



Rehab. Recover. Get Your Life Back.

NEWSLETTER

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

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TIPS TO ALLEVIATE YOUR PAIN AND

Improve Your Spine Health

PHYSICAL THERAPY CAN HELP YOU FIND RELIEF >>

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

INSIDE:

How Physical Therapy Can Improve The Health Of Your Spine
3 Tips To Improve Nutrition In The Fall



SCAN ME

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TIPS TO ALLEVIATE YOUR PAIN AND *Improve Your Spine Health*

Are you living with back pain? Do you notice your pain worsens when you have to stand for more than 10 minutes or when you have to walk long distances? At First Choice Physical Therapy, our physical therapists are experts at helping our patients resolve their pain and get back to doing what they love!

The severity of back pain can range from minor dull aches to sharp stabbing pains. Pain that radiates from the spine to the buttocks and down the leg(s) may be a sign of sciatica. Understanding why you are having pain and what to do about it can be tricky.

Your spine does a lot for your body — it protects your spinal cord, allows you to breathe correctly, and it is what allows your body to move. Almost every function in your body is directly connected to the health of your spine. You may even wonder how to tell if your spine is healthy.

When we think of health, we typically focus on nutrition, exercise, and heart health — but spine health is also essential. At First Choice Physical Therapy, our therapists can help you resolve your pain and get your spine healthy again!

The Importance of Good Spine Health

Your spine is a complicated structure of bones, joints, muscles, discs, and nerves. It takes a delicate balance to make sure it is at its peak level of health and function. Back pain is often the result of a breakdown somewhere in the system and can be avoided by improving your spinal health.

To make sure your spine is at its optimum health, you must achieve the following:

- Good posture and spinal curves
- Strong trunk muscles (i.e., core, gluteus, and spinal muscles)
- Good joint and muscle mobility
- Good balance and coordination ability
- Good nutrition and rest at night

Of course, much like anything else, maintaining great spine health is easier said than done. Fortunately, our team of physical therapists knows how to make sure you understand what to do to keep it functioning at its peak level!

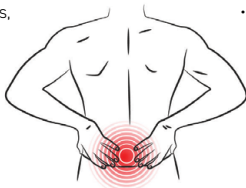
Call Today and Schedule Your Next Visit! 775-254-8647

How Physical Therapy Can Improve The Health Of Your Spine

We will start with an injury evaluation and a movement assessment to identify all the factors contributing to your pain. This will consist of a thorough history to understand more about your typical daily routine, the demands on your back, and your overall health status.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and any appropriate pain relief techniques that might help.

Your physical therapist will then incorporate activity-specific treatments with a deliberate progression that ensures a safe return to your normal activities. Every good therapy program will include injury prevention strategies that ensure you stay doing what you love!



What To Expect At Your Physical Therapy Visits

Your body is meant to move — this is the most important purpose of the spine. Our physical therapists will provide you with the tools to resolve your pain and improve your spinal health.

We will tailor your program to address your specific needs. We will then monitor and progress you based on your response to this

program. **Our supervised programs will likely include:**

- Postural education and instructions for finding your unique ideal posture
- Targeted stretches for pain relief and improved mobility
- Strength exercises for core, gluteus, and spinal muscles
- Manual therapy techniques for pain relief and enhanced mobility
- Electrical stimulation for pain relief

Understanding the source of your pain and managing it can help you be proactive and find a solution. We will help you modify the painful activities and tasks to give you the confidence and freedom to resume the things you have been avoiding.

Call Today For An Appointment

If you have been living with back pain, or you'd like to avoid potential back pain, contact First Choice Physical Therapy today. Don't live with the limits of back pain – improve your spine health with us.

Sources:
<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD006555.pub2/full?highlight=Abstract+back%7CReferences%7CPlain%7Cservices>
<https://tjpm.bmj.com/content/55/9/468>
<https://www.sciencedirect.com/science/article/abs/pii/S0140473618304896>

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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!



PROBalance³⁶⁰

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 Tips To Improve Nutrition In The Fall

The food we eat has a significant impact on several elements of our health, particularly our heart health. Obesity, weight gain, physical inactivity, stress, high blood pressure, and high cholesterol all increase the risk of heart disease and other cancers.

Considering the importance of nutrition, it's never the wrong time to think critically about your diet. At First Choice Physical Therapy, we know that fall can be busy, which is why we want to give you a few simple tips on how to improve your nutrition this season.

1. Try to eat more root vegetables

The majority of root vegetables are available all year, but they are most ripe from fall to spring. During the cooler months, garlic, onions, ginger, turnips, carrots, sweet potatoes, beets, and parsnips provide plenty of flavor and nutrients.

Many root vegetables are high in folate, which is essential for cell growth and metabolism!

2. Make a hearty soup

Making a large pot of soup every weekend is a great way to improve your nutrition throughout the week. Soups, while they can take several hours to cook, usually require very little active time.

When it comes to recipes to try, your options are virtually endless. There's hearty bean soup, pureed root vegetable soup, winter squash soup, traditional chicken noodle soup, chili, and so much more! And with temperatures dropping, what tastes better than a warm stew?

3. Select leaner sources of protein

Did you know that regularly eating red meat and processed meat can raise the risk of type 2 diabetes, coronary heart disease, stroke and certain cancers?

So, instead of opting for red meat, select leaner sources of protein for your meals and recipes. This can include chicken, turkey, beans, lentils, low fat yogurt, fish, tofu, and nuts.

If you think you need a little more help developing a healthy diet this fall, contact First Choice Physical Therapy today. We can help you develop an exercise and nutrition plan that works for your needs.

Spring Creek Location

"After having major back surgery, I went to First Choice Physical Therapy in Spring Creek. From the moment I walked through the door, I felt welcomed by the receptionists, therapists, and their assistants. As the days and weeks went on, I felt like they ALL really cared about my progress and how I was feeling/healing. If you're looking for a place to do physical therapy, I would definitely recommend First Choice. They're not only friendly, knowledgeable, and professional, they're almost like family. When you walk through the door, everyone knows your name! Thanks to ALL the staff at First Choice for making a place (*that sometimes can be grueling*) a fun and enjoyable experience. I will miss them all when my PT time is over!"

— 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!



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\$100 VALUE. CALL TODAY!

Contact the office closest to you to schedule!