



Rehab. Recover. Get Your Life Back.

# NEWSLETTER

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

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



PHYSICAL THERAPY CAN HELP YOU

## Get Ready for Fall Sports

**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**

# NEWSLETTER

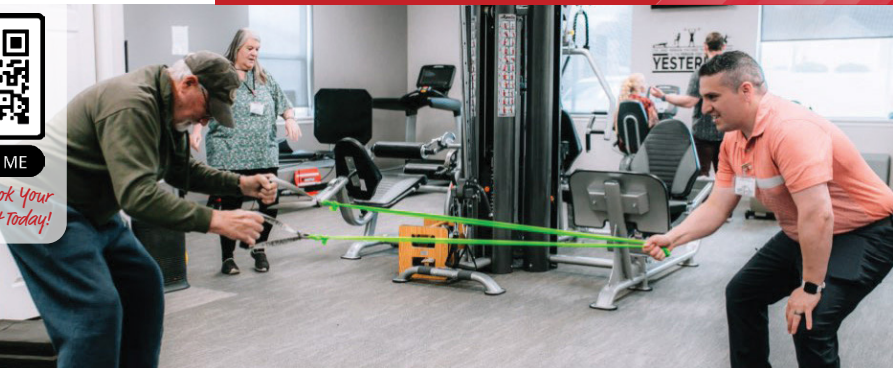
Your Resource for Health, Wellness, and Caring for Your Body

**INSIDE:** Injury Prevention with Physical Therapy  
Expert Concussion Care at First Choice Physical Therapy



SCAN ME

*Scan To Book Your Appointment Today!*



## PHYSICAL THERAPY CAN HELP YOU *Get Ready for Fall Sports*

Are you wondering how to prepare yourself for the fall sports season this year? Have you been struggling with an old injury that just doesn't seem to be going away? Before you know it, the cooler season will come, and so will fall sports!

Everyone involved in athletics knows that one thing is for sure: competition comes with a risk of injury. Fortunately, we know how to prepare athletes for the fall sports season. At First Choice Physical Therapy, our physical therapists specialize in helping athletes recover from injuries and preparing them for their upcoming seasons.

Whether you compete in cross country running, football or soccer, one of our skilled physical therapists can help you resolve an injury and provide you with the tools you need to be at your peak physical condition for the start of the season!

**Request an appointment to get our team to help you get ready to compete!**

### How Physical Therapists Help Athletes Prepare For Fall Sports

Making sure your body is strong, stable, and prepped for the game is vital for maintaining high performance. Playing the sport you love, whether competitively or just for fun, is an important part of staying healthy and enjoying your life.

Conditioning is a significant part of staying healthy when you play sports. Conditioning programs can lower your risk of sustaining an injury during the game and improve your performance. Our programs focus on keeping your joints healthy and strong. We implement sports-specific strengthening and training methods to ensure your body can tolerate the demands of your sport while improving your ability to compete at a high level.

We utilize targeted exercises, lifting weights, and proactive recovery practices to prevent athletes from injuring themselves. We strive to help our athletes be prepared for the ups and downs of a sports season.

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

# Injury Prevention with Physical Therapy

One significant aspect of physical therapy at First Choice Physical Therapy is that it can help you prevent an injury this fall. Injuries are a part of any sports season and are typically placed into two categories: traumatic or overuse.

**Traumatic injuries are caused by a specific incident, such as:**

- Sprains (i.e., ankle or ACL)
- Strains, including pulled muscles
- Concussions (i.e., football collisions, soccer ball heading, falls, etc.)

In contrast, overuse injuries are caused by repetitive movements and/or poor technique performed over time. **Some examples of overuse injuries include:**

- Tendinitis (i.e., shin splints, jumper's knee)
- Repetitive stress with poor technique (i.e., stress fractures, throwing injuries)

Sprains are extremely common in sports. Ligaments connect your bone to bone. When a ligament is stretched beyond its limits, a sprain can occur. Once the ligament is stretched, it is looser and more susceptible to being sprained again in the future.

Strains, or pulled muscles, are similar to sprains but occur to muscles and tendons, not ligaments. Tendons connect your muscles to your

bones. When a tendon is stretched beyond its limit, a strain can occur. Once the tendon is injured, it needs to be resolved fully, or it can lead to a chronic overuse condition.

Receiving physical therapy before you begin playing this fall could make all the difference in how ready your body is to be out on the field or court. We will perform an injury screening to identify any underlying condition that can lead to future injuries. If/when we identify limitations and weaknesses, we will address them head-on to resolve them thoroughly.

## Request An Appointment At First Choice Physical Therapy Today

At First Choice Physical Therapy, we make it our top priority to encourage healing and injury prevention for our athletes. In addition to treating injuries, our physical therapists can help you improve your range of motion, flexibility, strength, and overall function to prevent additional harm from occurring and get you ready for your sport.

Are you an athlete prepping for fall sports? Call us today to learn more about how physical therapy can get you geared up to have your best season yet!

Sources:  
<https://dellamdoc.org/wp-content/uploads/2019/11/current-trends-sports-injury-prevention.pdf>  
<https://link.springer.com/article/10.1007/s40279-019-01292-4>

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** 360  
The Freedom Lifestyle

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

Balance

mechanical motion therapy

Balance

balance & fall prevention therapy

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

# SUCCESS STORIES

## Spring Creek Location

"I highly recommend this place to anyone seeking top-notch care and a welcoming atmosphere. You won't be disappointed!"

— Google 5-Star Review

## Elko Location

"The exceptional care provided by the team continues to make them the best choice. Heartfelt gratitude for their outstanding service!"

— Google 5-Star Review

## Expert Concussion Care at First Choice Physical Therapy

Are you looking forward to participating in this season's sports? Fall has a lot to offer when it comes to physical activity, and at First Choice Physical Therapy, it is our goal to ensure you that you're safe and healthy this season.

Concussions can be a big concern when it comes to sports such as football, soccer, field hockey, or golf. If you develop a concussion this season, know that the physical therapists at First Choice Physical Therapy can help.

Concussions are a type of brain injury caused by a force/hit or sudden acceleration and deceleration to the head, neck or body. Concussions can impair your physical and mental capacities for an extended period of time.

**They can also cause a variety of unpleasant effects, including:**

- Inability to focus
- Fatigue
- Dizziness
- Memory loss and confusion
- Nausea and vomiting
- Slurring of speech
- Painful and chronic headaches/migraines
- Sensitivity to light and sound
- Ringing in the ears
- Visual abnormalities

Fortunately, physical therapy can help provide recovery and relaxation to those with concussions! You don't have to figure out a recovery plan on your own, First Choice Physical Therapy is here to help you make your way back to feeling your best.



## 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!