



Rehab. Recover. Get Your Life Back.

NEWSLETTER

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

FirstChoicePTNV.com

MISSPELLED MANIA:

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



PRACTICE UPDATE: *What Is Your Fall Risk?*

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

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

INSIDE:

Be Your Best Self With First Choice Physical Therapy • Mental Health While Working From Home • Patient Success Story

PROBalance³⁶⁰ The Freedom Lifestyle



DR. SAMUEL MOORE
PT, DPT, Owner



PRACTICE UPDATE

What Is Your Fall Risk?



Fall Facts:

- Risk of falling increases as we age.
- 40% of older adults (60+) who live at home will fall each year and half of those falls result in injury.¹
- The direct medical costs for falls totals nearly \$30 billion annually.
- Falls are a major threat to adults' quality of life and independence.
- You can be at risk for falls without having walking, strength, or balance problems.
- Many falls are preventable.²

Community outreach:

Our clinics in Elko, Spring Creek, and Carlin

have teamed up with the US Centers for Disease Control and Prevention (CDC) to provide **FREE FALL RISK TESTING** and **RISK FACTOR TRAINING** for residents of Elko County. Dr Sam Moore, PT, DPT and his staff are making this vital testing available Free of charge to the community.

What you will learn:

Learn your Risk Score. (How likely are you to fall in the next 12 months)

- Risk Factors for falls- and which ones can be modified to decrease your risk.
- How to reduce your risk.
- Best exercises to improve Balance and Strength.

- 20 minutes— Quick and informative

The CDC recommends adults are tested once a year. First Choice Physical Therapy will provide a report of findings to you and send a copy to your doctor.

We are happy to provide this service to do our part to help keep our community safe and healthy. Appointments fill up quickly. Reserve your test today!

**Call and Schedule Your Fall Risk Test!
775-777-1276.**

Sources:

1. King MB, Tinetti ME. Falls in community-dwelling older persons. J Am Geriatr Soc. 1995;43:1146-1154. [PubMed] [Google Scholar].
2. Gillespie LD, Robertson MC, Gillespie WJ, et al. Interventions for preventing falls in older people living in the community. Cochrane Database Syst Rev. 2012;(9):CD007146. [PMC free article] [PubMed] [Google Scholar].

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

Be Your Best Self With First Choice Physical Therapy

This is where our physical therapist can help. We are experts at identifying the root cause of your problem and offering simple solutions to resolve them.

How physical therapy can help you keep your balance

Here are five steps to help you become physically and mentally healthy while bringing more balance into your life.

Exercise

Physical activity has been shown to help clear the mind, improve self-worth, and reduce depressive and anxious feelings. The key is to find the right type of exercise for you – which is precisely what our therapists can help you find!

Sleep

Sleep quality is an essential predictor of mental health and well-being. Following a healthy bedtime routine could make you feel happier and calmer and be better focused throughout the day.

Nutrition

Cut down on sugary foods and replace them with nutrient-rich foods like fish, veggies, and foods that have healthy fats. Proper nutrition has been shown to improve physical and mental well-being.

Community and Relationships

Whether the support comes from family, a partner, friends, coworkers, or even pets, feeling connected to those around you can increase a sense of purpose and love in your life.

Relaxation and Recreation

In our busy lives, it can be easy to forget about the hobbies you used to love. We don't make the time to sit down and enjoy a book or make a cup of tea or coffee and enjoy the moment. Some unique hobbies and interests appeal to each of us, and spending time with those hobbies can help you live a more balanced life.

Contact our clinic today

Contact us if you feel that your physical health or an old injury is holding you back from being active. Working with our physical therapists at First Choice Physical Therapy can help you achieve improved balance and a healthy lifestyle.

Sources: <https://journals.sagepub.com/doi/abs/10.1177/1049732310379240>, https://www.frontiersin.org/articles/10.3389/psyg.2020.579205/full?utm_source=miragenews&utm_medium=miragenews&utm_campaign=news, <https://www.tandfonline.com/doi/abs/10.1080/13607863.2018.1548567>, <https://internal-journal.frontiersin.org/articles/10.3389/psyg.2020.607294/full>, <https://link.springer.com/article/10.1186/s40359-014-0055-y>, <https://www.emerald.com/insight/content/doi/10.1108/MHRJ-05-2013-0016/full/html?journalCode=mhrj>

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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.

GET YOUR BALANCE TESTED FOR FREE!

That's right, FREE! Don't live in fear of suffering a fall-related injury. Call us at 775-254-8647 or scan the QR Code at right to have questions answered to see how ProBalance360 and Mechanical Motion Therapy can HELP you!



PROBalance³⁶⁰
The Freedom Lifestyle

DR. SAMUEL MOORE
PT, DPT, Owner

Balance

Balance

balance & fall prevention therapy

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

WHAT OUR PATIENTS SAY

MENTAL HEALTH WHILE WORKING FROM HOME



Are you the type of person who loves working from home? There are undoubtedly many benefits to not going into the office, from avoiding the morning commute, to saving money on gas or transportation, to spending the days with your pets.

However, working from home also comes with its own set of unique challenges. Working from home can negatively affect your mental health if you don't have a system in place. Fortunately, there are several things you can do to stay happy, healthy, and productive while working remotely.

Find Your Routine

Research shows that following a routine each day can improve your mental health. This means waking up at the same time every day, eating meals around the same time, and having a hard stop time when work is over for the day. Small actions like getting dressed and making your bed can also boost your mood and help you feel more productive and energized.

Make Connections With Your Coworkers

It's no secret that humans need connection. If you live alone and work from home, you may not be getting enough social interaction. It might be a little harder to make online work friends, but it is still possible!

If your coworkers are accessible on a messaging platform, try contacting them directly or creating a group for a shared interest, like cooking or music. Having friends to lean on during working hours helps combat the feelings of isolation that sometimes arise when working remotely.

Go Outside

If your work allows it, take your laptop outside to enjoy the fresh air. Soaking up the sunshine and vitamin D can be a real mood booster, not to mention it's a nice change of pace from working indoors at a desk all day.

Get Some Exercise In

Exercise releases endorphins that help fight off feelings of depression and stress. Making time to exercise either before or after work can improve your mood and enhance your mental and physical health.

Spring Creek Location

"The staff from the reception desk to each therapist is amazing they are truly concerned on making you whole and feeling better. THANK YOU ALL— highly recommend"

— **Bobby T.**

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.**

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!