



Our team has been vaccinated against COVID-19!



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Staying Active Is the Key to Finding Mental and Physical Balance

INSIDE



Staying Active Is the Key to Finding Mental and Physical Balance

Staying active refers to the amount of activity that you engage in daily. For example, how much time you spend at the gym, how many steps you take in a day, how often you find yourself running around the office, or how frequently you head out to the backyard to run around with your children or your dog.

There also can be a perception that working a 10 hour day is necessary to demonstrate a strong work ethic and get ahead. This pace can lead to stress, burnout, and not living a healthy and balanced life. Ignoring your mental and physical well-being will eventually catch up to you and start to take its toll on your health.

There are specific signs and symptoms that typically indicate trouble with maintaining balance, such as frequently tripping and falling or feeling dizzy when standing too long. Even if you are not having fundamental issues with your ability to stay balanced in this way, you may still have difficulty with whole-body balance.

You can improve your physical balance by:

- Increasing muscle strength
- Improving stamina
- Improving core strength
- Practicing balancing techniques

This is where our physical therapists can help. We are experts at identifying the root cause of your problem and offering simple solutions to resolve them.

How PT Can Help You Keep Your Balance

Here are five steps to help you become physically and mentally healthy while bringing more balance into your life.

Exercise

Physical activity has been shown to help clear the mind,

improve self-worth, and reduce depressive and anxious feelings. The key is to find the right type of exercise for you – which is precisely what our therapists can help you find!

Sleep

Sleep quality is an essential predictor of mental health and well-being. Following a healthy bedtime routine could make you feel happier and calmer and be better focused throughout the day.

Nutrition

Cut down on sugary foods and replace them with nutrient-rich foods like fish, veggies, and foods that have healthy fats. Proper nutrition has been shown to improve physical and mental well-being.

Community and Relationships

Whether the support comes from family, a partner, friends, coworkers, or even pets, feeling connected to those around you can increase a sense of purpose and love in your life.

Relaxation and Recreation

In our busy lives, it can be easy to forget about the hobbies you used to love. We don't make the time to sit down and enjoy a book or make a cup of tea or coffee and enjoy the moment. Some unique hobbies and interests appeal to each of us, and spending time with those hobbies can help you live a more balanced life.

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)

3 Natural Ways to Beat Spring Allergies

- 1. Limit your time outdoors.** Each spring, trees release billions of tiny pollen grains into the air. When you breathe them into your nose and lungs, they can trigger an allergic reaction. Staying inside can help, especially on windy days and during the early morning hours, when pollen counts are highest.
- 2. Tweak your home.** Simple changes make a difference. Shut all windows to keep out pollen. Use an air conditioner to cool your home instead of a fan, which draws in air from outside. Take off your shoes at the door and ask guests to do the same. That keeps allergens outside. Finally, don't allow guests, or yourself, to smoke inside the home. It can make allergy symptoms worse. If you or someone you live with smokes, now is a good time to quit.
- 3. Keep it clean!** Be sure to wash all surfaces regularly with single-wipe dust rags (if using cleaning rags, be sure to wash them in hot water after each use). If you find mold, use water and detergent to clean, then let it air-dry completely. Finally, wash all bedding once a week in hot water and dry in a hot dryer.



Kachumber Salad (Indian Salad)

- 1 small onion finely chopped
- 2 medium tomatoes chopped small
- 1 large cucumber chopped small
- 4-5 (4 to 5) red radishes chopped small (optional)
- 1 green chili finely chopped (remove seeds to reduce heat if needed)
- 1/4 cup (4 g) packed chopped cilantro
- 1/4 tsp (0.25 tsp) or more salt
- 1/4 tsp (0.25 tsp) or more freshly ground black pepper
- 1/4 tsp (0.25 tsp) or more cayenne pure red chili powder
- 1 tsp or more freshly squeezed lime or lemon juice

Chop the onions, tomatoes, cucumbers, radishes, wash and drain well then add to a bowl. Add the veggies and the rest of the ingredients to a bowl. Taste and adjust salt and heat. Serve.

Refer a Friend!

Who do you know that needs our help? We love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives. Consider sending them to our website or invite them to come with you to therapy so they can witness the magic happen!

Our purpose at Taylor Rehab Physical Therapy is to leave a greater impact on the community around us. In order to achieve our goal we want to change as many lives as possible as we become a beacon of positivity in our community.

We will gladly answer any questions they may have about their condition and how we can help. They will thank you and so will we!



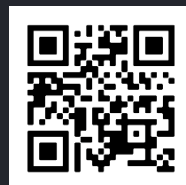
Another 5 Star Review!



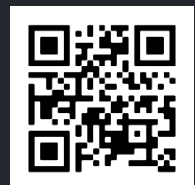
"Everyone was amazing! They made me feel welcome. The strength exercises were really helpful. When I first came in I could barely lift my arm and now I can lift my arm above my head. Stephanie was very gentle and understanding. She explained everything really well. I am excited to now be able to play softball in the fall at Surry Community College!"
- Kaylee D.



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



Gateway



Morrison

Happy Graduation Day!

Tony and Aaron are jumping for joy this Friday! Tony says, "Taylor Rehab has done it again. Injured my wrist beyond use and they got me back to a normal life. I am again forever grateful."



Nancy is "very pleased" with her time at Taylor Rehab. She found the staff to be "friendly, helpful and professional!" and enjoyed the pleasant environment as well. We are happy to see her doing so well and ready for her Graduation Day!



"I feel 100% better. When I came, I could not lift my left arm in any direction. I had extreme pain. Bobby got it moving again and without pain."



We want to celebrate your success too! Schedule an appointment today so we can get you started on the track to your Graduation Day!

www.taylor-rehab.com

Vestibular Therapy

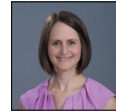
At Taylor Rehab Physical Therapy, we provide vestibular therapy for our patients suffering from balance disorders in Mooresville and surrounding areas. Balance disorders refer to a broad range of conditions, but they are all connected by the effect they have on the vestibular system, also known as the inner ear.

Some common balance disorders that we treat through vestibular therapy include:

- Benign paroxysmal positional vertigo (BPPV)
- Meniere's disease
- Vestibular neuritis
- Migraines
- Stroke

Schedule a Vestibular Therapy appointment with Melissa today!

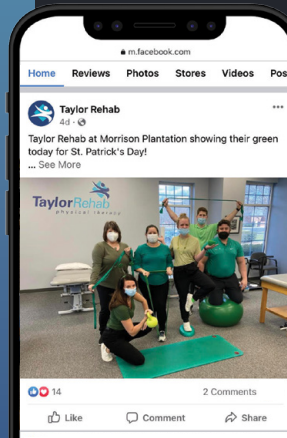
www.taylor-rehab.com



Melissa Bell, PT, DPT

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: Taylor Rehab showing off their St. Patrick Day spirit!



SCAN ME

facebook.com/TaylorRehabPT