



Rehab. Recover. Get Your Life Back.

NEWSLETTER

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

FirstChoicePTNV.com



HOW PHYSICAL THERAPY CAN HELP *Resolve Your Shoulder 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:

Say Goodbye To Shoulder Pain With First Choice • Know The Signs: Heart Attack • Patient Success Story

MISSPELLED MANIA:

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



How Physical Therapy Can Help *Resolve Your Shoulder Pain*

Have you been living with shoulder pain that wakes you up during the night? Do you find reaching overhead to be difficult and painful? You may be living with shoulder pain that can be resolved with physical therapy.

At First Choice Physical Therapy, we have the solutions that you are looking for!

Our shoulders are the most flexible and movable joints in the body. The shoulder joint consists of a ball and shallow socket that allows for an impressive range of motion.

This mobility makes the shoulder more susceptible to injuries and pain because it depends on muscles to maintain stability and strength. When these muscles around the joint become weak or injured, the joint mechanics are affected, resulting in inflammation and pain.

Call First Choice Physical Therapy today to schedule an appointment with one of our physical therapists so we can help you get back to your daily life, free of shoulder pains!

Understanding Your Shoulder

Your shoulder is a ball-and-socket joint, meaning that the humerus (ball) fits perfectly in the corresponding space in the shoulder blade (socket). Each end of the bone is protected by thick cartilage that offers mild support and allows for fluid movement.

The shoulder has the following essential structures:

- **The rotator cuff:** This is a group of muscles surrounding the shoulder joint providing support and movement through a wide range of motion.
- **The bursas:** These are small sacs of fluid that cushion and protect the tendons from the bones.
- **The labrum:** This is the cartilage that helps reinforce the cup that the ball fits into.

Your shoulders can accomplish several physical feats due to their structure – however, this

also means that they are at an increased risk of injury. When something becomes damaged in the shoulders, pain and discomfort develop. This pain may range from a dull ache to shooting pains, depending on the severity of the condition.

Common Conditions That Cause Shoulder Pain

Pain from an acute injury can be sudden and intense, making it difficult for you to move your shoulder at all. Pain due to wear and tear or degenerative changes are often more achy and sore.

The most common conditions affecting the shoulder are:

- **Strains:** A strain occurs when a muscle or tendon is stretched too far or torn. Strains that are not resolved fully can lead to ongoing shoulder pain, making it difficult to partake in exercise or even daily tasks.

Call Today and Schedule Your Next Visit!

775-254-8647

Say Goodbye To Shoulder Pain With First Choice

- **Tendinitis:** Tendinitis in the shoulder joint occurs when the joint is injured or overused. This typically happens due to the demands of a sport or labor-intensive job, which can cause the tendons to experience ongoing irritation.
- **Cartilage injury:** An injury to the cartilage will typically lead to a limited range of motion and may lead to decreased strength in the affected shoulder. Often you will experience pain when moving your arm in specific ways, but not others.
- **Arthritis:** Osteoarthritis and rheumatoid arthritis are the two most common types of arthritis. Osteoarthritis occurs when the cartilage in the shoulder joint experiences significant "wear and tear," typically due to age or excessive overuse. Rheumatoid arthritis occurs when the immune system sees the joints as a threat, resulting in pain and inflammation. In both cases, pain and loss of motion are typical.
- **Frozen shoulder:** Medically referred to as adhesive capsulitis, a frozen shoulder can occur if you have been bedridden or your arm has been in a cast or sling for a while. Unfortunately, it can also happen without an apparent cause. This condition causes tissues to stiffen up and causes this painful condition to occur.

How Physical Therapy Can Help

Rehabilitation should start immediately following most injuries to ensure

the fastest recovery possible. A physical therapist with experience treating shoulder pain will thoroughly evaluate the severity of your injury and identify any other limitations affecting your recovery, mobility, stability, or strength.

Our therapist at First Choice Physical Therapy will create a targeted, individualized care plan to promote accelerated recovery and future injury prevention. Your physical therapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities.

We will start with pain management and restoring mobility to the injured shoulder. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent injuries. We will also incorporate any appropriate pain relief technique to help ensure you can resume doing all the activities you love.

Call Today To Find Effective Shoulder Pain Relief!

Two of the biggest goals of physical therapy are to alleviate your pain and to improve your function. Your physical therapist will work with you to ensure that both are achieved throughout your physical therapy sessions.

If you are living with shoulder pain, don't let it limit your life any longer. Call First Choice Physical Therapy today to find relief once and for all!

Sources

<https://www.jospt.org/doi/full/10.2519/jospt.2020.8498>

<https://www.jospt.org/doi/10.2519/jospt.2015.0110>

<https://www.sciencedirect.com/science/article/abs/pii/S2468781218302479>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1283277/>

FirstChoicePTNV.com

PRACTICE UPDATE: INTRODUCING NEW PROBALANCE360 EQUIPMENT

We are excited to introduce Balance and Fall Prevention Therapy with the ProBalance360 and Mechanical Motion Therapy. This revolutionary new technology allows us to evaluate your key balance metrics, and use that information to develop a customized therapeutic plan, designed to strengthen the musculoskeletal system and rehabilitate the neural pathways to improve your overall balance, coordination, and stability.

Call us at 775-254-8647 to have questions answered to see how ProBalance360 and Mechanical Motion Therapy can HELP you!

PROBalance³⁶⁰
The Freedom Lifestyle

Dr. Scott Banks
Huntington Disc Centers of America

Balance

Balance

balance & fall prevention therapy

mechanical motion therapy

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

KNOW THE SIGNS: HEART ATTACK

In the United States, coronary heart disease, which includes heart attack, causes 1 in every 7 deaths. But many of those deaths can be prevented — by acting fast! Each year, about 635,000 people in the US have a new heart attack and about 300,000 have a repeat attack. Some heart attacks are sudden and intense. Here are some of the signs that can mean a heart attack is happening:

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath. May occur with or without chest discomfort.
- Other signs: These may include breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are more likely than men to have some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

What should I do if I suspect a heart attack?

Even if you're not sure it's a heart attack, immediately call 9-1-1 or your local emergency medical services (EMS) such as the fire department or ambulance. EMS staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.

Why don't people act fast enough?

Many people having a heart attack wait more than two hours before getting help. Some people feel it would be embarrassing to have a "false alarm." Others are so afraid of having a heart attack that they tell themselves they aren't having one. These feelings are easy to understand, but they're also very dangerous. If you or someone close to you shows signs of a heart attack, call 9-1-1 and get help right away!

How can I help to avoid a heart attack?



Source: <https://www.heart.org/en/health-topics/heart-attack/warning-signs-of-a-heart-attack>

WHAT OUR PATIENTS SAY

Spring Creek Location

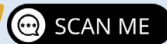
"We have always had good experiences at First Choice Physical Therapy, both in the back with the therapists and the techs and up front with all of my crazy demands to the administrative staff!" — *Lanae D.*

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 M.*

Tell Us About Your Recovery Story!

Scan This QR code to leave us a review and help more people to find pain relief in our community!



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!