



Our team has been vaccinated against COVID-19!



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How Physical Therapy Helps Prevent Injuries



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How Physical Therapy Helps Prevent Injuries

Your physical therapist will conduct a physical evaluation to determine the severity of your sprain or strain injury. Through a thorough assessment, your therapist will be able to pinpoint precisely what is causing your pain. We will provide constant feedback and allow refinement of your program to ensure it provides optimal results.

In addition, your therapist will instruct you on the most effective injury prevention strategies, including:

1. Sleep is the most effective strategy with the most significant effect on injury prevention and sports enhancement...8-10 hours per night.
2. Strength training is one of the most effective injury prevention strategies to help stay injury-free.
3. Dynamic warm-ups (i.e., foam rolling, stretching, and sports-specific movements) are an effective way to warm up tissue without negatively affecting performance and may lead to fewer injuries.
4. Nutrition is the foundation for good health and injury prevention. Specifically, a scientifically-backed approach that does not include any fad diets. Recovery meals are as crucial as pre-game meals.
5. Hydration is essential for recovery and injury prevention.
6. Stay within your abilities. It is vital to train and practice any physical activity by starting small and building up from there.
7. Use the proper equipment. Make sure you have the right equipment, for example, running shoes, hiking boots, helmets, and pads. The right equipment can help you avoid injury and stay safe while doing the activities you enjoy.

What to expect in physical therapy

Our physical therapists evaluate and treat all types of sprains and strains related to an injury, disease, or unhealthy lifestyle. Our team is composed of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way.

We play a leading role in preventing, reversing, and managing injuries that are old and new. Every program is designed based on your individual needs. We use objective measurements to determine the severity of your injuries and build your program accordingly.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and prevent future injuries from occurring.

Sources:

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<https://pubmed.ncbi.nlm.nih.gov/29352373/>

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Call today and schedule your next visit to our clinic.

We want to help you!
Call us at (704) 610-4189 (Gateway)
or (704) 318-4071 (Morrison)

Are You Keeping Up With Your Resolutions?

New Year's Eve has come and gone, but how many resolutions have stayed intact? According to a study conducted by Strava, a social network for athletes, the majority of people give up on their resolutions by January 12th – not even two weeks after beginning them!

So, why does this fate exist for so many people? Tied at the top for number one, the two most common resolutions across the United States are to eat healthier and get more exercise. These resolutions can be difficult to keep up with for a number of reasons, especially if they require significant lifestyle changes. Some of the most commonly reported reasons for ditching resolutions include:

- Getting injured early on.
- Lack of time.
- Improper exercises, leading to pain or injury.
- Lack of motivation.

While these are all valid reasons, they are also entirely avoidable. Below you'll find some helpful tips for keeping up with your resolutions – or starting them up again, if you've strayed away!

- Designating time. No matter what your resolution may be, there is always a way to fit it into your busy schedule. Let's say you want to train for a triathlon or you simply want to fit more gym time into your week. It's difficult when you have a million things going on at once – you have to work, make meals, pick up the kids from school... Where can you find the time? Even if you take a half hour out of your day between driving the kids around or beginning your commute to work, you can still make a significant amount of progress by the end of the year.
- Taking care of pain at the start. One of the biggest mistakes people make is waiting too long to treat their pain. If you've started a new workout regimen and your legs feel achy the day after you begin, it would be in your best interest to rest and get them looked at if the pain persists. Many people try to push through the pain, increasing their likelihood of sustaining an injury that'll take a good amount of time to heal – and therefore giving up on their goal altogether.

- Seeking help. Sometimes, getting started on a new goal (and sticking to it!) can pose challenges. At Taylor Rehab we can help set you up with a plan for sticking to your resolutions. We can provide exercise tips with proper techniques, as well as nutritional tips for reaching your optimum levels of health and physical activity. For help with your resolutions, contact us today!

Contact Us Today!

Taylor Rehab can help you with your New Year's Resolutions. Contact us today to find out how we can help make your New Year as enjoyable as possible!

Featured Treatment: Therapeutic Exercise

It is a common misconception that one should constantly rest when they are in pain. However, this can actually cause your muscles to weaken during the healing process, which can lead to decreased functionality and more pain in the long run.

Our Mooresville physical therapists are movement experts, trained in improving strength, range of motion, and overall function of the body. Our physical therapist will design an individualized treatment plan for you equipped with the proper dosing of therapeutic exercises you need to alleviate your pain, strengthen the weak areas of your body, promote the healing process, and restore function.

At Taylor Rehab Physical Therapy, our goal is to help you live a pain-free life with even greater strength and endurance than you had before.

www.taylor-rehab.com

Another 5 Star Review!



"The folks here at Taylor Rehab - Gateway do a great service. I'm feeling a lot better after each visit. Actually starting to get my "Mojo" back thanks to everybody here at Taylor Rehab - Gateway"

5 Star Google Review

*Help us help more people in our community
by leaving a Google Review*



Gateway



Morrison

Staff Spotlight

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



Alicia Francis, *Physical Therapy Assistant*

Alicia graduated from Rowan Cabarrus Community College's Physical Therapy Assistant Program in 2021. She chose the PTA profession after working as a licensed massage therapist since 2006. She wanted to change professions and join the healthcare world to help people in a different way than before. Alicia was born in Charlotte, NC but has lived in Mooresville since 2015. She enjoys spending time with her husband and two boys, such as going on hikes, parks, or wherever the kids want to go.



Casey Freeze, *Physical Therapy Assistant*

Casey graduated from Rowan Cabarrus Community College in 2021 with his Associate's Degree in the Physical Therapy Assistant Program at the top of his class. Casey discovered his desire for physical therapy after assisting as an acrobatics instructor at Acrofitness. He loves spending time with his family, exercising, and walking his dog Cooper.

www.taylor-rehab.com

Upcoming Free Workshops



Free Knee Pain Workshop

February 5th
10:00 AM

167 Gateway Blvd. Mooresville, NC 28117



Free Back Pain Workshop

February 22nd
6:15 PM

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.

New Year New You!

Let Taylor Rehab Help You Reach Your Health & Fitness Goals This Year!

The professionals at Taylor Rehab will help you regain lost motion, strength, balance and coordination resulting from pain in your shoulders, back, neck, hips or knees. Start the year off with a safe and conservative treatment that gets results. We can help to strengthen and increase your mobility while decreasing pain. Our goal is to empower you to actively manage your pain, increase your range of motion and get you moving again. We will get you back to living the life you deserve!

