



# DETERMINING THE ORIGINS OF YOUR PAIN

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

## INSIDE:

- Considering Physical Therapy?
- Keeping Your Health In Mind
- Healthy Recipe: Arugula, Grape, & Sunflower Seed Salad



## DETERMINING THE ORIGINS OF YOUR PAIN

When a new pain develops, sometimes you can immediately identify the cause. Perhaps a new pair of shoes causes a sharp pain in your heel, or an old chair at work causes your back to grow sore and uncomfortable as time goes on. Then there are other situations in which pain develops and the cause of the pain is unclear.

Distinct types of physical pain can tell you different things about your body and overall musculoskeletal health. Sometimes a pain in your arm or your leg may have little or nothing to do with an actual issue in your arm or leg. The physical therapists at Taylor Rehab are like well-trained detectives when it comes to identifying the causes of pain. Our physical therapists know how the nervous system works, making it possible to identify the potential causes of pain, even if the pain is manifesting itself in an unusual or seemingly inexplicable way.

Whether you are suffering from pain in your head, your back, your neck or anywhere else in your body, working with a physical therapist can help you find the relief you are looking for. Our physical therapists are trained in identifying and treating the cause of your pain, giving you the opportunity to shift away from the ongoing use of pain medication and instead find relief from your pain with a series of strategies that include stretching, muscle building and flexibility training.

### Understanding Your Pain

When you meet with one of Taylor Rehab's physical therapists to understand where your pain may be coming from, one of the first things you'll do is have a conversation about your pain. How long you've been experiencing pain, where it developed and how the pain manifests itself are all very important distinctions that can help shed some light on what may be causing your discomfort.

## Free Screening!

20 spots open for a FREE Screen in March to Determine the Origins of your Pain. Call (704) 660-6551 to schedule your free screen before all the spots are taken!

Expires 3/28/2021



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, March 13<sup>th</sup> 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, March 23<sup>rd</sup> 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

# Considering Physical Therapy?

- Consider exactly where the pain occurs in your body, and research what the different parts of the body are called so that you can have an accurate and helpful conversation about your pain. For example, back pain has a lot of different differentiations, and lumbar pain (which is in the lower back) is frequently caused by factors different from what would cause upper back or neck pain.
- How does the pain feel when it develops? Is it a lingering ache? Is it a sharp stab? Is it more of a tingling feeling? Each of these sensations are actually associated with different types of problems, so describing your pain appropriately may be helpful in determining the best treatment methods for your body's needs.
- What do you think may be causing the pain? Of course, sometimes pain develops and you may have no idea why! More often than not, however, there is likely something that you think could be influencing it. If the pain started around the same time as a change in environment or life circumstances, then it is worth telling your physical therapist about the association.



## Healthy Recipe

### Arugula, Grape, & Sunflower Seed Salad

- 3 tablespoons red wine vinegar
- 1 teaspoon honey
- 1 teaspoon maple syrup
- 1/2 teaspoon stone-ground mustard
- 2 teaspoons grapeseed oil
- 7 cups loosely packed baby arugula
- 2 cups red grapes, halved
- 2 tablespoons toasted sunflower seed
- 1 teaspoon chopped fresh thyme
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

Combine vinegar, honey, syrup, and mustard in a small bowl. Gradually add oil, stirring with a whisk. Combine arugula, grapes, seeds, and thyme in a large bowl. Drizzle vinegar mixture over arugula; sprinkle with salt and pepper. Toss gently to coat.

## Keeping Your Health In Mind



OUR EMPLOYEES WEARING PROPER MASKS



OUR EMPLOYEES ARE PRACTICING SAFE DISTANCE



OUR EMPLOYEES ARE USING GLOVES WHEN NECESSARY



WE ARE CHECKING THE TEMPERATURE OF EACH PATIENT



OUR EMPLOYEES ARE AVOIDING HUGS & SHAKING HANDS



OUR EMPLOYEES ARE WASHING HANDS REGULARLY



OUR CLINICIANS HAVE BEEN VACCINATED

# Contact Us Today!



Another thing to consider about your aches and pains are whether or not they develop at particular time of the day or year. There are plenty of situations when someone begins to experience pain when the weather starts to change, and it turns out that the pain is a result of arthritis and inflammation. There are other situations in which the pain will develop as a result of prolonged sitting or the opposite — such as when things get crazy at home or at work, and you find that you are not getting as much sleep as usual. Considering any changes in your daily habits or environmental factors can be very helpful in determining what is causing your pain.

Regardless of where your pain is, how long you've been dealing with it, or how intense the pain feels, the smart thing to do when pain develops is to speak with a physical therapist. Working with one of Taylor Rehab's physical therapists can help you finally get a step ahead of your pain; finding treatment options that are designed to provide you with long-term relief instead of temporary improvements from medication. For more information about physical therapy for overcoming bodily pain, give us a call!

## Exercise Essential



SimpleSet Pro

### STANDING CALF STRETCH

Using a chair for support, execute by standing with one foot in front. Slowly lean forward. You should feel a stretch in your back calf. Keep your back knee locked and hold for 5-10 seconds. Repeat 3 times per leg.

## 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:

### March Word Search

```

H F L P A N G R
S J D C I W E M
Q L I X O P U A
A T N B N T E H
L U N V E U F S
X I E T E A B X
A B L A R N E Y
M I P C G S V A
T H C R A M E W
I S H Q J D O A
B E C L O V E R
P R E C H A U N
    
```

Bagpipes	Gold	Limerick
Blarney	Green	March
Celtic	Ireland	Patrick
Cliver	Irish	Rainbow

## Patient Success Spotlight



"The team is professional, caring, and experts in recommendations and exercise regimen. The facility is taking appropriate COVID precautions/ protocols. I highly endorse their work and practice."

- Dan Drayer