



Our team has been vaccinated against COVID-19!



WWW.TAYLOR-REHAB.COM

Don't Ignore Your Back Pain



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Don't Ignore Your Back Pain

Lower back pain affects up to 80% of all people, and it is the leading cause of disability around the world. The back is solid, and at the same time, can be one of the most vulnerable parts of the body. You rely on it so heavily — whether to shoulder your emotional stresses or physically lift something you need to carry with you.

There is nothing you do without using your back. Whether you are sitting, standing, lying, or moving, your spine is involved. One of the leading causes of lower back pain is prolonged sitting. Often the cause of your pain is inactivity, and not always a specific traumatic event.

It can be frustrating to worry that your back is constantly at risk. At times a minor event causes the most severe episode of back pain. Sometimes, events like driving, or excess sitting at a desk are common everyday activities that can lead to an episode of lower back pain. For some, it is a more significant event like a car accident, a lifting incident, or an injury playing sports.

It is no wonder that so many people experience back pain every year. Even more mysterious is why so many ignore their back injuries year after year!

When you break an arm or get a cut on your leg, you are likely to do something about it right away. Yet when pain begins in the back, people often wait to see what happens instead of finding a physical therapist to guide them to relief and proper management for the future.

For many people, physical therapy can help resolve back pain — often within just a few weeks. Even if you've suffered for months with lower back pain, there's still hope.

Understanding Back Pain

Back pain may be common, but it is not normal. There are many different reasons you may be experiencing back pain, and ignoring any of them is not a good idea.

Although most people recover within 2-4 weeks, some people, when left untreated, experience lower back pain for months leading to long-term pain and dysfunction.

Some of the most common issues associated with back pain include:

- Improper posture or prolonged positions (i.e., prolonged sitting)
- Spinal muscle and tissue damage (i.e., lifting strains or trauma from accidents)
- Limited hip, spine, and pelvis mobility
- Limited muscle flexibility
- Spinal/pelvic muscle weaknesses (aka "core" weakness)
- Poor abdominal, pelvic and back muscle coordination (i.e., compensations due to injury)

The source of acute pain comes from injury or irritation of the muscles, joints (including the intervertebral discs and facet joints), nerves or surrounding ligaments, and other soft tissue. Chronic back pain (i.e., lasting more than three months) is more common with overweight or obese people, postpartum people, older individuals, sedentary lifestyles, and/or high-stress environments.

Find a physical therapist to give you clear, consistent, and personalized information on your prognosis, treatment options, and self-management strategies. Your therapist will provide you with the most up-to-date methods and ongoing support, ensuring that you do not experience any further injury as you recover from your back pain.

Continued Inside

**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)

Physical Therapy is an Effective Solution for Your Back Pain

Your physical therapist will identify why you are having pain and the best treatment options your body needs. This will likely include the following:

- Targeted exercises that are specialized to the region of the back that is experiencing the most pain. These exercises help build strength and support the surrounding muscles.
- Guided stretching to improve your range of motion and alleviate your pain. The goal is to support optimal back health.
- Support and guidance with creating routines and habits for managing the current and preventing a future episode of lower back pain. These habits may include stress reduction strategies, cardiovascular activities, and strength-building activities.

Lower back pain can hinder your ability to reach, lean, kneel, lift or bend. It can also affect your time spent with friends and family. The good news is that with guidance from your physical therapist, you can find solutions and get back to living the life you enjoy!

Call Our Clinic Today

When you experience an injury to your back, even if you're unsure how it occurred, it is important to find out the cause as quickly as possible.

Back pain can become chronic without proper guidance from a skilled physical therapist!

Working with a physical therapist can help you identify the source of your back pain and help you get started with putting an end to your back pain once and for all.

Call today to make an appointment!

Upcoming Free Workshops

Greatest Promotion Ever

Tuesday, January 24th (8am-5am)

Day of Free Screenings

Call in and sign up for a 30 minute 1-on-1 visit with a physical therapist

Call To Reserve Your Spot!

Gateway
(704) 610-4189

Mooresville
(704) 318-4071



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!

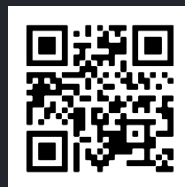


I was staggered by how far I have come. That has only been possible thanks to the help and support of the cool people of Taylor Rehab. I am hopeful to be back on the slopes next season.

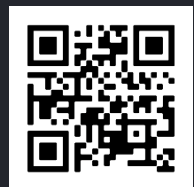
-Justin Y.



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



Gateway



Morrison

Treatment Spotlight

Deep Tissue Laser

Are you tired of dealing with your stiff, sore, arthritic knee? At Taylor Rehab, our physical therapists use proven treatments, like class IV Deep Tissue Laser Therapy, to ensure your results!

Knee osteoarthritis is one of the most common issues affecting people's function. Over time, the condition typically worsens, leading to inflammation, pain, and loss of motion in the joints. While knee arthritis can be debilitating, our physical therapists can help alleviate your pain and improve your function.

Deep tissue laser therapy is a non-invasive treatment that uses photobiomodulation (PBM) (aka light therapy/photons) to facilitate blood flow, reduce pain and accelerate healing. Our physical therapists use laser therapy to aid in recovery from the pain associated with knee osteoarthritis.

What to expect at your physical therapy session?

One of our expert physical therapists will perform a comprehensive evaluation to develop a treatment plan tailored to your specific needs, including laser therapy, to ensure your recovery!

Our skilled physical therapists will use laser therapy to help reduce pain and increase circulation so you can tolerate exercises that improve your mobility, strength, and function without aggravating your pain. Often, patients will see results after just a few sessions!

Will laser treatments hurt me?

There is always some apprehension that comes along with laser therapy - we always receive questions such as, "does it hurt?" or "is it safe?" It is understandable to be hesitant before receiving a new form of treatment that you may not be entirely familiar with. However, we can definitively say that laser therapy does NOT hurt and it IS completely safe!

Laser treatments are completely pain-free, despite common skepticism. When you receive a laser treatment, you will feel little to no sensation at all, depending on the type of laser delivery that is being used.

What you may feel is a gentle, soothing warmth from the laser; that many patients report as being quite pleasant. Treatments typically last between 6-10 minutes and patients begin seeing results after just a few short sessions.

Request an appointment today and see if laser therapy is right for you!



www.taylor-rehab.com

Seasonal Recipe



Christmas Toffee

- 1 sleeve of Ritz Crackers (about 16 crackers)
- 1/2 cup brown sugar
- 1 cup chocolate chips
- 1/2 cup butter (1 stick)
- Peppermint candy

Preheat your oven to 425° and line 8 x 8 baking dish with parchment paper. Cover bottom of pan with crackers. Combine brown sugar and butter in a pan and bring to a boil. Boil for 3 min WITHOUT stirring. Immediately pour mixture over crackers in the pan and spread evenly. Bake for 5 min to thicken and set the caramel. Remove from oven and sprinkle chocolate chips evenly over the top. Place the pan back in oven for about 2 min or until chocolate is soft enough to spread. Immediately spread melted chocolate chips so that you have a nice even layer. Sprinkle with crushed peppermint candy and cool for several hours before serving.

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 celebrating Mr. Pearson's graduation day!



SCAN ME

facebook.com/TaylorRehabPT