



**TaylorRehab**  
physical therapy



# LIVE A HAPPIER AND HEALTHIER LIFE WITH PHYSICAL THERAPY!

[www.taylor-rehab.com](http://www.taylor-rehab.com)

**INSIDE:** • Attend Our Winter Workshops • Exercise Essential  
• Immunity-Boosting Recipe • New Year, New You



## LIVE A HAPPIER AND HEALTHIER LIFE WITH PHYSICAL THERAPY!

### Getting On Track With Physical Therapy

The purpose of physical therapy remains the same, no matter what you are seeking its services for. Perhaps you are still suffering from the lingering pain of an injury? Perhaps you are recovering from a surgery and trying to get your range of motion back? Perhaps your joints simply aren't what they used to be, and you are looking for relief? Whatever the case may be, physical therapists are dedicated to relieving your pain and getting you back to your peak level of physical health.

A physical therapist is a movement specialist, educated in analyzing mobility issues with walking, running, jumping, bending, stretching, and almost every other form of physical activity. Our physical therapists can pinpoint problem areas and create a customized treatment plan aimed at improving those areas. Through in-office sessions and at-home exercises, patients strengthen their muscles and joints, improve their balance, build endurance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

### Physical Therapy Treatments Are Catered Toward Your Needs And Goals

Physical therapy is generally comprised of three important phases: pain relief, strengthening, and functional integration. Some people are apprehensive toward physical therapy because they believe it will hurt them; however, the opposite is usually true. Physical therapy is aimed at pain relief and strengthening. This is achieved through several treatment services, such as ice and heat therapies, stretching, bracing, and ultrasound.

An active lifestyle is also dependent upon movement. Our physical therapists will cater your treatment plan around specific movements designed to increase your strength, flexibility, balance, and overall mobility. Your physical therapist will assist you with many of these exercises, but will also provide some simple ones that can be done at home.

The end goal of physical therapy is living the life you want, free from painful limitations. That can only happen when you apply the concepts you learn from your treatments to the outside world. Our physical therapists are as dedicated as you are, and will encourage you to achieve all the goals you set forth in the beginning.

### Aspire Toward A Happier And Healthier Life Today

Maintaining a healthy lifestyle takes work, but once you get into the groove of it, it becomes much easier. For example, eating nutritious foods is one of the easiest ways to improve your health (although we know those sweets are hard to kick.) Physical activity is the hardest aspect to get in the habit of doing, especially if you are being held back by chronic pain. Some people try to mask their symptoms with anti-inflammatory or pain-relieving medications, while others unfortunately give up on the idea of being active altogether. Luckily, there is an alternative option: physical therapy. With the help of a physical therapist, it is possible to reclaim your pain-free, healthy lifestyle, and get back to doing the activities you love.

Everyone has different needs based on the conditions of their bodies. There is no cookie-cutter approach to health and wellness, as one treatment plan may not work the same for one person as it would for another. **Your physical therapist will work closely with you to evaluate your mobility, balance, range of motion, and severity of pain.**

Have pain that won't go away?

We want to help you! Call us at 704-658-1095 (Gateway)  
or 704-660-6551 (Plantation)



1. Feel free to call us and ask to speak to your therapist.



2. Your therapist will tell you the possible causes of your pain as well as precautions you can take at home.



3. If further assessment is warranted, your therapist might recommend that you come in for an appointment.

Call **Taylor Rehab** to talk with your physical therapist today!

## Attend New Workshops



### Free Rotator Cuff Workshop

**When:** Saturday, Jan 09th at 10:00 AM  
**Where:** 114 Welton Way, Suite B Mooresville, NC 28117

*At the workshop you will learn how to get back to normal naturally without medications, injections or surgery!*



### Free Back Pain & Sciatica Workshop

**When:** Tuesday, Jan 19th at 6:15 PM  
**Where:** 114 Welton Way, Suite B Mooresville, NC 28117

*At the workshop you will learn how to get back to normal naturally without medications, injections or surgery!*

Register today by visiting  
[www.taylorrehab.ptworkshops.com](http://www.taylorrehab.ptworkshops.com)

\*Limited spots available

## Improve Your Life With Taylor Rehab

Your physical goals will also be taken into account when creating your treatment plan, as well as any health risks that may be holding you back. At your initial evaluation, you may be asked to perform basic movements, such as sitting down, standing up, walking, lifting, stretching, or other motions. Once your physical therapist has a clear picture of what you need, he or she will begin constructing a treatment plan to help relieve your pain and achieve your goals.

