



Rehab. Recover. Get Your Life Back.

# NEWSLETTER

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

## MISPELLED MANIA:

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

[FirstChoicePTNV.com](http://FirstChoicePTNV.com)



ARE YOU HAVING HIP, KNEE,  
OR SHOULDER SURGERY?

*Physical Therapy  
Can Help*

**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**

**FirstChoicePTNV.com**

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

**INSIDE:**

Recover Faster With First Choice Physical Therapy • Tips For Better Golfing  
This Summer • Patient Success Story



SCAN ME

*Scan To Book Your  
Appointment Today!*



## ARE YOU HAVING HIP, KNEE, OR SHOULDER SURGERY?

# Physical Therapy Can Help

Are you planning to undergo arthroscopic or joint replacement surgery? Have you already had this procedure and wonder if you'll ever feel like your usual self again?

Surgery is an important option that can help people eliminate pain and regain function, however, it does not come without risks. Physical therapy is as effective as some surgical outcomes without the side effects, and at First Choice Physical Therapy, our therapists are experts at resolving orthopedic problems!

Surgery to replace or rebuild a joint imposes extreme limits on the body, but simply resting the joint for months won't resolve the issues and can create new problems. Fortunately, you can promote the healing process with physical therapy and ensure that your new-and-improved joint works as it should.

Your first step along that path should take the form of a customized physical therapy program at First Choice Physical Therapy. Call today to schedule an appointment with one of our experts!

### Recuperating From Injuries And Surgery

The body's joints can move in some impressive directions and even (in the case of the hips and knees) hold your body weight steady as you stand and move. Unfortunately, their complexity also opens the door for many potential forms of injury and damage. Joint damage can take the form of torn cartilage, ruptured ligaments, and degenerative changes.

Chronic joint damage may develop over many years, resulting in worn cartilage, inflamed

and/or deformed joint components, and even painful bone-on-bone friction within the joint. Significant joint degeneration and arthritis can make everyday activities impossible.

Regardless of the nature of your injuries (i.e., acute or chronic), if your damaged joint doesn't respond to medication, exercise, and lifestyle changes, you may need to resort to surgery. Two primary types of orthopedic (joint) surgery include:

**Arthroscopic surgery:** Many injuries force the need for arthroscopic surgery. Examples include a torn rotator cuff in the shoulder, torn cartilage, and/or ruptured ligaments in the knee. In some procedures, the damaged tissues are reconnected to their anchor points and grafted into place to substitute the original tissues.

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

# Recover Faster With First Choice Physical Therapy

**Total joint replacements:** Total joint replacements may be necessary when the original joint has received so much damage or wear and tear that you can do nothing more than treat it. This need often applies to weight-bearing joints that have been subjected to longstanding or abnormal stress. Common examples include total knee replacements and total hip replacements.

## 8 Physical Therapy Techniques To Get You Moving Again

As tempting as it might be to rest and lay low following your surgery, you need to start working on your rehabilitation as soon as you can to avoid complications or health issues. Physical therapy offers a safe, professionally supervised plan for doing just that.

Research shows that patients who undergo physical therapy are better at balancing, getting out of chairs, climbing stairs, and walking than patients who received standard post-operative care. Your personalized physical therapy plan may consist of:

- 1. Training on assistive devices:** Your physical therapy regimen can include using assistive devices like canes, crutches, and walkers safely and efficiently.
- 2. Manual therapy:** Massage therapy boosts blood flow, reduces scar tissue formation, and drains swelling following surgery. Joint Mobilizations are used to facilitate improving joint range of motion.
- 3. Modalities include ultrasound, laser, e-stim, and Infrared therapy:** Therapeutic modalities boost blood flow and reduce post-operative

pain/stiffness.

- 4. Heat and cold treatments:** Applications of heat or cold can help control post-operative swelling and relieve pain.
- 5. Compression therapy:** Mechanical pneumatic devices minimize and/or reduce post-operative swelling and assist the healing process.
- 6. Range of motion exercises:** Exercises to restore your range of motion help your new joint function correctly but also for helping to prevent adhesions.
- 7. Strengthening:** Strength training helps rebuild weakened or atrophied muscles.
- 8. Balance and coordination:** Neuromuscular re-education exercises can help you regain joint stability and functional movements.

In addition to scheduling your post-operative physical therapy regimen in advance, you may also want to give serious thought to pre-operative physical rehabilitation or "pre-hab." Patients who pursue physical therapy before and after surgery show better function than those who don't. In addition, physical therapy has been shown to improve overall health and well-being and has few if any side effects.

## Call Today To Schedule An Appointment

Call First Choice Physical Therapy to discuss your recent or upcoming operation and schedule your rehabilitation today!

[FirstChoicePTNV.com](http://FirstChoicePTNV.com)

## PRACTICE UPDATE: GET YOUR FREE BALANCE TEST NOW!

### Balance— the 5th Vital Sign.

Your Balance may predict how long you'll live.

Vital signs (Blood pressure, Breathing, Heart Rate, and Body temperature) are used to measure our health and if out of range, the need for medical attention.

Balance is a major indicator of how well our nervous, muscle, sensory and other vital body systems are working. Unsuccessfully completing this one test was associated with an 84% risk of death from any cause within the next decade.

### 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!



**PROBalance<sup>360</sup>**  
The Freedom Lifestyle

**DR. SAMUEL MOORE**  
PT, DPT, Owner

**mechanical motion therapy**  
PROFESSIONAL THERAPY  
IMPROVE RANGE OF MOTION

**Balance**

**balance & fall prevention therapy**  
PROFESSIONAL THERAPY  
IMPROVE BALANCE & FALL PREVENTION

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

# WHAT OUR PATIENTS SAY

## TIPS FOR BETTER GOLFING THIS SUMMER



It's been a long winter – and probably a long time since you've picked up your golf clubs. And although golf is a low-impact sport, it's often tied to a number of injuries.

Golfing for the first time after a couple months can be tough on the body. Most people will experience soreness in their lower back, shoulders and wrists after their first time out. Before getting back into the swing of things, here are some following tips:

- 1. Prepare.** Before hitting the green, you may want to go to the driving range a couple of times first. This will help prepare your muscles when you play a round of golf.
- 2. Stretch.** Stretching can improve your range of motion, making it easier to swing the club. Try some of these stretches, which will warm up the muscles you will use in your golf swing.
- 3. Easy does it.** The actual motion of golfing isn't the only thing that strains your body during a round. Soreness can also come from walking around the course and carrying your clubs. Start the year off using a push cart or only playing 9 holes while you build up the endurance needed to play an entire round. If you regularly ride in a cart, this is likely a little less of a concern.
- 4. Don't let your skills get rusty.** If you're an avid golfer during the summer, try heading out to an indoor driving range during the off season. Regular exercise, such as jogging or biking, can also keep your muscles strong and ready for the season.

Reference: <http://tria.com/tips-better-golfing-summer/>

## Spring Creek Location

I started going to First Choice Physical Therapy after I had a knee replacement. They have helped me graduate from a walker to being able to hike in the national parks 3 months later with no pain! All of the therapists have been extremely professional and supportive. I highly recommend First Choice Physical Therapy! — *Leigh P.*

## Elko Location

I love these people! I'm not a man that leaves reviews so this is new for me. I came in on a referral for my back and neck. After about 4 sessions I'm feeling less pain and am able to move better. They're kind, care about helping me and get right to the painful areas with knowledge and caution. Thank you First Choice!! — *Juan G.*

## 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!