



Rehab. Recover. Get Your Life Back.

NEWSLETTER

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

FirstChoicePTNV.com



HOW PHYSICAL THERAPY CAN *Help You Get Healthier*

**CELEBRATE THE
HOLIDAYS WITH THE
GIFT OF WELLNESS**

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NEWSLETTER

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

INSIDE:

Simple Tips for Healthy Living

Prevent Back Pain and Mobility Restriction Before It Starts!



SCAN ME

Scan To Book Your Appointment Today!

HOW PHYSICAL THERAPY CAN *Help You Get Healthier*

From fad diets to detoxes, the media regularly bombards us with messages about how to get healthier. Even seemingly simple advice like “exercise regularly” can be difficult to navigate when fitness influencers battle it out to prove that their 30-day program is better than the rest.

At First Choice Physical Therapy, we want to help you cut through the noise. Our trained experts take a holistic view of health and wellness and understand that good health isn't just about physical health but mental and emotional health, too. We also know that everyone isn't starting from the same place — and that's okay! We'll meet you where you're at and help you develop strategies to find a health-promoting regime that works for you.

Despite what you may have read on social media, evidence-based health-promoting behaviors are fairly straightforward. However, they can be difficult to implement, especially between work, family, and other obligations. We get it. That's why we advocate for small, simple changes that can make a big difference.

**Are you ready to start making healthy changes in your life?
Call us today to set up an appointment!**

What It Even Means to “Be Healthy”

The World Health Organization defines health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity,” which speaks to the complexities of health as a concept.

Good health also means different things to different people. For example, an 80-year-old on medication to manage high blood pressure and diabetes might consider herself healthy because she's still physically active and can live independently. Meanwhile, a 20-year-old with no health conditions and excellent metabolic health might consider himself unhealthy because he struggles with exercise.

Living an entire life free of disease or illness is impossible for most of us. However, we can still strive to live as healthy as possible. Moving regularly, managing stress, and eating a nutritionally dense diet will help you feel your best, regardless of whether or not you meet the WHO's (or anyone else's) definition of “healthy.”

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

Simple Tips for Healthy Living

- 1. Get Enough Sleep:** Getting a good night's sleep is one of the most important things you can do for your overall health. A lack of deep REM sleep will have physical and psychological ramifications, affecting cardiovascular health, insulin levels, and cognitive abilities. Aim for 7-8 hours of sleep a night.
- 2. Move Your Body:** Exercise is another health-promoting behavior that has a big impact. Regular exercise improves your metabolic health, elevates your mood, and helps you stay mobile even as you age. Aim for 150 minutes of moderately intense exercise (i.e., walking) each week—that works out to about 22 minutes daily!
- 3. Eat a Nutritious Diet:** Although it may seem like certain foods cycle in and out of "health food" status, research has confirmed the ideal diet: one that's varied, with plenty of fruits and vegetables, whole grains, and lean meats. One simple tip for eating healthier is to emphasize adding healthy foods to your meals rather than restricting less healthy choices.
- 4. Stay Hydrated:** As part of that nutritious diet, ensure you drink plenty of water throughout the day. Hydration helps prevent injuries and may lessen your chances of developing chronic illnesses. Current recommendations vary but usually land at around 8 cups a day.

Physical Therapy's Role in Promoting Good Health

Our physical therapists have several tools to help you live the healthiest life possible:

- We can help you manage or resolve injuries and/or painful conditions that keep you from being physically active.
- We can help you develop a fun, effective exercise program that suits your interests and abilities.
- We can identify areas of musculoskeletal weakness or impairment that might cause problems for you down the road — and give suggestions for managing that impairment now!
- We can show you relaxation techniques to manage stress.

And much more! When you visit us, we'll create a customized program that addresses your unique needs.

Sources:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4027933/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC315424/>
<https://www.who.int/about/governance/constitution>
<https://www.ncbi.nlm.nih.gov/health/sleep/why-sleep-important>



**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

SURGEON SPOTLIGHT: *DARIN W. ALLRED* BOARD CERTIFIED ORTHOPAEDIC SURGEON

Dr. Darin W. Allred's comprehensive orthopaedic medical practice includes surgical, arthroscopic, and non-surgical options to treat conditions related to the knee, shoulder, elbow, hand, hip, foot, and ankle. In practice for 17 years, Dr. Allred attended medical school at the University of Texas Health Science Center in San Antonio and completed his orthopaedic surgery residency at University of Oklahoma Health Science Center in Oklahoma City, completing his Sports Medicine and Arthroscopy fellowship in San Diego, California.

"My goal in life is about how many people I can help, how many lives can I change and can I have a good time doing it. It is really more about helping people and connecting with them and feeling like I can make a difference."

Dr. Allred specializes in outpatient joint replacements at the new Elko Community Health Center!

Now Seeing Patients in ELKO



**2098 Idaho St
Elko, NV 89801**

Phone: (775) 389-5777

Fax: (775) 360-3602

Schedule an appointment with Dr. Allred today! Call 775-389-5777 or visit www.darinallredmd.com to begin your journey to recovery.

SUCCESS STORIES

Elko County Location

First Choice Physical Therapy is the best place that I have found to help my back problem. I'm seeing remarkable improvement in mobility in less than 2 months that I've been going there. The best part is that my pain is gone! Sam and his crew are so kind and knowledgeable. They really are the best physical therapists that you can find. Give this place a try if you have given up on physical therapy like I had. I'm so glad I tried one more time with First Choice. You'll be happy that you did, too!

— Google 5-Star Review

Prevent Back Pain and Mobility Restriction *Before It Starts!*

Do any of these statements apply to you?

- I have a job that requires me to sit at a desk.
- I struggle to find time to exercise regularly.
- I never learned proper lifting techniques.
- People frequently tell me I slouch.

If so, you may be at a higher risk of developing back pain. Several lifestyle factors can increase the likelihood of an injury leading to back pain. Fortunately, physical therapy at First Choice Physical Therapy is a great choice not only for resolving back pain but for stopping it before it even begins!

Three Simple Back Pain Prevention Tips

Tip 1: Exercise. Regular physical activity helps strengthen the muscles that support and stabilize your spine. Find something that suits your interests and ability level, such as daily walks, simple resistance exercises, or dance fitness classes.

Tip 2: Minimize Sitting. Prolonged sitting can have wide-ranging effects, including increased pressure on your spine. If you have a desk job, get up and move around every 30 minutes or so, even if it's just to stand up and stretch.

Tip 3: Ask for Help. When it comes to lifting heavy objects, don't get ambitious! Ask for help when lifting anything heavy or awkwardly shaped, and make sure you're using proper lifting techniques. Not sure what those are? Our therapists will happily show you how to lift without risking injury.

While these tips can get you started, the First Choice Physical Therapy physical therapists can help you develop a customized back pain prevention plan. We'll help you identify any lifestyle factors that might put you at risk of developing back pain and then work with you to address them.

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!



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CONSULTATION**

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\$100 VALUE. CALL TODAY!

Call 775-254-8647 Today!