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NEWSLETTER

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A Wound That Won't Heal THE SIGNS AND SYMPTOMS OF CHRONIC WOUNDS

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INSIDE:

Common Types of Chronic Wounds

Are You Prepared For the Winter?: 5 Tips for Shoveling Snow



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A WOUND THAT WON'T HEAL

The Signs and Symptoms of Chronic Wounds



When was the last time you had a paper cut or accidentally cut yourself while making dinner? We all suffer wounds now and then—and our bodies work diligently to heal them. In fact, you probably stopped thinking about your paper cut a day or two after it happened.

But what happens when a wound doesn't heal? This question is a reality for millions of Americans. Chronic wounds (also known as non-healing wounds) can have a profound impact on a person's quality of life. They require constant diligence and care to ensure they don't become infected and lead to even more severe conditions.

First Choice Physical Therapy's Advanced Wound Clinic offers comprehensive treatment options for those living with chronic wounds. We'll develop a personalized treatment based on the type and severity of your wound, helping you to find comfort and peace of mind.

Keep reading to learn more about the signs and symptoms of common chronic wounds and when to reach out for care. And if you need non-healing wound care, call us to schedule an appointment!

What Exactly Is a Chronic Wound?

Wounds and sores are common occurrences, which is why your body is equipped to deal with them. In fact, your body runs through four phases when it detects a wound, working overtime to protect and repair the damaged tissue.

Most wounds heal within 4-6 weeks, although there are factors that can impact that timeframe, such as the severity of the wound and your overall health status. However, if a wound lingers for 2-3 months, it becomes classified as chronic—and, as such, requires specialized care.

That said, you can sometimes determine if a wound is non-healing earlier than the 2-3 month mark. Think back to your last minor cut. After a day or two, it started to show signs of healing: it formed a scab, and the skin around the cut may have been red or swollen.

If you have a wound that *doesn't* show those signs of healing within one month, you may have developed a chronic wound. If that's the case, contact us right away—our team of experts can let you know for sure.

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

Common Types of Chronic Wounds

Chronic wounds form for various reasons, and there are several common types. *Here are some chronic wounds we treat in our clinic, along with the signs and symptoms to watch out for.*

- **Venous ulcers:** These open skin sores occur due to issues with the blood veins in your legs. They're most likely to appear on your lower leg or ankle.
- **Arterial insufficiency ulcers:** These open sores also tend to form on the ankles, lower legs, and feet. They result from blocked arteries, which restrict blood flow to your lower extremities.
- **Diabetic ulcers:** These open sores occur on your feet due to advanced diabetes, which causes nerve damage and reduced flow to the legs and feet.
- **Cellulitis:** Cellulitis is a skin infection caused by bacteria that can sometimes cause open wounds. While cellulitis usually resolves with antibiotics, it can sometimes lead to chronic wounds. Look for redness, swelling, blisters, and pain in your extremities.
- **Osteomyelitis:** Osteomyelitis is an infection in your bone tissue. It's most likely to affect people with impaired immune systems, such as someone undergoing chemotherapy. Symptoms include swelling, redness, and immobility in the impacted area.
- **Non-healing surgical wounds:** If you've undergone surgery, it's important to monitor the wounds at your surgical site to ensure

they heal properly. If it's been a month since your surgery and you still have no symptoms of healing at the site, reach out to us.

- **Trauma wounds:** Trauma wounds occur when repeated trauma prevents the wound from healing properly. Probably the most common example are pressure sores (also known as bed sores), which form when someone spends prolonged periods in a bed or chair. They'll appear in places where the skin is impacted by the repeated trauma or pressure.

Are You Living with a Non-Healing Wound?

No matter the reason for your chronic wound, the Advanced Wound Care Clinic at First Choice Physical Therapy can help you manage your condition. **Call us today to schedule your appointment and learn more about your treatment options.**

Sources:
<https://www.ncbi.nlm.nih.gov/books/NBK470443/>
<https://pubmed.ncbi.nlm.nih.gov/32032952/>



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!



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DR. SAMUEL MOORE
PT, DPT, Owner

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Balance

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PHYSICAL THERAPY

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SUCCESS STORIES

Spring Creek Location

"Everyone at First Choice Physical Therapy is wonderful. I'm so glad I chose them. Not only is it nice that they are close to my house, but it's so nice if you don't need to go into town. You don't have to go all the way over the hill for physical therapy. They are also great at what they do and all so friendly. 10 out of 10 would recommend."

— 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!



Are You Prepared For the Winter?

5 Tips for Shoveling Snow

Snow shoveling can lead to a number of health risks for many people, from back injuries to heart attacks. The following tips can help keep you safer when you set out to shovel:

- 1. Warm up.** Warm your muscles before heading out to shovel by doing some light movements, such as bending side to side or walking in place.
- 2. Push rather than lift.** Pushing the snow with the shovel instead of lifting can help reduce the strain on your body.
- 3. Lighten your load.** Consider using a lighter-weight plastic shovel instead of a metal one to help decrease the weight being lifted.
- 4. Consider multiple trips.** Consider shoveling periodically throughout the storm to avoid having to move large amounts of snow at once.
- 5. Keep up with snowfall.** Try to shovel snow shortly after it falls, when it is lighter and fluffier. The longer snow stays on the ground, the wetter it can become. Wet snow is heavier and harder to move.

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FREE PHYSICAL THERAPY CONSULTATION

For the first 10 people to call!



\$100 VALUE. CALL TODAY!

Contact the office closest to you to schedule!