

TITAN

PHYSICAL THERAPY

HEALTHY, FIT & ACTIVE YOU

Issue 3 • January 2021



#2021GOALS

WHAT'S YOUR RESOLUTION?

Visit <https://www.titanptky.com/> to find out
how to take control of your health this year.

Titan Physical Therapy offers many services to help prevent and treat all different kinds of pains and health concerns. The more common issues seen in the office are fall prevention, total joint prevention and recovery, knee pain, migraines and back pain. We strive to serve our community by helping people stay healthy, active and fit through the benefits of daily activity and exercise. We also help people overcome injuries, and illnesses and prevention practices to help decrease struggles with illness and disease throughout their lives.

We help you **FIGHT AGING** by keeping you **INDEPENDENT, MOVING,** and **HEALTHY**, all without the use of medication, injections or surgery.

Set up an Appointment **NOW!**
859-303-6393

www.titanptky.com

1096 Wellington Way; Suite, 110
Lexington, KY 40513



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I have been seeing Avery for approximately one year for physical therapy related to torn ligaments in my foot and arthritis in my hip. The sessions were very **BENEFICIAL** and allowed me to maintain a high level of activity and prepared me for my recent hip joint replacement which had an **EXCELLENT** outcome. I certainly **RECOMMEND** Titan Physical Therapy and appreciate Dr. Avery's expertise and approaches!

- Jerry Pigman

#TITANPTKY

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HELPFUL TIPS TO EAT CLEAN!

Having healthy eating habits plays a large role in your overall health, especially in regards to joints and ligaments. So, make sure you start 2021 by eating clean and fueling your body so you can do the things that make you happy! Go to <https://www.titanptky.com/cleaneatingchecklist> for a Clean Eating Grocery List to help get you started!

COVID-19 PROTOCOL UPDATE

We have implemented several things since COVID-19 began and we have continued to adjust and improve upon our protocols. Please check out the website for more info! <https://www.titanptky.com/covid-19>



TAKE CONTROL ACTION PLAN

Every **13 SECONDS**, an older adult is seen in an emergency department for a fall-related injury. Many falls are preventable! Keep yourself and your loved ones safe with these tips from Titan. You can also find tips on our [website](#)!

1. Find a good balance and exercise program.
2. Talk to your health care provider. Ask for an assessment of your risk of falling.
3. Regularly review your medications with your doctor or pharmacist.
4. Get your vision and hearing checked annually, and update your eyeglasses.
5. Keep your home safe. Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.
6. Talk to your family members. Falls are not just a seniors' issue.



FACT vs. MYTH?

Using a walker or cane will make me more dependent! **-MYTH!**

TOTAL JOINT SURGERY:

- IS A LOOMING SURGERY MAKING YOU ANXIOUS?
- ARE THEIR OTHER OPTIONS OUT THERE?
- WHAT WILL RECOVERY BE LIKE?

WHAT YOU SHOULD EXPECT?

- ✔ A doctor who has answers to your questions!
- ✔ Physical therapy before & after surgery!
- ✔ A knowledgeable therapist!
- ✔ A thorough assessment!
- ✔ An easy to understand plan of care!
- ✔ At home physical therapy exercises!
- ✔ Easily accessible healthcare team!

As we enter what seems to be the “surgical season,” many patients in the clinic are either preparing for surgery or have recently had surgery. Taking control of your health starts with taking steps toward making yourself whole once again. It is up to you and your team of healthcare professionals to guide you along this path and figure out if surgery is the right choice. If you are trying to avoid surgery, then taking steps toward prevention is key in the New Year. Please see our [website](#) for more information and join an online seminar!



WHERE CAN YOU FIND US?

Find us every week in the **LEXINGTON HERALD LEADER**; on Facebook and on Instagram @TITANPTKY or [TitanPTKY.com](https://www.titanptky.com)!



HOW TO GET STARTED WITH TITAN!

- 1) Go check out our website - www.titanptky.com
- 2) Call **859-303-6393** to talk with Dr. Avery
- 3) Schedule a **Telehealth** appointment on our website



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BONUS TIPS: WHAT CAN I DO? WHEN??

I HAVE PAIN AND I CAN'T WORK OUT...

I FEEL LIKE I'VE TRIED EVERYTHING AND I'M STILL NOT MAKING PROGRESS...

I'M WORRIED ABOUT MY MEDICAL HISTORY AND IF THESE ARE THE RIGHT STEPS FOR ME...

If injury or pain is keeping you from being active see an expert. And if you are unsure what your next step should be in taking control of your wellness, see an expert. Joints, muscles and nerves can all be checked during a telehealth visit by your physical therapist. Physical therapist are doctors, who are trained to screen your body's ability to function. They can help you figure out why you are having difficulty moving, hurting and unable to do what you love. They will help you get stronger, more flexible, pain-free and increase your balance. They are trained to help you recover from injuries and setback so you can get back to your normal life. Physical therapy can help with day-to-day task, or help with your performance of specific activities such as tennis, golf and swimming etc.

Don't be afraid to ask questions!

If you have any please call us at 859-303-6393, or email us at admin@titanptky.com, and ask to speak to Dr. Avery Schroyer. Yes! You will be able to get the actual doctor on the phone.

Want to find out more, www.TitanPTKY.com has additional information. Browse our Quick Guides and read our latest Titan Strong blog posts. Not seeing what you need there, fill out our form and we will try and accommodate you with more information on your specific topic.

We want to help you take charge of your health and be one of your top sources for this information.

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