


TaylorRehab
physical therapy
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IMPROVE YOUR HEALTH & FITNESS WITH STRENGTH TRAINING

www.taylor-rehab.com

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IMPROVE YOUR HEALTH & FITNESS WITH STRENGTH TRAINING

Health is a relative term. It means that your body is operating at a high range in all the different systems from circulation, breathing, digestion, and more. Anything you can do to help your body achieve more of an ideal state is a step towards a healthier you.

Everyone desires to be healthier, stronger and more active. This may sometimes feel difficult to accomplish due to pain, injuries, or poor diets. Pain increases undesirable chemicals in your body that cause stress, creating a challenge when it comes to exercise. All of this affects your endocrine system, which regulates your hormones and controls almost everything happening in your body.

Fortunately, strength training exercises can effectively ease your pain while simultaneously strengthening the affected part(s) of your body. Our highly trained physical therapists can create a personalized strength training plan for your needs and goals. They have the right knowledge and the time to listen, evaluate, and guide you toward a pain-free, stronger, and healthier lifestyle. Contact Taylor Rehab Physical Therapy today to learn more!

Why Is Strength Training So Important?

There are approximately 642 skeletal muscles in the body.

Your strength and flexibility play an important role in your health. Your muscles not only help you move, but they support your circulatory and breathing systems. A stronger and more flexible you means a healthier you. Relieving joint or muscle pain and guiding you on proper strength training exercises are integral parts of our specialized physical therapy treatments.

Strength training helps to build muscle mass, and it is an important step in the rehabilitation treatment process. Whether you are recovering from an injury or underlying condition that is causing you pain; strength training will help you get back to your optimum physical performance. At Taylor Rehab Physical Therapy, we include strength training to get you back on track to living a happy and healthy lifestyle. Our physical therapists will design a treatment plan with the best exercises for an effective and speedy recovery.

These exercises will be dependent upon which part(s) of your body are in need of strengthening. This may include body weight exercises (such as squats, push-ups, or planks) or exercises using additional tools (such as barbells, resistance bands, exercise balls or hand weights).



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!

SUMMER WORD SEARCH!



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

Upcoming Free Workshop



Free Rotator Cuff Workshop

When: Saturday, July 17th 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

AUGUST	ICE POP	SPRINKLER
BARBECUE	JULY	SUMMER
BEACH	JUNE	SUNGLASSES
FAMILY	OCEAN	SUNSCREEN
FLIP FLOPS	PICNIC	SUNSHINE
FUN	POOL	SWIMSUIT
HOT	RELAX	VACATION
ICE CREAM	SHORTS	

Benefits of Cupping Therapy



While the popularity of cupping has significantly increased in the past recent years, it isn't a new practice. In fact, it was originally used by the ancient Chinese, Egyptian, and Middle Eastern cultures. It is an ancient form of alternative medicine that is performed by placing cups on the skin, in order to create suction.

Cupping can sometimes be described as a "tissue distraction release" technique. During the cupping process, the cups are glided across different areas of the body in order to lift and separate tissue. This works to enhance the release of the interfaces between the neural tissues, fascia, skin, ligaments, muscles, and tendons. It relaxes muscles, releases trigger points, improves lymphatic flow, increases local circulation, and releases scar tissue adhesion. Evidence supports cupping as an effective treatment method for several conditions, such as chronic neck pain, low back pain, and fibromyalgia.

What Can I Expect From A Cupping Session?

Cupping is typically used as an adjunct to your physical therapy treatment. Silicone cups will be placed over areas of muscle tightness or trigger points or along the course of a nerve or nerve impingement to improve blood flow or provide some decompression to the nerve.

4 Simple Ways To Make Hydration A Habit



Many people are so busy that they barely have time to eat, let alone pause for a water break, and you may find that you often go hours and hours without quenching your thirst. Staying hydrated has real advantages, including helping you maintain your energy and focus. It's important to give your drinking habits the attention they deserve. Here are some simple ways to stay hydrated this summer.

- 1. Always carry a water bottle.** If you have a bottle within arm's reach, it's very likely that you'll mindlessly sip from it throughout the day without having to make a conscious effort.
- 2. When you're feeling frazzled, grab a glass of cold water.** Studies show that people instantly feel more alert after drinking H₂O.
- 3. Sip on a mug of herbal tea every evening.** If you make this a habit, you'll add an extra cup of fluid to your body every single day.
- 4. Eat a diet rich in whole foods.** By eating foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake.

If you're an elderly adult, it's especially important to pay attention to hydration. Aging impairs the body's natural thirst mechanisms, which makes it easier to become dehydrated.

These tips should make hydration a habit in your life. Try to always keep a water bottle nearby as a physical reminder to drink even if you're not thirsty.



Post-Strength Training Smoothie

INSTRUCTIONS

- 1/3 cup quick-cooking rolled oats
- ½ cup light almond milk
- ¾ cup fresh strawberries
- ½ cup fresh dark sweet cherries
- 1-2 tbsp almond butter
- 1 tbsp honey
- ½ cup small ice cubes

DIRECTIONS

In a medium bowl combine water and oats. Microwave for 1 minute. Stir in ¼ cup of the milk. Microwave for 30 to 50 seconds more or until oats are very tender. Cool for 5 minutes. In a blender, combine the oat mixture, the remaining ¾ cup milk, and the next four ingredients (through honey). Cover and blend until smooth, scraping container as needed. Add ice cubes; cover and blend until smooth. If desired, top each serving with additional fruit.

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