



Our team has been vaccinated against COVID-19!



[WWW.TAYLOR-REHAB.COM](http://WWW.TAYLOR-REHAB.COM)

## How Physical Therapy Can Help You Get Active Again

### INSIDE

How A Sedentary Lifestyle Affects Your Body  
Staff Spotlight  
FREE Workshops



# How Physical Therapy Can Help You Get Active Again

Do you feel sluggish or tired? Is it difficult to motivate yourself to get moving? Your body may be experiencing physical problems that physical therapy can help. At Taylor Rehab Physical Therapy, our physical therapists are skilled at finding physical limitations and teaching you the skills to overcome them.

Living a sedentary life is one of the main reasons people report having low energy and feeling day-to-day aches and pains. Sedentary lifestyles increase the risk of cardiovascular diseases, diabetes, obesity, osteoporosis, and joint and muscle dysfunctions, leading to a higher risk of falls.

While it may not seem like it is making an impact at the moment, a sedentary lifestyle can damage your body over time. Fortunately, physical therapists are experts at addressing old and new injuries that may have led to difficulties staying active. We can design a program tailored to your individual needs to help you get back on track!

Contact Taylor Rehab Physical Therapy today for guidance on how to get moving so you can increase your energy and live a healthier life!

## How Does A Sedentary Lifestyle Affect Your Body?

People often spend their life with a long commute to work, sitting at a desk all day, and then at home watching TV. all night.

An inactive lifestyle has the following effects on your body:

- You burn fewer calories which makes you more likely to gain weight.
- You lose muscle strength and endurance.
- Your joints become stiffer and more prone to degenerative changes.
- Your bones may get weaker (i.e., osteopenia and osteoporosis).
- Your immune system may not work as well, making you more susceptible to illness.

- You have poorer blood circulation.
- Your body has more inflammation which makes you more susceptible to aches and pains.

When you don't participate in frequent physical activity, your body starts to weaken, and as time goes on, it breaks down, making you more prone to disease, injuries, and falls. These consequences can cause severe pain and may result in a host of other problems if lifestyle changes are not made.

## How Physical Therapy Can Help

Our physical therapists see the effects of sedentary life in the form of aches and pains, joint or muscle dysfunction, and injuries from falls or other preventable accidents. We are experts at assessing the musculoskeletal system to address the dysfunctions and adverse health effects created by a sedentary lifestyle.

Our therapists will provide a program tailored to your individual needs and educate you on a safe and effective way to resume an active lifestyle. Our focus will include:

Identifying your prior level of fitness. This requires ongoing discussions about what your typical day was like when you felt your best. Next, we will determine how much movement you get on a typical day at work, at home, and in the community.

Teaching you about the consequences of being sedentary. Education is a crucial component of success. We will show you ways to increase movement in their day and help you make choices that support your well-being.

Develop and progress you through specific exercises. Every program is designed based on your needs. Learning how to safely move without injury or pain is a significant part of our physical therapy programs. We use objective measurements to determine the level of strength and fitness and build your program accordingly.

From start to finish, we're dedicated to your ongoing well-being. On every level, physical therapy serves to enhance your quality of life.

*Continued Inside*



*Continued From Outside*

## What To Expect In Physical Therapy

To be healthy, you need to emphasize movement. When your body is flexible, strong, and mobile, it can perform at its optimal levels.

Your physical therapist will assess your particular condition to identify the contributing factors and address all of them. Regardless of the cause of inactivity, physical therapy plays a significant role in helping you get moving again and should be the first step.

Your therapist can educate you on how regular physical activity and individualized exercise programs can reduce your pain, prevent the condition from worsening, and improve daily function.

In many cases, physical therapy can help you choose specific exercises and design appropriate strengthening exercises that improve your function without aggravating your pain. Your therapist can help you reclaim a healthy lifestyle.

## Schedule an appointment today

At Taylor Rehab Physical Therapy, we are dedicated to helping you live the best life you can.

If you are looking for assistance in living a more physically active life, call today to schedule an appointment with one of our physical therapists.

## 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!



"The care I received from Stephanie and Casey was above and beyond the care I've received at other therapies. I definitely will return if I need any other services."  
- Dana L.

# Upcoming Free Workshops



## Free Shoulder Pain/ Rotator Cuff Workshop

Saturday, August 13th  
10:00am

167 Gateway Blvd. Mooresville, NC 28117



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

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



Gateway



Morrison

# Staff Spotlight



## Shawn Taylor,

PT, FAAOMPT, Dip. Osteopractic

Shawn founded Taylor Rehab in 1999 with his first office location in Downtown Mooresville. He expanded to a second location in the Mooresville Gateway Business Park in 2001. With the growth of his practice, he moved the downtown office to a larger office in Morrison Plantation in 2006. Shawn continues to work hands-on with patient care in the Mooresville Gateway location as well as overseeing all of the operational functions of both offices. He has special expertise in manual therapy techniques, spinal and extremity manipulation as well as dry needling. He has a passion for treating spinal dysfunction and pain, complex pain syndromes and headaches as well as general orthopedic conditions.

Shawn graduated with a business degree from the University of Florida in 1987 and received his PT degree from Florida International University in 1994 where he met his wife Janet who is also a physical therapist. He played tennis both in college and professionally. He was a 4-time All-SEC selection in college where he played #1 singles and #1 doubles for the Florida Gators. Shawn and Janet have 3 children together. Shawn enjoys staying active, working out with F3 friends, running, hiking and yoga as well as spending time with his family.

Shawn is certified in dry needling and spinal manipulation through the American Academy of Manual Therapy (AAMT). He completed a fellowship program in Orthopedic Manual Physical Therapy through AAMT. He holds a diploma in Osteopractic, a 9-course sequence specializing in the application of best evidence for neuromuscular conditions with an emphasis on differential diagnosis and manual therapy interventions such as spinal manipulation, dry needling, cupping and instrument assisted soft tissue mobilization. He was accepted as a Fellow in the American Academy of Orthopedic Manual Therapists in 2019. Shawn also serves as a mentor for AAMT Fellows- in -Training.

# Service Spotlight: Therapeutic Exercise

Exercise programs are aimed at improving health, so you can feel better than you did beforehand. Therapeutic exercise is similar in this way; however, it also implements targeted activities that are aimed at relieving pain and restoring you to your optimum level of physical function.

Therapeutic exercise can also be used as a way to prevent additional impairment or disability when facing certain physical risks. There are a wide variety of therapeutic exercises and each one has a unique purpose. These include:

- **Muscular Performance Exercises**
- **Balance Exercises**
- **Posture Exercises**
- **Range of Motion Exercises**
- **Proprioceptive Exercises**
- **Coordination Exercises**

## Use Therapeutic Exercise to improve your life!

If you want a life with less pain and greater strength and endurance, request an appointment at Taylor Rehab Physical Therapy today to find out how therapeutic exercise can help you reach your physical goals and allow you to live the life you want!

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

# 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: Sammi showing off her support for laser therapy!*



SCAN ME

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