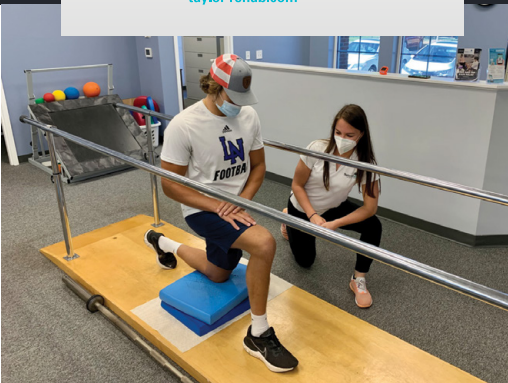


KICK YOUR KNEE AND HIP PAINS TO THE CURB!

www.taylor-rehab.com

INSIDE: • Fall Word Search! • Staff Spotlight • Trail Mix Recipe
• Fighting Hip & Knee Pain With Class IV Deep Tissue Laser



KICK YOUR KNEE AND HIP PAINS TO THE CURB!

Do you find it difficult to walk, run, or exercise, as if your knees may collapse underneath you? Are you experiencing sharp pains in your hips and knees that make daily tasks difficult? Does standing up after a lengthy amount of time pose as a challenging feat? If so, physical therapy can help.

Constant hip and knee pains can greatly hinder your daily life. The efficiency of your walk comes from the effectiveness of your flexibility, strength, and balance. When any of these aspects become abnormal, it may cause joints to become strained and work harder than they usually need to, leading to pain in the knees and hips. Physical therapy is an easy, comfortable, and safe way to both identify and relieve pain. **If you are suffering from knee or hip pain, contact Taylor Rehab Physical Therapy today for relief!**

Correcting Your Knee & Hip Pains With Physical Therapy Treatments

At Taylor Rehab Physical Therapy, our licensed physical therapists are movement experts. They will analyze how you walk in order to determine any abnormalities and to pinpoint stiff or weak muscles. By pinpointing the exact areas of your body that are not moving as they should, they are able to create a treatment plan that will improve your strength, coordination, and overall mobility.

Physical therapy has been proven as one of the most effective

treatment methods for knee and hip injuries. This has been demonstrated through several research-based studies, including a 2015 study published by the Cochrane Database for Systematic Reviews.

The study, titled "Exercise for treating patellofemoral pain syndrome," focuses on the effects of exercise programs for those experiencing pain in the knee, with a goal to reduce knee pain and improve knee function. Patellofemoral Pain Syndrome (PFPS) is common in both adolescents and adults and is typically identified by pain in the front of the knee, at or under the knee cap.

Results from this study concluded that exercise therapy for PFPS can create a significant reduction in pain levels as well as an improvement in functional ability. This combination can be effective in enhancing long-term recovery. There is also some evidence indicating that hip plus knee exercises may be more effective in reducing PFPS pain than knee exercise alone. This demonstrates the importance of a whole body approach, of which the physical therapists at Taylor Rehab are highly trained!

Restoring normal motion is a key aspect of alleviating and allowing you to safely partake in the activities you love. Our dedicated team can help you walk, run, and play better. Through movement analysis, strength testing, coordination testing, and more, we can spot the muscles and joints that are in need of treatment. **Your treatment plan will be individualized in order to help you reach your optimum function with the least amount of effort.**



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 Workshops



Free Knee Pain Workshop

When: Saturday, September 18th 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!



Free Rotator Cuff Workshop

When: Tuesday, September 28th at 6:15 PM
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

FALL WORD SEARCH!

S F G H E G H U E X V V U O L G E Y S R U Y O S
D S E N Y A K G R W X Q A Z N S O G E Y D J Y E
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TURKEY	HARVEST	COLORFUL	HAYRIDE
SCARECROW	THANKSGIVING	NOVEMBER	HALLOWEEN
GOURDS	AUTUMN	ACORNS	PUMPKINS
APPLES	SCENERY	FALL FOLIAGE	NIPPY
FROST	COOL NIGHTS	JACKETS	SWEATERS
BOOTS	TREES	LEAVES	BROWNS
FALL			

Staff Spotlight | Jessie Fletcher, PT, DPT



Jessie graduated from High Point University with her DPT in 2021 after getting her undergraduate degree at UNC Chapel Hill. She is currently working on her Dry Needling (DN) and Spinal Manipulation Technique (SMT) certifications.

