



TaylorRehab
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**SAY GOODBYE TO THE
PAINS IN YOUR NECK
WITH PHYSICAL THERAPY**

www.taylor-rehab.com

INSIDE: • 3 Tips To Improve Nutrition In The Fall • Free Workshops
• Relieve Your Neck Pain With Taylor Rehab Physical Therapy



SAY GOODBYE TO THE PAINS IN YOUR NECK WITH PHYSICAL THERAPY

Do you have trouble sitting up straight at your desk, tilting your head down to tie your shoes, or even lying down to go to sleep at night? Do you have headaches more than once a week? If so, you're not alone. According to the Institute of Medicine of The National Academies, over 100 million Americans suffer from chronic pain. Of those 100 million, 15% suffer from chronic neck pain.

In a survey conducted with over 300 chronic pain sufferers, 59% reported an impact on the quality of their life and 77% of those surveyed reported feeling depressed. Even small amounts of pain can lead to a downward spiral in quality of life, energy, and overall wellbeing. Fortunately physical therapy can help resolve all the pains in your neck. **Contact Taylor Rehab Physical Therapy today to schedule your consultation.**

Why Does Neck Pain Occur?

The American Physical Therapy Association (APTA) states that approximately one-third of the population will experience neck pain in any given year. It can get worse if left untreated, and in severe cases, surgery may even be needed.

Additional symptoms of neck pain may include:

- Discomfort and pain when remaining in the same position for too long.
- Muscle stiffness and tightness in the upper body.
- Headaches.
- Arm weakness.
- Numbness or tingling.
- Inability to fully stand up or sit up straight.
- Loss of sleep due to pain and discomfort.

The neck is an integral area of everyday movement, and sharp pains can prevent you from functioning properly in your day-to-day life. The neck is comprised of 7 vertebrae (bones), over 16 joints, and numerous muscles and tissues. The greatest concentration of muscles and tissues is in the upper neck, at the base of your skull. This area consists of the larger muscles that attach your head to your neck, and it is where the vertebral and carotid arteries travel through your neck, in order to reach the skull. When these muscles become tense, the blood flow from the arteries can become affected, resulting in neck pain and headaches.

Your neck relies on a lot from your body – such as proper posture, flexibility, strength, and coordination. In our daily lives, we place tremendous strain and demand on our neck. Stress and poor posture can cause muscle weakness in the neck, and can even lead to long-term damage over time. Any sort of chronic strain on the neck can result in inflammation and contribute to our pain and headaches.



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!



3 Tips To Improve Nutrition In The Fall



Upcoming Free Workshops



Free Knee Pain Workshop

When: Saturday, October 9th 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/Sciatica Workshop

When: Tuesday, October 19th 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

Harvest Your Herbs

Herbs tend to have higher levels of antioxidants and other phytonutrients than other types of vegetables. So even though we tend to eat them in relatively small quantities, herbs can add a lot of nutrition to foods.

Become A Soup Chef

Getting into the habit of making a big pot of soup every weekend is a great way to improve your nutrition all week long. If you're using a pressure cooker or slow cooker, they also need very little supervision while they are cooking.

Make A New Fermented Friend

Probiotic foods help to promote the growth of helpful bacteria in your gut. Good gut bacteria can aid in digestion, nutrient absorption, and help you maintain a healthy weight.

Benefits of Deep Tissue Laser Therapy



Laser therapy is a treatment offered at Taylor Rehab Physical Therapy for its safe, effective, and non-invasive way to treat pain and aid in the recovery of many conditions. We have Lightforce Class 4 Deep Tissue Lasers at both of our Mooresville locations. Laser treatments work by releasing photons into the tissues surrounding the affected area that is being treated. These photons help in relieving pain, energizing cells, and increasing circulation to the injured area.

Laser therapy can be used for both acute and chronic conditions, including neck pain, shoulder pain, back pain and sciatica, arthritis, bursitis, disc injuries, TMJ, sports injuries, plantar fasciitis,

carpal tunnel syndrome, migraines, soft tissue damage, and MORE!

Before determining your treatment plan, one of our dedicated Mooresville physical therapists will conduct a physical evaluation and assessment of your medical history in order to diagnose your condition and decide which treatment options will best benefit you.

If you are in Mooresville and want to know more about our laser therapy services, don't hesitate to request an appointment at Taylor Rehab Physical Therapy today. We'll get you started on the path toward recovery!

Relieve Your Neck Pain With Taylor Rehab Physical Therapy



Our physical therapists are movement experts, equipped in identifying and treating the main source of your neck pain. They will analyze your posture, movement, and problem areas in order to determine the best course of treatment for your needs. Your treatment plan will focus on relieving your pain, in addition to improving your posture, mobility, strength, and coordination.

Your diagnosis will determine the make-up of your treatment plan, and may include any combination of manual therapy, targeted stretches and exercises, activity modification, or ergonomic recommendations. It may also include additional methods as deemed fit by your physical therapist, such as dry needling, electro-dry needling, and Class IV deep tissue laser.

Physical therapy can help significantly reduce your neck pain by implementing the following benefits:

- Maintaining proper posture when sitting and standing.
- Restoring flexibility to your neck muscles and joints.
- Strengthening your mid-back muscles and shoulders to provide support to your neck.
- Improving the coordination of your neck muscles.
- Educating patients on eating well, by reducing the consumption of processed foods that increases inflammation in the body.

You will work together with your physical therapist to understand the goals and expectations of each step in your personalized treatment plan, with the main focus being on overcoming your neck pain and recovering as quickly as possible. If your neck pain has been limiting your daily life, don't wait any longer to seek help. Contact us today to schedule an appointment. **At Taylor Rehab Physical Therapy, we are dedicated to providing you with the tools you need for recovery and relief!**



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

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!

Pictured in the image to the left:

The employees of Taylor Rehab have officially re-certified their CPR training!

www.facebook.com/TaylorRehabPT



SCAN ME

