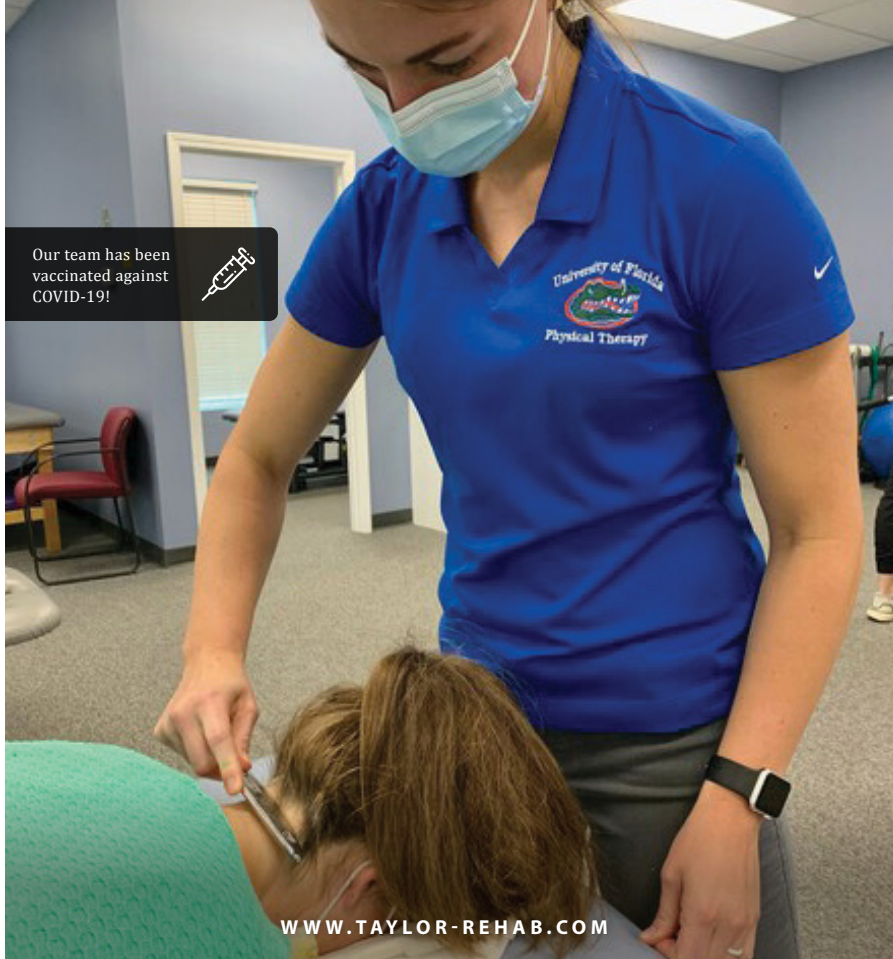


Our team has been vaccinated against COVID-19!



## Look Up! Discover Relief for Your Neck Pain & Headaches

### INSIDE



# Look Up! Discover Relief for Your Neck Pain & Headaches

Do you struggle to turn your neck while driving? Are you finding it difficult to get through the day without stiffness and pain in your neck? Physical therapy at Taylor Rehab can help you find the relief you're searching for!

Neck pain can be both debilitating and scary to live with. When you experience an injury that leaves your neck in severe pain, the thought of not being able to turn your head freely is overwhelmingly stressful. What's more, the pain from no apparent reason can be even more challenging to know what to do.

There are a lot of different ways that you can relieve neck pain. Our team of physical therapists are focused on finding the best treatment for your personal needs. Call our clinic today to learn how to help you keep living the kind of life you want with less pain and movement restrictions.

## How physical therapy can help you find relief

Physical therapists can target your pain's source by examining your symptoms. Then, they can offer exercises that strengthen, stretch and/or relax your neck muscles. Manual techniques, like Myofascial release, are used to alleviate your pain and allow you to tolerate stretching. A custom-tailored program of neck exercises will assure your neck stays loose, limber, and healthy.

Your physical therapist can also teach you how to arrange your working environment ergonomically and recommend various postural changes. When standing and sitting, be sure your shoulders are in a straight line over your hips and your ears are directly over your shoulders. Adjust your desk, chair and computer so that the monitor is at eye level. Knees should be slightly lower than hips. Use your chair's armrests. Avoid

tucking the phone between your ear and shoulder when you talk. Use a headset or speakerphone instead.

## Physical therapy is an effective solution for neck pain!

Physical therapy treatments for neck pain includes manual therapy, joint mobilization and manipulation, exercise instruction, education, techniques like the McKenzie Method and other Therapeutic interventions such as Dry Needling and Class IV Deep Tissue Laser. These have all been proven to help alleviate pain and restore function.

Physical therapists assess your particular condition to identify the contributing factors and address all of them. All of our physical therapists are skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate interventions to help you resolve your pain and/or restore your function.

Sources:

<https://pubmed.ncbi.nlm.nih.gov/29197234/>

<https://pubmed.ncbi.nlm.nih.gov/31133629/>

<https://pubmed.ncbi.nlm.nih.gov/32317109/>

<https://pubmed.ncbi.nlm.nih.gov/33064878/>

**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)



## Benefits Of Spring Cleaning

**Allergy Symptom Reduction.** A thorough cleaning can greatly reduce the amount of dust in your home, which is helpful since about 20 million Americans are allergic to dust mites, according to the Asthma and Allergy Foundation of America.

