



Our team has been vaccinated against COVID-19!



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The Importance of Staying Active During Winter Months



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The Importance of Staying Active During Winter Months

Just because it is winter, it doesn't mean you have to stay indoors! It is easy to want to stay in, nestled up in blankets, while it's snowy and cold. However, remaining active in the winter months is just as important as remaining active during any other season!

The winter presents several fun activities that can double as workouts. Even something as small as taking a walk around the neighborhood to look at holiday lights or building a snowman with your kids can give you the amount of daily exercise you need.

At Taylor Rehab Physical Therapy, we can design specialized treatment plans for anyone who may need a little extra push in staying active during the winter. Contact us today to learn more!

What Are The Benefits Of Exercising During The Winter?

It is an undeniable fact that daily exercise is an important part of staying healthy and promoting wellness. It seems easier to get up and exercise when it is warm out, but there is actually evidence to support the benefits of working out in the cold. Depending on the type of workout, exercising in colder weather can actually have a more positive effect on the body than exercising in the heat.

According to a study titled "Exercise in the cold," found in the Journal of Sports Sciences, temperatures hovering around 50 degrees Fahrenheit are optimal for high or moderate intensity workouts. Conversely, low intensity workouts are better performed indoors during colder months, as sufficient metabolic heat may not be generated well enough to offset the cooler environment.

Exercise also helps loosen muscles that may become stiff in the winter months, making it easier to maneuver around. Additional benefits to winter exercising include:

- **Sunlight intake.** Vitamin D is important! Many people lack Vitamin D in the winter, due to a scarcity of desire to venture out in the cold. However, simply stepping outside can have positive effects. Sunlight can act as a natural mood booster, which may even increase motivation to exercise.
- **Absence of heat/humidity.** Too much heat or humidity can sometimes feel suffocating. During colder months, this isn't an issue. In fact, exercising in the cold can feel invigorating, as the crisp air can increase your energy. You run out of breath easier when it is hot and humid, so when that is taken away, you may be able to work out for longer periods of time.
- **Immune system boost.** According to the Centers for Disease Control and Prevention, even just a few minutes of outdoor exposure during the winter can help prevent against both bacterial and viral infections.

Call today and schedule your next visit to our clinic.

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

Avoiding Falls In The Winter

While exercise in the winter is important, icy walkways unfortunately pose a higher risk of falling. This can lead to a higher risk of injury, such as strains, sprains, and tears. At Taylor Rehab Physical Therapy, we want to make sure you stay balanced this winter so you can enjoy doing the activities of the season without fearing a harsh fall!

There are some steps you can take on your own to decrease your risk of sustaining a fall-related injury while participating in winter activities. These include:

- Choose shoes with winter soles for traction. You can also get a pair of ski or walking poles to help keep your balance. As an added bonus, these poles will also help you burn extra calories since your upper body is getting a workout too.
- Add slip-on spikes to your boots on the extra icy days, to reduce your risk of slips and falls.
- Allow at least 10 minutes to warm up when exercising in the winter. When it's cold, your heart and muscles need more time to get ready and prepare for exercise – this can help you avoid unwanted injuries.
- No matter what winter activity or exercise you're partaking in, warm-ups should always include a combination of low intensity movements that will make the physical activity easier to perform. For example, if you decide to go on a walk or run through the winter wonderland that your street has become, you could warm up with lunges, squats, arm swings, or jumping jacks, making sure to also get a good stretch in your calves and thighs. This will keep your body warm while you exercise and will be a good way for you to feel out the terrain beforehand to see if it's too icy.
- Add in any additional assists, as needed. Snow and ice are the main culprits for many injuries during the wintertime, which is why it is important to add to your stability. Ice cleats or rubber-soled boots can provide you with grip and support. Using a cane or crutch can also help in remaining steady on frozen terrain.

Contact Us Today!

Whether you're looking for ways to get moving in the winter or figuring out how to maneuver icy terrain, Taylor Rehab Physical Therapy can help. Contact us today to find out how we can help make your winter season as enjoyable as possible!

www.taylor-rehab.com

New Year, New Goals!

*Start 2022 Off Strong
With Physical Therapy!*

With a new year comes a fresh start to an all new you! Starting at the beginning of 2022, your insurance benefits have renewed. This means a whole new year to make the most of your benefits. The earlier you start your physical therapy and plan to meet your insurance deductible for the year, or end up with unused money in your HSA account, your insurance plan may cover the cost completely.

Our highly experienced team of physical therapists offer specialized treatment services for any pain, injury, or discomfort you may be feeling. Let Taylor Rehab Physical Therapy help you on your journey to becoming strong, healthy, and active in 2022.

www.taylor-rehab.com

We Make It Easy To Leave A Review!

*Scan the QR code or visit us online to tell us
how much you've been loving Taylor Rehab
Physical Therapy!*



Gateway



Morrison

Staff Spotlight

Taylor Rehab is excited to welcome our newest member to our clinic!



Hollie Champion, PT, DPT

Hollie graduated from East Carolina University with her DPT in 2020 after finishing at UNC Wilmington with a Bachelor's in Exercise Science. She has a passion for treating women's health conditions, various orthopedic diagnoses, and gait/balance dysfunction. She has taken additional certifications and coursework including two Pelvic Health Evaluation and Treatment courses, and Dry Needling. She is currently working on getting certified in spinal manipulation, Selective Functional Movement Assessment (SFMA), and a Pregnancy/Postpartum Corrective Exercise Specialty (PCES). Hollie was born and raised in Charlotte and enjoys walking her Chiweenie and playing tennis.

Another 5 Star Review!



"I went to Taylor Rehab to address some serious neck and shoulder pain. It's only been a couple weeks but Holly and Shawn have listened to me, and are addressing my issues better than I thought possible. I'm feeling great and am very thankful for the relief I'm experiencing."

5 Star Google Review

www.taylor-rehab.com

Upcoming Free Workshops



Free Exam Day!

January 4th
8:00 AM – 6:00 PM

167 Gateway Blvd. Mooresville, NC 28117



Free Rotator Cuff Workshop

Saturday, January 22nd
at 10:00 AM

167 Gateway Blvd. Mooresville, NC 28117

At these workshops, you will learn how to get back to normal life naturally without medications, injections, or surgery!

Register by visiting taylor-rehab.com today!
Limited spots available.

Come Back In For Physical Therapy!

Call Your Nearest Clinic At:

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

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

