

TITAN

PHYSICAL THERAPY

HEALTHY, FIT & ACTIVE YOU

Issue 2 • Holidays 2020



HAPPY HOLIDAYS
from our Titan Family
to yours!

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



“

Not only is Avery a great clinician - he's a **SUPERB** advocate for the physical therapy profession; helping to ensure Kentucky's citizens have access to vital rehab services.

- Lisa Volz

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UNDERSTAND YOUR MIGRAINES

Every person is different, so not everyone's triggers will be the same. But learning what can cause your migraines can help you to prevent and control them. Start by acknowledging your surroundings, understand your lifestyle, and what you eat/drink as well as any health conditions. Go to <https://www.titanptky.com/migrainetriggersandrelief> for additional information.

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>



**GIVE YOURSELF
THE GIFT OF SELF-CARE**

LOOK FOR OUR THREE PART SERIES OF
TOP TIPS FOR STAYING HEALTHY AND SAFE
THIS HOLIDAY SEASON!

FIND US IN THE LEXINGTON HERALD LEADER;
ON FACEBOOK AND ON INSTAGRAM
@TITANPTKY, OR TITANPTKY.COM

THE GIFT OF SELF-CARE
Top Tips for Staying Healthy and Safe This Holiday Season



FACT vs. MYTH?

1 in 4 older adults fall every year in the United States. **-FACT!**



TOP 6 WAYS TO DECREASE KNEE PAIN

MOVE! Make sure you not only work on bending your knee but make sure you can straighten it all the way out. The full range of motion of your knee is important.



SQUAT! DO NOT STOP squatting. This is a motion you must do every day. You will need to get out of a chair, off the toilet, or out of the car.



SHOES! Make sure you have good supportive shoes that are not worn out. Check the treads of the shoes. If they are worn thin, it's time to get a new pair.



WORK ON BALANCE! By focusing on your balance you can help decrease the load on your knee throughout everyday activities.



ICE! When your knee is really sore, calm it down with ice. Ice helps take the inflammation and swelling out. It will, also, help numb the area to decrease pain.

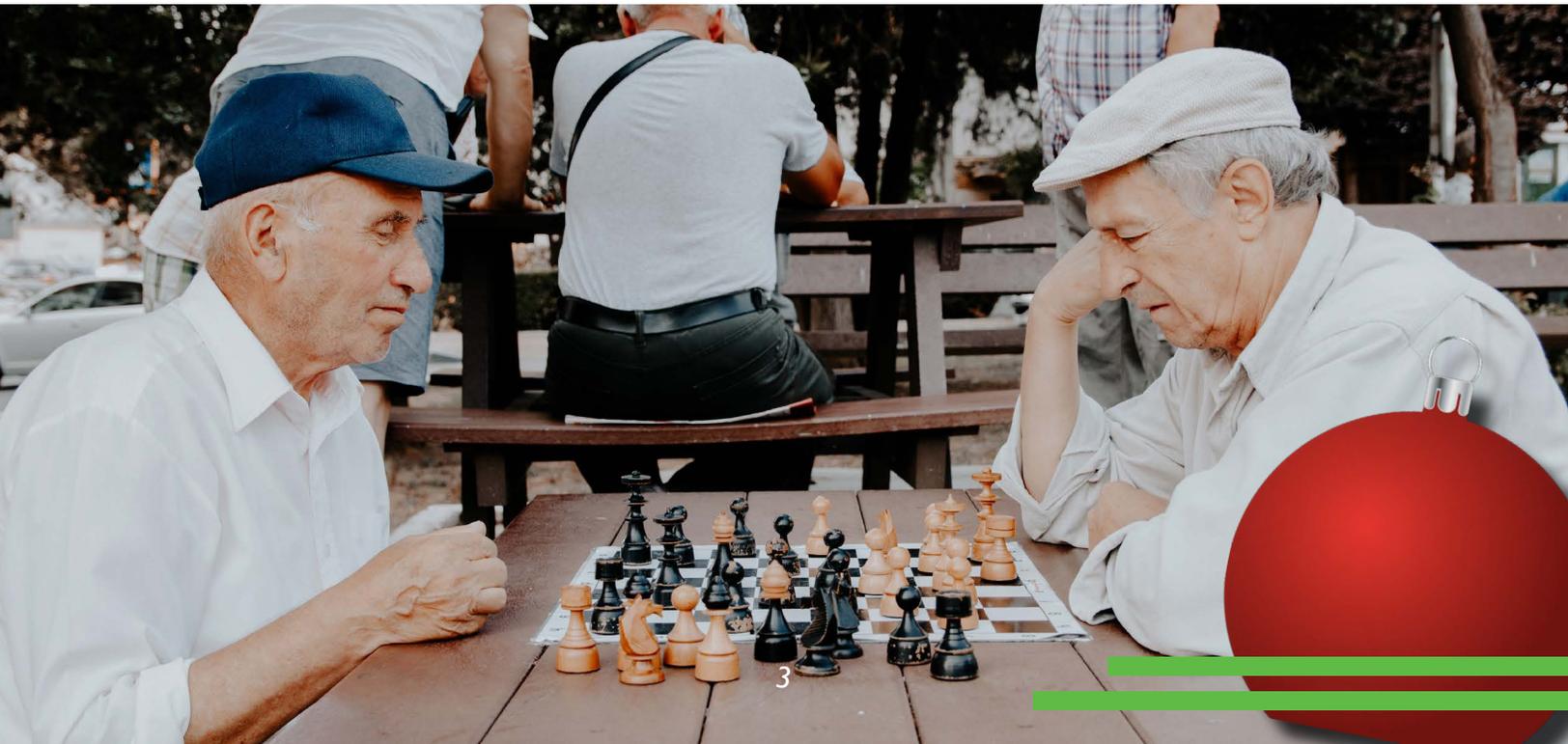


PHYSICAL THERAPY! As movement experts, a physical therapist will assess the root of your problem, and direct you on how to get back your strength and reduce the pain.



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 therapists 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 setbacks so you can get back to your normal life. Physical therapy can help with day-to-day tasks, 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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