

FREE AQUATIC THERAPY CONSULTATION

For the first 10 people to call!



\$100 VALUE. CALL TODAY!

Contact the office closest to you to schedule!