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NEWSLETTER

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

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Alleviate Persistent Neck Pain

WITH PHYSICAL THERAPY

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WITH THE GIFT OF
WELLNESS**

**FREE 1-1
EVALUATIONS**

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Details Inside >



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NEWSLETTER

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

INSIDE:

Physical Therapy: Your Pathway to Relief
We're An Advanced Modality Wound Care Clinic



Alleviate Persistent Neck Pain **WITH PHYSICAL THERAPY**

Have you ever had one of those days at work or school when your neck just won't stop bothering you? Or maybe turning your head to check for cars is difficult or painful. Neck pain can really impact your day and make life less enjoyable. Good news! At First Choice Physical Therapy, we've got a team that knows just how to help you feel better and give you tips to keep the pain away.

Most of the time, neck pain happens because there's something wrong with a muscle or joint. Figuring out what the real source is can be difficult, but with the help of our experienced therapists, you can get to the root of your problems, and more importantly, get the solutions you're looking for.

Our therapists will use treatments like specific stretches, hands-on techniques, and strength exercises that are tailored for immediate and lasting relief. Our ultimate goal? To help you return to a life you can enjoy to the fullest.

Take action today! Request an appointment and set the wheels in motion for the lasting relief you deserve.

Source of Neck Pain: Causes and Symptoms

Neck pain is a multifaceted condition, and its origins can vary widely from person to person. Whether your discomfort starts from an unfortunate car accident or something that seems insignificant, like maintaining an improper posture while working at your desk, our team can help.

What may appear to be a minor issue, such as a recurring crick in your neck, could potentially develop into a chronic issue that disrupts your daily life.

For some individuals, the issue lies deeper within the structure of the spine (for example, changes to the discs, the cushions between vertebrae). Disc degeneration can lead to pain and difficulty moving the neck, whereas problems such as bulging or herniated discs can be particularly painful and can even lead to nerve compression. This often results in additional symptoms such as sharp, radiating pain or numbness extending into the shoulders or arms.

Luckily, our physical therapists are skilled at identifying these contributing factors and formulating an effective treatment plan tailored to alleviate your specific symptoms.

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

Physical Therapy: Your Pathway to Relief

We'll start with a comprehensive evaluation, including gathering as much information about your health, previous history of neck pain, and information about your most recent episode.

Next, we'll conduct a physical examination, including a hands-on assessment of your neck and upper back muscles. We'll assess your posture and movement patterns to identify any restrictions or limitations contributing to your pain.

Our treatment programs are built on several key elements, all aimed at facilitating the health of your neck:

- **Posture Correction:** Poor posture is a significant contributor to neck pain. Working with you, our therapists will guide you through the steps to correct your posture, effectively alleviating muscle strain on your neck and shoulders.
- **Hands-on Therapy and Custom Exercises:** Our expert therapists use specialized manual treatments to free up restrictions and alleviate tension in soft tissues. We'll also develop personalized exercise routines aimed at targeting the source of your pain to improve mobility and strength.
- **Ergonomic Evaluation:** Our therapists will provide practical recommendations for your work and home environments that can help minimize any physical strain on your neck and shoulders. We will also introduce you to stress-minimizing methods that can be seamlessly integrated into your work life.

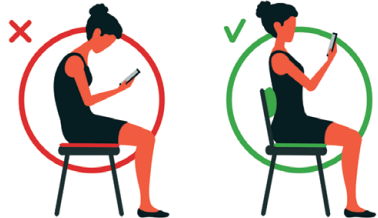
We are committed to working closely with you to craft effective, proactive programs to restore mobility and contribute to overall well-being.


Ready to Take the First Step Toward a Pain-Free Neck?

Don't let neck pain hold you back any longer. At First Choice Physical Therapy, our team of experts is here to give you the personalized help you need to feel better and stay that way. Let's work together to create a plan that fits you perfectly.

Contact us today to schedule your appointment with our amazing physical therapists and start your journey to a more comfortable, pain-free life!

Sources:
<https://www.jospt.org/doi/10.2519/jospt.2017.0302>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723111/>



 **Are you suffering from pain?**
Call us at 775-254-8647
to start healing today!



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What Is The Back On Trac?

Back On Trac is a unique system that provides a wide range of treatment options to aid in the relief of chronic back pain. The Back On Trac is patient-friendly with no cumbersome restraints or belts. This specialized device gently stretches the spine, joints and muscles in the back, neck, hips and thighs. Back On Trac offers safe and effective stretching of the thoracic and lumbar spine in conjunction with therapeutic exercise. Our innovative care strategies at First Choice Physical Therapy will help you find quick relief.

Scan the QR code to learn more about the Back on Track! >>



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

HEALTHY RECIPE



We're An Advanced Modality Wound Care Clinic

Our doctors and staff offer compassionate, specialized care to help heal your wounds. Our wound care specialists also serve as a resource for your wound care management, providing a customized at-home wound care plan and education on how you can prevent new wounds.

Advanced Wound Clinic at First Choice Physical Therapy in Elko offers services to heal wounds such as diabetic ulcers, lower leg ulcers, pressure ulcers (bed sores), bone infections, gangrene, skin tears or lacerations, radiation burns, and post-operation wounds and infections.

What is Wound Care?

Wound care consists of evaluating and treating non-healing wounds using advanced wound healing technologies as well as traditional medical and surgical therapies. The purpose of wound care is to prevent complications and preserve function. Your wound care physician and care team will determine the appropriate therapies for you and recommend a personal course of wound treatment.

Our wound care experts are equipped with advanced training in their field to provide the latest in wound healing treatments, including Apligraf®. Designed with living, bioactive cells to look, function, and respond like human skin, Apligraf is the only product FDA-approved to heal venous leg ulcers after 4 weeks of failed conventional therapy. It is also FDA-approved to heal diabetic foot ulcers after 3 weeks of failed conventional therapy.

When to Get Help for a Chronic Wound

If you have a sore or wound that is not significantly better in a month or healed entirely in two months, ask your doctor about Advanced Wound Clinic at First Choice Physical Therapy in Physical Therapy at Elko Spine and Rehab. We'll work with your doctor to create a treatment plan designed for you.

If you or your physician has any questions, please call us for more information or to schedule an appointment.



Apple Pie Chia Smoothie

- 1 apple cut into small pieces
- 1 cup almond milk
- 2 tablespoons chia seeds
- 1 tablespoon maple syrup
- ½ teaspoon vanilla extract
- ½ teaspoon cinnamon
- pinch nutmeg and salt

Blend all ingredients until smooth; add ice if desired.

Yes, this actually tastes like pie! So drink this instead and save yourself a ton of calories. The chia seeds have plenty of fiber and protein to keep you full until lunch.

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**FREE PT
CONSULTATION**

For the first 10 people to call!



\$100 VALUE. CALL TODAY!

Call 775-254-8647 Today!