



Rehab. Recover. Get Your Life Back.

NEWSLETTER

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

FirstChoicePTNV.com

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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

Gardeners With Neck Pain

PHYSICAL THERAPY CAN HELP YOU FIND RELIEF >>

FREE DOCTOR OF PHYSICAL THERAPY CONSULT

1-1 EXAMINATION & PERSONALIZED TREATMENT PLAN

Details Inside >



Rehab. Recover. Get Your Life Back.

775-254-8647

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NEWSLETTER

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

INSIDE:

Get The Most Out Of Spring With First Choice Physical Therapy • Avoid Aches & Pains In The Garden This Spring • Patient Success Story



SCAN ME

Scan To Book Your Appointment Today!

HOW PHYSICAL THERAPY CAN HELP

Gardeners With Neck Pain

Do you notice a stiff neck after a day working in the garden? Have you found looking down all day leaves you in pain throughout the upper back and neck? You may be experiencing something more severe than a bit of muscle soreness. At First Choice Physical Therapy, our physical therapists can help identify the source of your pain and, more importantly, provide you with solutions to work pain-free!

Neck pain is common among adults, affecting up to 70% at some point in their lives. Some estimates indicate that as many as one-third of all people will develop chronic neck pain (i.e., over three months). Years of digging, raking, and mulching can lead to chronic neck pain.

Neck pain is often considered nonspecific,

as there is no known cause. Fortunately, no matter the reason, at First Choice Physical Therapy, we know the most effective strategies for treating and preventing neck pain. We can help you cultivate specific techniques and practices to reduce the amount of strain on your neck so you can enjoy your time in the garden!

If you're struggling with pain and discomfort in your neck, contact First Choice Physical Therapy today to schedule your consultation.

Common Causes Of Neck Pain

The neck is an integral part of your everyday life. Your neck relies on proper posture, mobility, strength, and coordination to tolerate normal activities and recreational pursuits.

Unfortunately, pain can prevent you from functioning correctly in your day-to-day life, specifically when gardening.

While working in the garden, we place tremendous strain and demand on our necks. Repetitive motions, improper technique and/or equipment, or prolonged positions/poor posture can lead to persistent pain and dysfunction.

The most common causes of neck pain include sprains and strains on the muscles, tendons, and ligaments. Often the exact reason you are experiencing neck pain remains a mystery. Our physical therapists are skilled at identifying the contributing factors and, more importantly, how to find relief.

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

Get The Most Out Of Spring **With First Choice Physical Therapy**

Some Of The More Common Causes Of Neck Pain Include:

- **A previous episode of neck pain:** People with a history of neck pain are more likely to develop neck pain in the future.
- **Prolonged or poor postures:** Prolonged periods spent slouching or looking down while working in the garden put extra stress on the neck.
- **Repetitive motions:** Turning the head repetitively while shoveling mulch or raking may irritate the neck's muscles and joints.
- **Trauma:** Any fall or impact can lead to a whiplash-like injury, such as a slip-on muddy or uneven ground.

At First Choice Physical Therapy, our physical therapists are movement experts who specialize in identifying and treating neck pain. We will analyze your posture, movement, and gardening-specific techniques to determine the best course of treatment for your needs.

What to expect in your physical therapy sessions

Our treatment plans focus on relieving your pain while simultaneously improving your posture, mobility, strength, and coordination. Most of our interventions include manual therapy, targeted stretches, strengthening exercises, activity modification, or posture recommendations. We will conduct a thorough evaluation to determine

the make-up of your program.

Physical therapy can help significantly reduce your neck pain by implementing the following:

- Maintaining proper posture when sitting, kneeling, and/or standing.
- Restoring mobility to your neck muscles and joints.
- Strengthening your mid-back muscles and shoulders to provide support to your neck
- Improving the coordination of your neck muscles.
- Teaching proper mechanics and modifications to activities like bending, shoveling, and raking.

The main emphasis of physical therapy is education and instruction on practical exercises and proper posture/body mechanics to restore normal function and minimize the risk of recurring pain/injury. Our team of therapists is dedicated to finding solutions that work!

Request an appointment today!

If your neck pain has limited your enjoyment of gardening, don't wait any longer to seek help. At First Choice Physical Therapy, our physical therapists are dedicated to providing you with the tools you need for recovery and relief! Contact us today to schedule an appointment.

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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!



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

WHAT OUR PATIENTS SAY

AVOID ACHE & PAINS IN THE GARDEN THIS SPRING



Common gardening activities, such as digging, planting, weeding, mulching, and raking can cause stress and strain on muscles and joints. This is especially true for senior citizens and people who are normally sedentary. Different body areas such as the shoulders, neck, back, and knees can be vulnerable to injury during gardening.

These tips can help prevent injuries:

- Warm up before you garden. A 10 minute brisk walk and stretches for the spine and limbs are good ways to warm up.
- Change positions frequently to avoid stiffness or cramping.
- Make use of a garden cart or wheelbarrow to move heavy planting materials or tools. Be sure to keep your back straight while using a wheelbarrow.
- If kneeling on both knees causes discomfort in your back, try kneeling on one and keep the other foot on the ground. Use knee pads or a gardening pad when kneeling.
- If kneeling or leaning down to the ground causes significant pain in your back or knees, consider using elevated planters to do your gardening.
- Avoid bending your wrist upwards when pulling things or using gardening tools. Instead, keep your wrist straight and use your shoulder muscles to pull and lift.
- End your gardening session with some gentle backward bending of your low back, a short walk and light stretching, similar to stretches done before starting.

Author: Andrea Avruskin PT, DPT

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

"Every one was so nice and professional!!! I actually miss not going to see you all!!! I loved all of the workouts!!!"

— Peggy Y.

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!