Jessie is a Mooresville native. She enjoys playing outside with her two dogs, visiting national parks, traveling, eating ice cream, and waking up way too early on the weekends to run.

To learn more about our entire team and how we can help you, visit us online at taylor-rehab.com/our-team today!

Fighting Hip & Knee Pain With Class IV Deep Tissue Laser

Hip and knee pain is commonly experienced by a large portion of the population. Growing children can experience knee pain related to growth spurts, often referred to as Osgood-Schlatter syndrome. Active adolescents and adults can experience knee and hip pain due to sports injuries, overuse, or impingement. As we age, it is common to be diagnosed with osteoarthritis, especially in the weightbearing joints of the knees and hips. A trained physical therapist can be essential in discovering the cause of these pains and in guiding you through a rehabilitation process to alleviate them. At Taylor Rehab Physical Therapy in Mooresville, NC, the team of physical therapists frequently utilizes a Class IV Deep Tissue Laser to help reduce the time it takes to complete a course of physical therapy and to reduce pains quicker.

What Is Laser Therapy?

Laser therapy is a treatment utilizing focused light waves to stimulate a process called photobiomodulation (PBM). During PBM, photons enter the tissue and interact within the cells to trigger an increase in cellular metabolism, a reduction in pain, lessening of muscle spasms and improve circulation to the injured tissue. This non-invasive, non-pharmacological treatment is an FDA approved alternative for pain relief. All of the physical therapists at Taylor Rehab are trained to use the laser in new and old conditions as well as to assist in post-activity recovery.

In acute, or newer, conditions, laser therapy can help to quickly bring pain under control, making it easier to participate in the corrective exercises and stretches to get you back to prior function. In chronic, or issues that have been persisting over a longer period of time, the laser can be even more helpful in reducing the persistent pains commonly associated with these conditions. Promoting circulation to damaged tissues can be a powerful solution to pain reduction without the worry of medication side effects. Many professional, collegiate and Olympic sports teams utilize Class IV Deep Tissue Lasers to improve recovery times and reduce muscle soreness.

A recent study published in the Journal of Clinical Rheumatology in October 2020 titled, "Efficacy of high intensity laser therapy in knee osteoarthritis: a double-blind controlled randomized study," investigated the efficacy of laser therapy on pain, function, and range of motion in patients with knee osteoarthritis. Participants were randomly assigned into two groups, one of which received laser therapy + exercise and the other which received placebo laser + exercise. The study concluded that the combination of laser therapy + exercise was significantly more effective in reducing pain, improving function and range of motion in patients with knee osteoarthritis.

If you are suffering from hip or knee pain, regardless of the cause, call the specialists at Taylor Rehab Physical Therapy today! **We would be happy to evaluate your aches and pains and create an individualized approach to treatment just for you. We help patients within a wide area, including Cornelius, Davidson, Mooresville, Statesville and Troutman.**

Trail Mix Recipe



INGREDIENTS

- 1 cup raw almonds
- 3/4 cup raw cashews
- 2/3 cup raw pumpkin seeds
- 1/3 cup raw sunflower seeds
- 2 tbsp unsweetened dried cranberries, chopped
- 2 tbsp vegan dark chocolate chips
- sea salt for taste

DIRECTIONS

Chop any large ingredients if necessary to make everything about the same size. Give the dried fruit a light sprinkle of sea salt before you mix it in (it sticks better), or sprinkle the whole mix with salt if you prefer. Combine all ingredients in a bowl and enjoy! Store in an airtight container for up to 2 weeks.

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

Follow Us On Facebook!

We stay active on Facebook to provide you important updates, what's happening around our clinic, free workshops, patient success stories, and more! Don't miss out - follow us today!

"When I first arrived here I could barely walk and was unable to stand up straight. Six weeks later and I feel like a human again. Their staff is friendly, extremely helpful and they actually care about not only your progress but your general well being as well. I would and will recommend their services."



SCAN ME

www.facebook.com/TaylorRehabPT

