



Rehab. Recover. Get Your Life Back.

NEWSLETTER

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

FirstChoicePTNV.com



**LIVE A HEALTHIER LIFE 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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Your Resource for Health, Wellness, and Caring for Your Body

INSIDE:

• Feel Better, Live Better!
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• Patient Success Story
• Special Offer!

MISSPELLED MANIA:

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



Live a Healthier Life With Physical Therapy!

Are you suffering from the lingering pain of an injury? Are you recovering from surgery? Our physical therapists at First Choice Physical Therapy are dedicated to relieving your pain, whatever the case may be. We'll get you back to your peak level of physical health.

A healthy, strong, and active lifestyle is what everyone strives for. However, it is not always easy to obtain, especially chronic pain. The very thought of going out and exercising with your aches and pains may leave you feeling uncomfortable.


Fortunately, there is a more straightforward solution to gaining the active lifestyle you desire. Physical therapy can help you achieve optimum health and fitness levels while reducing your pain. If you are looking for a healthier and more active lifestyle, contact First Choice Physical Therapy today!

How physical therapy can help you to be healthier

Physical therapists are movement experts who can help improve your quality of life by developing an exercise program, providing hands-on care, and educating about your condition and overall health and well-being.

A physical therapist is educated in analyzing your ability to perform regular movements (i.e., functional mobility). By analyzing how you move, your therapist can identify issues with bending, stretching, squatting, kneeling, walking, running, jumping, and almost every other form of physical activity.

Our physical therapists will pinpoint problem areas and create a customized treatment plan to improve those areas. Through in-office sessions and at-home exercises, you will learn to restore your joint and soft tissue mobility as well as strengthen your muscles, improve your balance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.



Physical therapy treatments target your needs and goals!

Our physical therapists will perform an examination to develop a treatment plan to improve your ability to move, reduce or manage pain, restore function, and prevent disability. We also will work with you to help you achieve your fitness goals and lead an active life.

Our physical therapists will cater your treatment plan around specific movements designed to increase your strength, flexibility, balance, and overall mobility. For example, your physical therapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities.

Call Today and Schedule Your Next Visit!

775-254-8647

Feel Better, Live Better!



We will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help ensure you can avoid an injury in the future.

Your physical therapist will assist you with many of these exercises and provide some simple ones that you can do at home.

The end goal of physical therapy is living the life you want, free from painful limitations. That can only happen when you apply the concepts from your treatments to the outside world. Our physical therapists are as dedicated as you are and will encourage you to achieve all the goals you outlined in the beginning.

What to expect from your physical therapy sessions

Some people try to mask their symptoms with anti-inflammatory or pain-relieving medications, while others, unfortunately, give up on the idea of being active altogether. With the help of a physical therapist, it is possible to reclaim your pain-free, healthy lifestyle and get back to doing the activities you love.

Everyone has different needs based on the conditions of their bodies. There is no cookie-cutter approach to health and wellness, as one treatment plan may not work the same for one person as it would for another. Your physical therapist will work closely with you to evaluate your needs and provide you with a comprehensive plan to achieve your goals.

Once your physical therapist has a clear picture of what you need, they will begin constructing a treatment plan to help relieve your pain and live a healthier lifestyle.

Contact us today!

If you want to improve your health, strength, and physical activity, First Choice Physical Therapy is here to help. Please schedule a consultation with one of our physical therapists today and get started on your journey toward better health and wellness!

FirstChoicePTNV.com

SERVICE SPOTLIGHT: DRY NEEDLING

WHAT IS DRY NEEDLING?

Dry Needling involves inserting a tiny monofilament needle in a muscle or muscles in order to release shortened bands of muscles and decrease trigger point activity. This can help resolve pain and muscle tension, and will promote healing. This is not traditional Chinese Acupuncture, but is instead a medical treatment that relies on a medical diagnosis to be effective.

WHO CAN BENEFIT?

Dry Needling is a valuable and effective treatment for musculoskeletal pain. Patients with the following symptoms may benefit from this treatment:

- Muscle Strains
- Tendonitis

- Osteoarthritis
- Bursitis
- Decrease Mobility/Range of Motion
- Headaches
- Chronic Pain

WHAT IS THE DIFFERENCE BETWEEN ACUPUNCTURE AND DRY NEEDLING?

Acupuncture and dry needling, while using the same needle types, are two very different treatments. Traditional Acupuncture is used for the diagnosis and treatment of pathological conditions including visceral and systemic dysfunction, while dry needling is used for the assessment and treatment of myofascial pain syndromes and dysfunction due to myofascial trigger points, tension areas, muscle spasms,



and/or increased tonicity. Dry Needling is a form of therapy that is designed to alleviate symptoms from Trigger Points or muscle spasms.

WHO CAN PROVIDE DRY NEEDLING?

Physical Therapists with specialized training and skills can offer Dry Needling.

For more information or if you would like to know if Dry Needling is a good treatment option for you, please call us at 775-254-8647 today!

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

STAFF SPOTLIGHT

WHAT OUR PATIENTS SAY

NEWLY CERTIFIED DRY NEEDLE SPECIALISTS

DALLAN VALLE PT, DPT



Dr. Valle specializes in orthopedics, pediatric conditions, manual therapy, pain relief, fall prevention, and post-operative rehabilitation.

Dr. Valle grew up in Nampa, Idaho but most recently moved from Henderson, Nevada after graduating from Touro University. He completed clinical rotations in a Pediatric Outpatient Clinic, Skilled nursing facility and

Inpatient Rehab settings. His interests include treating the pediatric population, sport rehabilitation, and helping with fall prevention in the geriatric community. In his spare time he enjoys hiking, camping and hanging out with his wife and 4 children.

MATTHEW TURLEY PT, DPT



Dr. Turley has clinical experience in orthopedics, acute care, and neurologic physical therapy including the treatment of chronic low back pain, lower-extremity amputation, total joint replacements, vestibular disorders, stroke, TBI, shoulder injuries, and other orthopedic conditions with certifications in dry needling.

Dr. Turley grew up in a farming community in Northern Utah where he came to enjoy the small-town life of hunting, camping, and spending time outside with those he loves. He received degrees from Utah Valley University and the University of Utah and continues to enjoy learning about ways to reduce pain and improve function, and is constantly in awe at the capacities of the human body. He recently moved his family to Nevada to provide improved access for those seeking physical therapy services.

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

775-254-8647

Spring Creek Location

"Always greeted with a smile. Great teamwork from all that helped me. Really benefited from all the help. They allowed me to control what I could stand on pain. Muscle massager and tens machine really helped also. At the end of my allowed appointments, they gave me exercises I could do at home. Big thanks to all there. Good experience." — *Mary C.*

Elko Location

"First Choice in Elko has been my life line! The entire staff is sincerely welcoming and genuinely treat me as an individual rather than "Oh, just another patient". After my treatment is finished, I will definitely stop by just to say HELLO!" — *Lori O.*



REDEEM THIS COUPON FOR A

FREE PHYSICAL THERAPY CONSULTATION

For the first 10 people to call!



\$100 VALUE. CALL TODAY!

Contact the office closest to you to schedule!