



Rehab. Recover. Get Your Life Back.

NEWSLETTER

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

FirstChoicePTNV.com



PROVEN TREATMENTS FOR *Low Back Pain Relief*

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:

How Physical Therapy Can Help Your Back Pain •
Practice Update • Patient Success Story

MISPELLED MANIA:

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



Proven Treatments For *Low Back Pain Relief*

Have you noticed that back pain is limiting basic activities like sitting, lifting, or bending? Are you frustrated that your back pain never seems to go away completely? At First Choice Physical Therapy, we offer well-researched interventions and clinical experience to guide our patients to successful outcomes!

Low back pain is by far one of the most common ailments ever experienced. Just about everyone deals with low back pain at one point. It is estimated that 80 % of all Americans experience lower back pain some time in their lives. It is also one of the most common reasons people miss work and is the second most common reason people visit the doctor's office.

For some, the lucky ones, perhaps, the pain lasts just for a few days. For others, the low back pain lingers for years and never really heals or goes away.

Sometimes we can identify the exact reason for back pain, resulting from a particularly grueling day of yard work, improper or prolonged postures, or a slip-and-fall accident. At other times it seems to come for no apparent reason.

At First Choice Physical Therapy, we are experts at treating lower back pain and have solutions that will work for you. Call today to schedule an appointment with one of our highly trained therapists!

Lower back pain in the United States

Low back pain has consistently accounted for the most significant number of years lived with disability in the US population. It has been reported that close to 40% of adults in the US said lower back pain in the prior three months, and the rates of low back pain had been steadily rising in the United States. Unfortunately, despite the lack of evidence, opioids are still being used to alleviate back pain.

The health-care costs for adults with spinal problems have been progressively increasing and were estimated at over \$6000 per person with chronic lower back in 2005, with a total cost of \$102 billion. Unfortunately, many of those financial resources go into dealing with back pain through pain management and medication, but that is not an effective long-term solution for dealing with back pain.

A further interesting find is that of those who experience lower back pain, only 58% opted to seek help to address the pain. The majority of people try to rest, use over-the-counter medicine, or try their exercises at home. For those seeking treatments that have been shown to work, a physical therapist could significantly improve their outcomes!

Call Today and Schedule Your Next Visit! 775-254-8647

How Physical Therapy Can Help Your Back Pain

Physical therapy is an excellent resource for lower back pain because it addresses the cause of the pain rather than simply attempting to hide the symptoms.

Working with a physical therapist can help you experience an improved range of motion, restore strength to muscles in your lower back, and reduce tension in your lower back muscles through targeted manual therapies.

According to the evidence on back pain, physical therapy treatments are effective for acute and chronic conditions. Physical therapy remains the first-line treatment and should be routinely used to get impactful results. Physical therapy treatments that are most effective for lower back pain include:

- Manual therapy
- Joint mobilization/manipulations
- Exercise instruction (i.e., targeted stretches, strengthening, and mobility work)
- Education and instruction for understanding what helps and what hurts
- Addressing the fear some may experience related to back pain
- Techniques like the McKenzie Method and Therapeutic Yoga

Reach out to one of our physical therapists for information and support overcoming lower back pain, and finally, find long-term relief.

What to expect in physical therapy

At your initial assessment, your physical therapist will take a thorough history and perform a physical exam.

The oral history of your back pain helps your therapist identify any "red flags" that would indicate a more serious condition or that warrants a different form of medical intervention. (i.e., fracture, tumor, infections, or systemic inflammatory disease).

The physical examination involves taking you through a series of specific movements to allow your therapist to classify your condition. This approach eliminates guessing and provides a clear direction for designing an exercise program that will alleviate pain and get you back to doing what you have been avoiding due to pain.

Contact us for an appointment

At First Choice Physical Therapy, our physical therapists use researched interventions that are the most effective treatments for eliminating your pain and helping you overcome your back pain with everyday activities. Call today for a comprehensive assessment and learn what steps you can take to alleviate your pain and prevent further episodes!

Sources

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<https://www.cdc.gov/acute-pain/low-back-pain/index.html#ftn2>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5027174/>

<https://www.statista.com/topics/4333/back-pain-in-the-us/#dossierKeyfigures>

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PRACTICE UPDATE: OVERCOME ARTHRITIS PAIN WITH AQUATIC THERAPY!

ATTENTION ALL HIP, KNEE ARTHRITIS, AND BACK PAIN SUFFERERS!

Do you have difficulty standing, walking, or sitting? Tired of the burning, numbness, pinched nerve, sciatica, bulging disc, or spinal stenosis pain? Well, we have a solution for you!

It all starts in the water. Aquatic warm water therapy is the optimal environment to take pressure off joints, spine, nerves, and discs. The warm water and our hydro massage relax tight and painful muscles. Our therapists design customized programs for each client which strengthen muscles that stabilize and support the spine.

Call us at 775-254-8647 to speak to Dr. Sam Moore, PT, DPT, to have questions answered to see how aquatic therapy can HELP you!



FIRST 10 CALLERS GET A FREE POOL CONSULTATION! CALL 775-254-8647 TODAY!

5 HEALTHY EATING RESOLUTIONS FOR THE NEW YEAR

What's your New Year's resolution this January? Many individuals choose the New Year as a perfect time to start getting healthier and improving their diet. If this is your resolution, stick around to discover 5 ways you can eat healthier.

1. Drink more water

Drinking water is one of the most essential actions you can take to improve your short and long-term health. Dehydration can affect concentration, alertness, short-term memory, and can cause fatigue. Drinking enough water each day also helps support your kidney health and your physical performance. The benefits go on and on!

2. Eat more Omega-3s

Increasing your intake of omega-3 fatty acid-rich foods may help you maintain a healthy blood pressure. According to research, omega-3 fatty acids can help improve your mood, which is something we all need during the short, dark days of winter.

Aim for two servings of fish per week, preferably fatty fish like salmon, sardines, and some types of tuna high in omega-3s. Not a fan of fish? Choose walnuts and flax as good non-fish sources of omega-3s.

3. Substitute meat with tofu

Did you know that restricting your meat intake is good for the environment and your heart? When you substitute soy for meat, you will naturally consume less saturated fat. While tofu lacks authentic flavor, this is what makes it so versatile—it absorbs the flavors of a stir-fry sauce or marinade like a sponge, making it taste fantastic!

4. Cut back on salt

Excessive salt consumption can raise blood pressure, a significant risk factor for heart disease and stroke. Watch how much salt you add to your food and avoid high salt snacks- like potato chips.

5. Limit your sugar intake

Too much sugar is not only bad for our teeth, but it also increases the risk of unhealthy weight gain and obesity, which can lead to severe and long-term health issues. Instead of selecting sugary drinks, opt for cool refreshing water. You can also replace sweets and candy with healthy snacks, like carrots and hummus.

Spring Creek Location

"Everyone at the Spring Creek First Choice Physical Therapy is so professional, helpful and friendly. When I first started, I knew it would take a miracle to help me feel better and I got it! I learned new exercises and stretches and was introduced to a massage gun that truly works wonders. Thank you guys and gals!" — *Marillyn C.*

Elko Location

"The staff here are so friendly and professional. I have been to other therapy places and the Elko location is so thorough and really takes your care to another level. Thanks crew at First Choice — you really are the best." — *Kimberly P.*



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!