



Rehab. Recover. Get Your Life Back.

# NEWSLETTER

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

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



**STRUGGLING WITH CHRONIC WOUNDS?**  
*Start Healing Today*

**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:** What Our Advanced Wound Care Clinic Can Do For You  
National Physical Therapy Month



SCAN ME

Scan To Book Your  
Appointment Today!



## STRUGGLING WITH CHRONIC WOUNDS?

*Start Healing Today*

Do you struggle with ulcers or other serious wound that simply won't heal? Chronic wounds can dramatically impact your day-to-day life, causing chronic pain and immobility. At First Choice Physical Therapy, we want to help you live a full, healthy life, so we're proud to bring a new Advanced Wound Clinic into the Elko community!

Around 6.5 million Americans live with chronic wounds—that is, wounds that don't progress through the healing process and persist for longer than 1-3 months, or the point at which a typical wound should have resolved itself.

People with chronic wounds typically have to undergo ongoing treatment at a hospital or other medical facility to manage their condition. But with this new service, they can now attend treatment sessions at our welcoming clinic rather than deal with the hassle of a hospital.

### Understanding The Healing Process

Think about the last time you experienced a minor wound—let's say you cut yourself while chopping vegetables for dinner. If you're like most people, you probably washed the cut, slapped a Band-Aid on it, and went back to cooking. A month later, all traces of that cut had vanished.

And why is that? Because our bodies can heal minor wounds like vegetable-related slicing accidents. While you were busy living your life, your body was busy healing your cut. ***In fact, it went through four distinct stages:***

- Your blood clotted, which stopped the wound from bleeding (protecting you from blood loss).
- Your white blood cells moved into the affected area to fight off potential infections.
- Oxygen-rich blood cells then showed up to start the repair process. You might have noticed a faint scar during this stage.
- Finally, the affected tissue grew stronger—maybe even stronger than it was before the accident.

This entire process takes anywhere from 1-3 months, depending on the severity of your wound. However, some people will develop wounds that never complete this healing process. These wounds are called **chronic or non-healing wounds**.

Because these wounds can't heal properly, people with chronic wounds need to take special steps to avoid infection. Our Advanced Wound Care Clinic provides the services to do exactly that.

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

# What Our Advanced Wound Care Clinic Can Do For You

Our new clinic can help treat all manner of non-healing or chronic wounds. If it's been 2-4 weeks and you aren't yet noticing evidence of proper healing (i.e., thick discharge, foul smell, the wound isn't closing up, etc.), call us to schedule an appointment! We'll work with you and your care team to develop a treatment plan to help you manage it.

**Other conditions we can help treat include the following:**

- Venous ulcers
- Diabetic ulcers
- Bed sores/pressure ulcers
- Wounds showing signs of infections (swelling, pain, fever)
- Bone infection (osteomyelitis)
- Wounds requiring drainage

The Advanced Wound Care Clinic at First Choice Physical Therapy blends state-of-the-art treatments with tried-and-true techniques to provide care for challenging or non-healing wounds. **Here are a few of the scientifically proven coverings we might use, each one specially designed to help with chronic wounds:**

- **PuraPly**, a collagen sheet coated with an antiseptic that helps promote healing
- **Aptigraf**, a healing skin substitute bioengineered with living cells

- **Affinity**, a protective wound covering that optimizes the healing environment

Research shows that all three coverings effectively manage non-healing wounds, playing a significant role in transforming a chronic wound into an acute one. With regular treatment, we can hasten the healing process and help you find the relief you deserve.

## Call Us Today To Learn More About Our Services

The team at First Choice Physical Therapy understands how debilitating chronic wounds can be. Our Advanced Wound Care Clinic provides a much-needed service to the Elko community, and we're preferred providers for Medicare, Medicaid, VA, and most commercial insurances.

Sources:  
<https://www.ncbi.nlm.nih.gov/books/NBK554211/table/appd.tab3/>  
<https://www.hopkinsmedicine.org/health/treatment-tests-and-therapies/how-wounds-heal>  
[https://www.facs.org/medical/butab05/nonhealing\\_wounds.pdf](https://www.facs.org/medical/butab05/nonhealing_wounds.pdf)



Are you suffering from chronic wounds?  
Worried a cut may have become infected?

Call us at 775-254-8647 to start healing today!

**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

Balance

Balance

Balance

mechanical motion therapy

Balance

balance & fall prevention therapy

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

# SUCCESS STORIES



## — NATIONAL — PHYSICAL THERAPY MONTH

Did you know that October is National Physical Therapy Month? That's right, there's no better time to begin treatment for your aches and pains!

Physical therapy is a natural, safe, and effective mode of pain relief. Whether you're suffering from an injury or chronic pain condition, you can find relief in physical therapy – without undergoing surgery or relying on prescription drugs.

Physical therapy can treat a vast variety of conditions, including:

- Back and neck pain
- Headaches
- Sports injuries
- Work-related injuries
- Knee and hip pain
- Joint pain and arthritis

Whatever condition you are dealing with, our clinic is here to help.

At First Choice Physical Therapy, our goal is to help you achieve your wellness and recovery goals so you can get back to living the life you enjoy. We will evaluate your symptoms, discuss your medical history, and any health constraints you may have before establishing an action plan for your path to recovery.

The primary goals of any physical therapy care plan are to address a patient's physical goals, identify and treat the source of pain, maximize the patient's ability to function independently, and prepare them for long-term success.

These outcomes are achievable through the use of the following physical therapy techniques:

- Neuromuscular re-education, for example, balance training
- Dry-needling, electrical stimulation, ultrasound, diathermy, orthotics and prosthetics, and Kinesio taping
- Therapeutic exercises
- Manual therapy, such as joint mobilizations and massage therapy

Are you ready to find long-term relief and stop putting up with constant discomfort and pain? Call us today to make an appointment with a physical therapist.

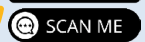
## Spring Creek Location

"My experience at First Choice Physical Therapy in Spring Creek, NV was amazing. I was given a personal program that addressed my physical needs with close interaction with a physical therapist and guidance from techs as I did my individualized sets of exercises. PT here was very beneficial and also continues to keep pain away if I diligently perform each home exercise daily! I highly recommend this professional Physical Therapy business!"

— *Google 5-Star Review*

## Tell Us About Your Recovery Story!

Scan This QR code to leave us a review and help more people 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!