

NEWSLETTER



2021



BECOME HEALTHIER, STRONGER, AND MORE ACTIVE

www.taylor-rehab.com

INSIDE: • Upcoming Free Workshop • Healthy Recipe: Rainforest Smoothies
• Three Ways To Beat Spring Allergies • Ready To Get Started?



BECOME HEALTHIER, STRONGER, AND MORE ACTIVE

It is a common aspiration to become healthier, stronger, and more active. However, this can sometimes be a difficult feat; with lack of time, pain, injuries, or difficulty sticking to a nutritious diet. When you are in pain, undesirable chemicals within your body are heightened, which can increase stress. As a result, your endocrine system becomes affected, which works to regulate the hormones in your body. Fortunately, the vast majority of aches and pains can be successfully treated by a licensed physical therapist. At Taylor Rehab Physical Therapy, our team is comprised of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way. To find out more about how our services can help you live a healthier, stronger, and more active life, contact our office today!

Your Health & You

The term "health" is all relative. Having good health essentially means that your body is operating at its highest levels of function in regards to breathing, circulation, digestion, and more. It doesn't necessarily mean that you have to be the most athletic person in the room. Any step you make toward helping your body function at its optimum levels is a step toward becoming a healthier you. Your physical therapist can provide you with exercises, stretches, and nutritional tips that can help increase your health and help you feel physically better overall.

Increasing Your Strength & Flexibility

It is no secret that strength and flexibility both play important roles in your health. Did you know that there are approximately 642 skeletal muscles in the human body? Your muscles work hard, not only to help you move, but also to support your circulatory and breathing systems. When you become stronger and more flexible, you become healthier overall. Our physical therapists can guide you through proper exercises and specialized treatments in order to relieve your joint and muscle pain, increase your strength and flexibility, and improve your overall health.

Has Your Pain Come Back?

Come Back In For Physical Therapy!

Call us at (704) 658-1095 (Gateway) or
(704) 660-6551 (Plantation) to schedule
your appointment today!



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!



Upcoming Free Workshop



Free Rotator Cuff Workshop

When: Saturday, May 8th at 10:00 AM

Where: 167 Gateway Blvd. 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

*Limited spots available

Healthy Recipe

Rainforest Smoothies

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

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

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



Healthy Tips

Shawn and Janet Taylor enjoy traveling and living an active lifestyle. They just finished hiking the south rim of the Grand Canyon down to the Colorado river and back. It was a strenuous 17.2 mile hike. *Suggestions for a healthy lifestyle are:*

- Eat nutritious foods that will fuel your body
- Choose a form of exercise you enjoy and do it 3-4 times a week for a minimum of 30 minutes.
- Work out with friends that enjoy the same activity and make it social
- Maintain a positive attitude



Three Ways To Beat Spring Allergies



- 1. Limit your time outdoors.** Each spring, trees release billions of tiny pollen grains into the air. When you breathe them into your nose and lungs, they can trigger an allergic reaction. Staying inside can help, especially on windy days and during the early morning hours, when pollen counts are highest.
- 2. Get natural relief.** Some herbal remedies may help stave off allergy symptoms. More research is needed, but an extract from a shrub called butterbur shows promise. Biminne, a Chinese herbal formula with ingredients like ginkgo biloba and Chinese skullcap, may also help. One study found that people who took biminne five times a day for 12 weeks still felt the benefits a year later.
- 3. Tweak your home.** Simple changes make a difference. Shut all windows to keep out pollen. Use an air conditioner to cool your home instead of a fan, which draws in air from outside.

Take off your shoes at the door and ask guests to do the same. That keeps allergens outside.

Finally, don't allow guests, or yourself, to smoke inside the home. It can make allergy symptoms worse. If you or someone you live with smokes, now is a good time to quit.



Covid-19 Precautions



OUR EMPLOYEES ARE 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 CLINICIANS HAVE BEEN VACCINATED

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

Ready To Get Started?

At the end of the day, Taylor Rehab Physical Therapy is here to provide support to you every step along the way. Our success is dependent upon your success, and we strive to create a warm, welcoming environment where you can comfortably heal.

If you are in Mooresville, North Carolina or any of the surrounding areas, and you are searching for relief, look no further. Taylor Rehab Physical Therapy is here to help as one of the most favored North Carolina physical therapy practices.

Call our office at (704) 658-1095 (Gateway) or (704) 660-6551 (Morrison Plantation) or visit www.taylor-rehab.com to schedule an appointment with one of our physical therapists today. We will be happy to meet with you and create a treatment plan for your journey toward health, healing, and pain relief.