**Cleanliness Produces Happiness.** Maybe you don't enjoy the process of cleaning, but the end result will leave you smiling. A 2010 study at the University of California, Los Angeles even found that having a clean home can improve your mood and reduce your risk of depression.

**Declutter and Do a Good Deed by Donating.** An essential part of a successful spring cleaning is getting rid of old items that are no longer used or worn. Apply the rule of thumb that if you haven't made use of something in a year, it's time for it to go. Fill bags and boxes of things, then donate them to a local charity so they can still be beneficial to someone else. Giving to others is an act that is associated with greater self-esteem, lower stress levels, and overall happiness.

### Contact Us Today!

Contact us today to find out how we can help make your Spring as enjoyable as possible!



## Irish Potato Bites

- 20 red potatoes, small (golf ball size)
- 1/2 cup corned beef
- 1/4 cup cheddar cheese, shredded
- 1 tbsp butter, melted
- 1/8 tsp Salt
- sour cream, (optional)

Fill a large pot with water and bring it to a boil. Add potatoes and boil until they are fork tender. Preheat oven to 400°F. Once potatoes are cooked and have cooled cut each one in half and cut a small slice off of the rounded end so the potato can sit up. Scoop out the inside of each potato half saving the potato insides in a bowl. Add cheese, corned beef, butter to the bowl with the saved potato insides. Salt mixture to taste. Also sprinkle some salt over the potato halves. Scoop mixture into potato halves and then place them on a baking sheet. Place baking sheet in oven for 10 minutes. Remove from oven and serve with a dollop of sour cream.

## Featured Treatment: Spinal Manipulation

Spinal manipulation is a high velocity low amplitude technique utilized by physical therapists, chiropractors and D.O.s. It has been shown to be effective in decreasing pain, muscle tightness or spasms as well as improving range of motion. A "popping" sound, or joint cavitation, is typically associated with an effective manipulation.

### Is Spinal Manipulation for me?

Spinal manipulation is a safe and effective way to treat a wide variety of musculoskeletal impairments commonly seen in a physical therapy clinic. Some common diagnoses that respond to this treatment method include neck pain, upper and lower back pain, cervicogenic and tension headaches.

[www.taylor-rehab.com](http://www.taylor-rehab.com)



## Another 5 Star Review!



"Aaron and his team definitely had the expertise to make my neck feel better. I was in constant pain and now I can get back to living my normal life. The laser was great help in my progress as well!" - Kelly P



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



Gateway



Morrison

# Staff Spotlight



**Stephanie Campbell,**  
*PT, DPT, FAAOMPT, Dip. Osteopractic*

Stephanie joined the Taylor Rehab team in May 2016. She graduated with a Doctorate of Physical Therapy from the University of Florida after completing her Bachelor's in Exercise Science. Like many physical therapists, she discovered the profession through injuries of her own while playing high school and collegiate club soccer. Stephanie has a passion for treating sports injuries, spine pain and general orthopedic injuries.

She is certified in Dry Needling and Spinal Manipulation through the American Academy of Manual Therapy (AAMT). Stephanie completed an APTA credentialed Fellowship in Orthopedic Manual Physical Therapy through AAMT and holds a Diploma in Osteopractic, a 9-course series specializing in application of the best evidence for neuromuscular conditions with an emphasis on differential diagnosis and the use of manual therapy interventions such as dry needling, spinal manipulation, cupping and instrument-assisted soft-tissue mobilization. She was accepted as a Fellow of the American Academy of Orthopedic Manual Physical Therapists in 2019. Stephanie serves as a mentor for Fellows-in-Training as well as a Clinical Instructor for Doctor of Physical Therapy students and is constantly seeking to further her knowledge and skills as a physical therapist.

Stephanie has lived in North Carolina since 2015 and enjoys all outdoor activities. She loves hiking, weight lifting and yoga and is an active participant at a local Cross Fit box.

[www.taylor-rehab.com](http://www.taylor-rehab.com)

# Upcoming Free Workshops



## Free Rotator Cuff Workshop

March 12th  
10:00 AM

167 Gateway Blvd. Mooresville, NC 28117



## Free Knee Pain Workshop

March 22nd  
6:15 PM

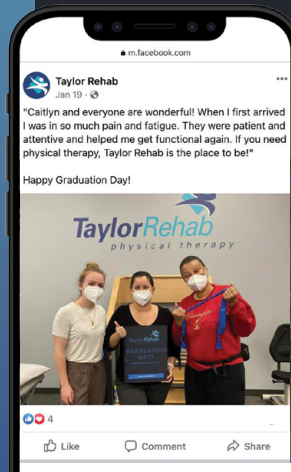
167 Gateway Blvd. Mooresville, NC 28117

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](http://taylor-rehab.com) today!**  
**Limited spots available.**

## 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 proudly celebrating graduation day with their patient!*



SCAN ME

[facebook.com/TaylorRehabPT](https://facebook.com/TaylorRehabPT)