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Benefits Go To Waste!
(Details Inside...)

Our team has been
vaccinated against
COVID-19!



WWW.TAYLOR-REHAB.COM

Recover Quickly From A Rotator Cuff Injury

With The Help Of Physical Therapy

INSIDE



Recover Quickly From A Rotator Cuff Injury With The Help Of Physical Therapy

Your rotator cuff is comprised of the muscles and tendons surrounding your shoulder joint. Sometimes, the rotator cuff can become torn or injured, due to repetitive overhead motions performed in sports (such as tennis) or jobs (such as carpentry.) Athletes are also at risk of developing a rotator cuff injury if they participate in rigorous activities, such as weightlifting, swimming, or tennis.

The active movements associated with sports and laborious work are undoubtedly important factors to keep in mind; however, passive movements can also be contributing factors to an injury. Continuous poor posture and improper positioning of the shoulders can make your scapula, or shoulder blade, much more vulnerable to pain and rotator cuff injuries.

Those who experience rotator cuff injuries or "torn shoulders" generally report a dull ache deep in their shoulder, arm weakness, difficulty reaching behind their back, and disturbed sleep due to pain.

At Taylor Rehab Physical Therapy, our natural and non-invasive methods can help relieve your shoulder pain and heal your rotator cuff injury.

How Can Physical Therapy Help A Rotator Cuff Injury?

While rotator cuff injuries sometimes require surgery if they are severe enough, there are several cases where physical therapy treatments can work just as well (if not better) than surgery.

According to the American Physical Therapy Association, "A recent study from Finland asserts that when it comes to treatment of nontraumatic rotator cuff tears, physical therapy alone produces results equal to those produced by arthroscopic surgery and open surgical repair." In this same study, a follow-up on 167 patients receiving physical therapy alone for their rotator cuff injuries, demonstrated that conservative treatment, such as physical therapy, should be considered as the primary treatment for this condition.

Have Shoulder Pain That Won't Go Away?

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

How Do I Know If Physical Therapy Is Needed?



It is natural to experience an occasional ache or pain from overexertion. However, it is when the pain becomes chronic or unbearable that the condition becomes serious. Chronic pain, or pain persisting for three months or longer, is an indication that PT intervention is needed.

There are some additional symptoms to consider that may also be telling signs that treatment is needed, such as:

- Sharp or stinging pains.
- Uncomfortable "clicking" sounds with movement.
- Dull pain that runs alongside your arm.
- Sudden arm weakness.

If you notice any of these symptoms, it is important to contact a physical therapist for treatment.

How Can I Begin Treatments?

At Taylor Rehab Physical Therapy, we will conduct a physical evaluation and diagnostic tests to determine if you do indeed have a rotator cuff problem, and we will design a personalized treatment plan based on the needs of your diagnosis. Specialized techniques, such as manual therapies, Class IV deep tissue laser, and Dry Needling may be used to relieve pain, reduce swelling, and enhance function. Gentle stretches and exercises may also be prescribed to improve your posture and the range of motion of your shoulder.

If you are suffering from a rotator cuff injury, contact us today. Our dedicated physical therapists will provide you with some much-needed relief and get you started on your path toward recovery!

Source: <https://www.apta.org/PTinMotion/NewsNow/2014/3/12/RotatorCuffTears/?blogid=10737418615>

Another 5 Star Review!



"I came to Taylor Rehab to help with back and shoulder pain. My pain was preventing me from lifting my 2 year-old grandson and from enjoying activities. Aaron and his team worked wonders! I started feeling better after just a couple of weeks. After 4 weeks I am without pain and able to resume my activities and more importantly carry my grandson. The staff in this office could not be nicer! I'm so glad I went to Taylor Rehab. I highly recommend them!"

5 Star Google Review
Susan Thrasher



Leftover Turkey Salad

- 1 cup leftover bread stuffing
- 4 tbsp extra-virgin olive oil
- ¼ cup leftover cranberry sauce
- 1 tbsp cider vinegar
- 1 tsp grated orange zest
- ¼ tsp salt
- ¼ tsp ground pepper
- 8 cups mixed salad greens
- 2¼ cups chopped leftover turkey
- 1 cup leftover roasted vegetables
- 3 tbsp dried cranberries

Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add stuffing and cook, stirring, until crisp, 8 to 11 minutes. Set aside. Whisk cranberry sauce, remaining 3 tablespoons oil, vinegar, orange zest, salt and pepper together in a large bowl. Add greens, turkey and roasted vegetables; toss to coat. Sprinkle with the stuffing croutons and dried cranberries.

Staff Spotlight



Shawn Taylor

PT, FAAOMPT, Dip. Osteopractic

Shawn founded Taylor Rehab in 1999. He is married to Janet Taylor. The two met in PT school (Florida International University) and were married in 1995. They have 3 children (Rachel, Nicole and Alexander). Shawn got his undergraduate degree from the University of Florida where he played #1 singles and #1 doubles for the Gators throughout his career and was a 4-time All SEC selection. He played professional tennis after college.

Shawn enjoys being active and regularly runs and works out with his F3 friends. He enjoys playing tennis and hiking. Earlier this year he hiked the Grand Canyon Rim-to-Rim-to-Rim which was a grueling 48- mile hike. Shawn enjoys traveling and experiencing new places.

Shawn enjoys treating all patient populations but especially enjoys treating spine related problems and headaches. He is fellowship trained through American Academy of Manual Therapy and has advanced training in both dry needling and spinal manipulation.



www.taylor-rehab.com

Exercise Essentials



Scapular Retraction

Stand tall, shoulders relaxed. Pull shoulder blades back and down. Don't hunch your shoulders.



*Exercises copyright of
www.simpleset.net*

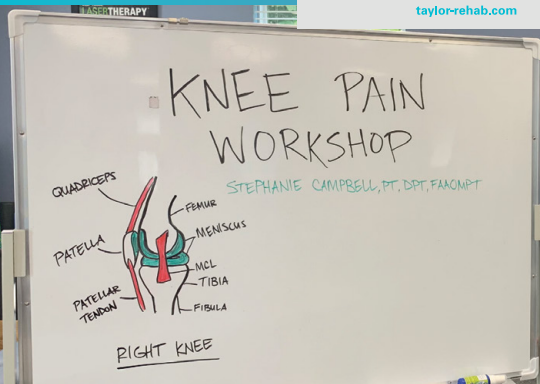
Come Back In For Physical Therapy!

Call Your Nearest Clinic At:

Morrison Plantation: (704) 660-6551
Mooreville Gateway: (704) 658-1095

or visit www.taylor-rehab.com to schedule your appointment today!





Free Upcoming Workshops



Free Knee Pain Workshop

When: Tuesday, November 16th 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 Back Pain Workshop

When: Saturday, December 4th 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 by visiting taylor-rehab.com today! Limited spots available

Taylor Rehab Physical Therapy | Top 5 Highest!
2019 Medicare Patient Progression
in the U.S. for High Volume Practices



Don't Let Your Insurance Benefits Go To Waste!

Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered YES, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses. This means the cost could be minimal or completely covered by your insurance plan.

Let us help you get a head start going into 2022, before your deductible renews again!

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

Mooresville Gateway Location

167 Gateway Boulevard
Mooresville, NC 28117

Phone: 704-658-1095
Fax: 704-658-1097

Morrison Plantation Location

114 Welton Way, Suite B
Mooresville, NC 28117

Phone: 704-660-6551
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