In the end, an active lifestyle is more than possible, even if you struggle with chronic pain. If you are looking to improve your health, strength, and physical activity, look no further – Taylor Rehab is here to help. Schedule a consultation with one of our physical therapists today and get started on your journey toward better health and wellness!

**Sources:** [http://www.apta.org/uploadedFiles/APTAorg/About\\_Us/Policies/Practice/PTRoleAdvocacy.pdf](http://www.apta.org/uploadedFiles/APTAorg/About_Us/Policies/Practice/PTRoleAdvocacy.pdf)  
<http://www.apta.org/Media/Releases/Consumer/2013/12/5/>



## Immunity-Boosting Recipe *Rainforest Smoothies*

### INGREDIENTS

- 3/4 cup frozen mango chunks
- 2 cups reduced-fat milk or plant-based milk
- 3/4 cup frozen pineapple chunks
- 2 tbsp honey
- 1/2 cup frozen chopped kale

### DIRECTIONS

In a blender, purée the ingredients until smooth. Divide between 2 glasses. Enjoy!

Source: <https://www.savoryonline.com/recipes/177717/rainforest-smoothie>

## Patient Success Spotlight



*“Started PT with Taylor Rehab after shoulder surgery with little to no movement in my arm. Taylor Rehab did an excellent job helping me reach certain goals to have a productive lifestyle. Taylor Rehab was able to work with me to reach the maximum potential for my injury. I would definitely recommend Taylor Rehab to anyone.”*

- Glenn Kosinski

# NEW YEAR NEW YOU!

THE YEAR IS COMING TO AN END  
DON'T LEAVE YOUR GOALS WITH IT!



With a new year comes a fresh start to an all new you! Starting at the beginning of 2021, your insurance benefits have renewed. This means a whole new year to make the most of your benefits. The earlier you start your physical therapy and plan to meet your insurance deductible for the year, or end up with unused money in your HSA account, your insurance plan may cover the cost completely.

Our highly experienced team of physical therapists offer specialized treatment services for any pain, injury, or discomfort you may be feeling. **Let Taylor Rehab help you on your journey to becoming strong, healthy, and active in 2021.**

Call one of our locations or visit [www.taylor-rehab.com](http://www.taylor-rehab.com) to schedule your new year tune-up today!

## Exercise Essential



SimpleSet Pro

### REPEAT TRUNK FLEXION | TO FLOOR

Sit in a chair with good posture. Hands on thighs. Let your trunk sag toward the floor use your arms to control the movement. Let your arms dangle to the floor. Now use your arms to push yourself up. Repeat 10 times.

## Did You Know?

We Can Also Treat:

- Arthritis
- Back Pain
- Balance
- Chronic Pain
- Dizziness
- Headaches
- Hip & Knee Pain
- Neck Pain
- Neuropathy
- Pelvic Health
- Sports Injuries
- Work Injuries

## Mind Exercise: Sudoku

5	2		8			9		
	4			2	6			
		9						
2			6					3
8	1	3		7		6	2	9
4				9				7
						2		
			7	3			5	
	7			4			3	1

The rules of the game are simple: each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box.

## Keeping Your Health In Mind

Before and after every session, we are asking our clients and staff to wash or sanitize their hands. Additionally, we have increased the number of times per day that we sanitize our equipment and facility as well as checking the temperature of each patient as an added precaution.

During these difficult times, physical therapy is considered essential and at Taylor Rehab we are offering methods of treatment for patients recovering from COVID-19. As more research is done, it's being discovered that there are several negative lasting effects from the virus, many of which are causing physical and emotional challenges that can continue for unprecedented amounts of time. The side effects and impairments a person might experience after having COVID-19 can persist for months, and recovery may not be an easy road to go down alone. **To learn more about what our clinic is doing to prevent the spread of COVID-19 as well as treat patients suffering from painful side effects, contact our office today!**

