



Rehab. Recover. Get Your Life Back.

# NEWSLETTER

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

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



HOW PHYSICAL THERAPY CAN HELP YOUR

## Ankle / Foot Sprain or Strain

**PHYSICAL THERAPY CAN HELP YOU FIND RELIEF >>**

**FREE DOCTOR OF PHYSICAL  
THERAPY CONSULT**

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*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:**

How To Treat a Sprain or Strain with Physical Therapy  
3 Simple Ways To Make Hydration A Habit



SCAN ME

Scan To Book Your Appointment Today!



## HOW PHYSICAL THERAPY CAN HELP YOUR *Ankle/Foot Sprain or Strain*

Have you recently injured your ankle or foot? Do you have persistent pain since spraining your ankle? Knowing the difference between a mild problem that goes away on its own and one that lingers on indefinitely is the job of a physical therapist.

At First Choice Physical Therapy, we are committed to helping you get the results you need to resume your life without limits! While many factors can lead to foot and ankle pain, sprains/strains are common examples. Even if your pain subsides, dysfunction may still be present and lead to re-injury or chronic pain.

If you have noticed limited mobility, persistent pain, or balance and gait problems since your injury, First Choice Physical Therapy can help. We will determine the type of injury (i.e., a sprain or strain) and provide you with the necessary treatments for healing and tips to avoid re-injury.

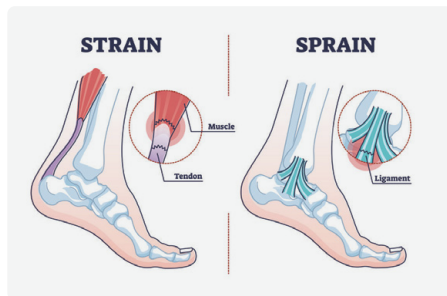
**Call today to schedule an appointment with one of our highly skilled physical therapists!**

### What Is The Difference Between a Sprain and Strain?

**Sprains** happen when a ligament (the tissue that connects one bone) is stretched or torn. Sprains are typically the result of a trauma, a deceleration (slowing down) movement, or a sudden

change in direction. The most common symptoms include pain, inflammation, muscle spasm, and sometimes an inability to move the joints where the injury occurred.

**Strains** occur to a muscle or tendon (the tissue that connects muscle to bone). Strains usually happen when the muscle suddenly contracts, like running, jumping, or repetitive and awkward movements. The symptoms of strains are similar to those associated with sprains, making them difficult to tell apart without doing a physical therapy examination.



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

# How To Treat a Sprain or Strain with Physical Therapy

Our physical therapists will perform a thorough assessment that includes a detailed history and a hands-on evaluation of the injured area at your initial evaluation. This assessment will help the therapist classify the injury's severity and develop a treatment plan to address your current situation.

Foot and ankle pain treatment depends on where the injury happened and how long ago it occurred. If it is not possible to walk more than two or three steps without pain, it is essential to visit a physical therapist as soon as possible. If the joint looks out of place or has an obvious deformity to the bone, it is crucial to go to the emergency room for an x-ray because a fracture is likely.

The initial stages of physical therapy will focus on restoring any lost motion, reducing the swelling, and using all available treatments to alleviate any pain you may experience. Within a few hours of compression and elevation, most people notice that the swelling begins to subside, and with it, their pain.

Our comprehensive program will also look for any changes in your gait pattern that may make it difficult for you to move around freely.

Dysfunctional movement patterns can last for years and lead to re-injury and potentially other injuries.

Our physical therapists will show you therapeutic exercises to address any underlying issue, such as a weakness that may be contributing to altered movement patterns, balance issues, and overall susceptibility to new injuries. People who sprain or strain their feet or ankles often find that they are continuously re-injuring that part of their body. Fortunately, this does not have to be the case with the help of physical therapy.

## Call Today To Set Up An Appointment

Whether you sustained a sprain or strain, physical therapy is the answer to achieving long-term relief. Contact First Choice Physical Therapy today to schedule a consultation or to find out more about how physical therapy can help relieve your foot and ankle pains!



Sources:  
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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

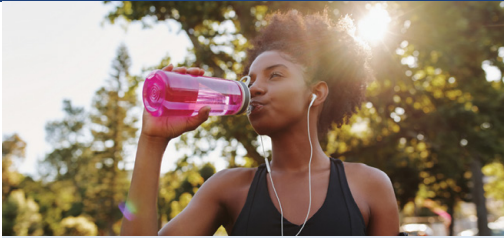


**DR. SAMUEL MOORE**  
PT, DPT, Owner



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

# SUCCESS STORIES



## 3 Simple Ways To Make Hydration A Habit

Do you drink enough water each day? Proper hydration is always important, but in preparation for the upcoming hot summer months, we should all take a few extra precautions to ensure we are drinking enough water.

Experts recommend that women should drink roughly 11 cups of water per day and men should aim for 16. If these numbers are higher than you're used to, check out these 3 tips on ways to make hydration a habit.

### 1. Drink a glass of water first thing in the morning.

Before eating breakfast or having your morning coffee, try to drink at least one glass of water. Just a few sips of water in the morning can help to re-energize you and leave you feeling refreshed.

To make things easier on yourself, try placing a glass of water on your nightstand the night before, so you can start drinking immediately in the morning!

### 2. Add fruits or vegetables to your water.

If you're the type to complain that water tastes too plain, know that there are many natural additives that can change this! Adding a zest of lemon or a handful of sliced cucumbers to your water can make this drink more fun.

### 3. Set reminders on your phone to hydrate.

Are you exceptionally busy during the day? Between work, taking care of children, running errands, and getting outside, summer can be a busy season.

If you always have your phone handy, why not put it to a productive use? Try setting reminders every couple of hours to hydrate, so you don't forget amongst all the summer fun.

## 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! — *Google 5-Star Review*

## Elko Location

The staff at this place is truly remarkable! Their expertise and care are unmatched, making it one of the finest physical therapy clinics I've visited. Trust me, you won't find better hands to guide you on your recovery journey. Highly recommended! — *Google 5-Star Review*

## 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!