

TITAN

PHYSICAL THERAPY

HEALTHY, FIT & ACTIVE YOU

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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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Titan Physical Therapy is an **AMAZING** place to get the best physical therapy! I love going there because Dr. Avery is so **AWESOME!** I could not do what I do if it weren't for Titan! They really care about you and the whole staff treats you like **FAMILY!** Highly Recommend!

#TITANPTKY

- Amy Sams

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MAKE TIME FOR SELF-CARE!

Slumped over at your computer all day? Working from home and noticing some neck tension and pain? It is important to allow yourself breaks throughout the day. The past couple of months may have made you stressed, anxious, and weary as you are trying to adapt to the new normal. Therefore, it is important to prioritize your health both mentally and physically. Go to <https://www.titanptky.com/post/make-time-for-self-care> for tips to add to your self-care routine!

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>

HELP A LOVED ONE REDUCE RISK

Concerned about your loved one falling? Falls are the leading cause of **INJURY** and accidental death in adults 65+, which can cause some people to stop doing what they love due to the potential risk of getting injured. Check out these **SIX EASY STEPS** you can take to help your loved one reduce their risk of a fall. You can also find more tips on our [website!](#)

1. Enlist their support in taking simple steps to stay safe.
Many older adults know that falling is a risk, but they don't believe it could happen to them.
2. Discuss their current health conditions.
Ensure they aren't experiencing issues managing their own health.
3. Ask about their last eye checkup.
Ensure they have a current prescription.
4. Notice if they're holding onto walls, furniture, or someone else when walking; or if they appear to have difficulty walking, or arising from a chair.
5. Talk to them about their medications.
Suggest they have their medications reviewed each time they get a new prescription.
6. Complete a walk-through safety assessment of their home.
Include lighting, stairways, and bathrooms.

TITAN'S YEAR-OF-CARE!

Titan Physical Therapy is now able to help you manage your health across the entire year. If you are concerned about your health and have had some injuries over the years this is **PERFECT** for you.

The program we have to offer is geared to help you stay **HEALTHY, ACTIVE** and **FEELING YOUNG!** You may have found across the years that some things are harder for you to do, or that there are some things that you have completely stopped doing. This is typical because these actions have become difficult, or you no longer feel safe doing them. The root cause of that is usually a lack of movement and strength. It happens to all of us.

As we get older, we come more set in a routine and those routines do not challenge us enough to keep us strong and healthy.

The leading causes of death -- heart disease, cancer, lung disease -- are best combated with exercise and activity.

Our **YEAR-OF-CARE** program helps you stay active, healthy and fit. We monitor your progress, and how you are doing year-round. We are even able to help predict if you are becoming ill, or if you are experiencing potential complications from COVID-19.

Due to the high customization of this care, space is **LIMITED**. We will be accepting **ONLY 12** individuals into this program.

If you want to claim your spot, call us at **859-303-06393**. We would like to discuss with you the specifics and get you started on your best year yet!

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



WHERE CAN YOU FIND US?

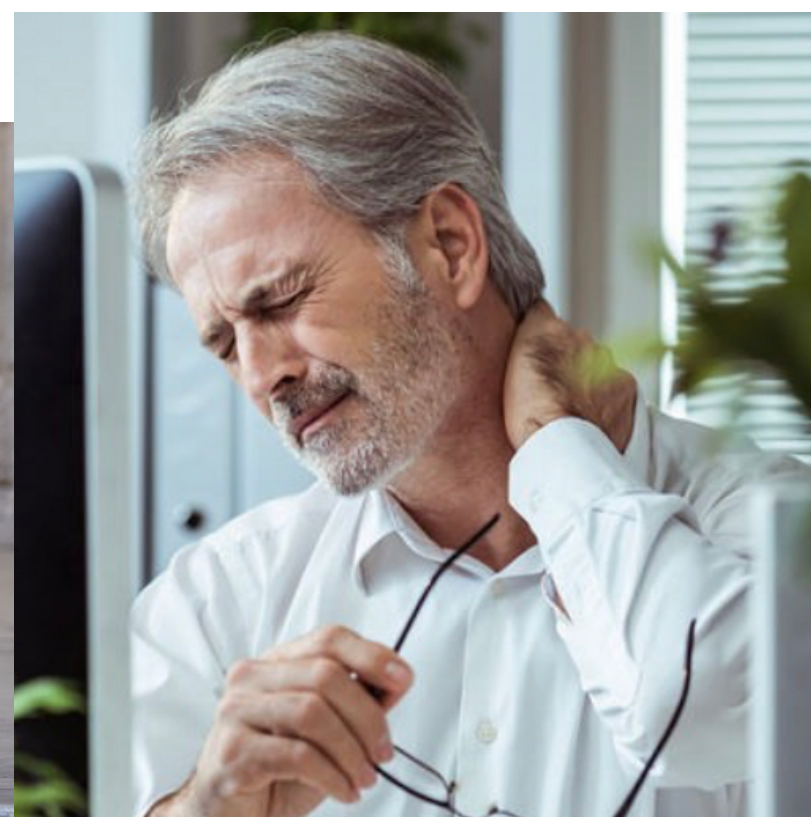
Find us every week in the **LEXINGTON HERALD LEADER**; on Facebook and on Instagram **@TITANPTKY** or TitanPTKY.com!



FACT vs. MYTH?

There will be a 30% increase in the fall death rate in the decade following the pandemic! **-FACT!**

Source - CDC





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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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